



55 E. Galena St. Butte, MT 59701

Check out Mariah's video for this recipe!



<https://bit.ly/4cUlgzZ>

## Bison Butternut Lasagna

From Indigikitchen.com

makes 6 servings

### Ingredients

- 1 lb ground bison
- 1 butternut squash- large, peeled and cut into 1/2 inch slices
- 1 x 15 oz can tomato sauce
- 1 onion- small, minced, or wild onion
- 1 tsp garlic powder or wild garlic
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 Tbsp olive oil, sunflower, or avocado oil
- 1 tsp sea salt
- black pepper- freshly ground
- Optional (not indigenous): 1 c. mozzarella cheese

### Directions

- 1) Preheat your oven to 400 F.
- 2) Add bison to pan on med-high heat and cook until browned, about 6 minutes.
- 3) Add the tomato sauce, basil, garlic, onion, and season with salt and pepper to taste. Turn heat down to low and let simmer for about 10 minutes.
- 4) To prepare the lasagna: alternate layers of butternut squash slices with layers of the meat sauce in a baking dish. Keep making layers until you've used all of the ingredients.
- 5) Optional: top with mozzarella
- 6) Bake for about 60 minutes (or until the squash is soft)

#### Nutrition per serving without Mozzarella

Calories	224.93kcal	11%
Total Fat	8.23g	12%
Carbs	23.5g	9%
Sugars	6.38g	7%
Protein	17.96g	36%
Sodium	699.35mg	35%
Fiber	4.57g	16%

Percent Daily Values based on a 2,000 calorie diet.

#### Nutrition per serving with Mozzarella

Calories	272.38kcal	14%
Total Fat	11.2g	16%
Carbs	24.01g	9%
Sugars	6.59g	7%
Protein	22.49g	45%
Sodium	755.4mg	38%
Fiber	4.57g	16%

Percent Daily Values based on a 2,000 calorie diet.