



55 E. Galena St. Butte, MT 59701

## One Pot Bison Dinner

From stetted.com

Makes 4 servings

### Ingredients

- 1 pound ground bison
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 to 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 2 tablespoons tomato paste
- 1 cup cooked wild rice
- 2-3 cups chicken stock
- 4 cups packed torn greens
- Balsamic vinegar, optional

### Directions

1. In a large saute pan, cook bison, onion, and garlic until bison is browned. Be sure to break up the pieces as you cook. Stir in salt, pepper, cumin to taste, cayenne, and tomato paste.
2. Stir in grains, then add 2 cups chicken stock. Bring to a light boil, then cover and reduce heat. Let simmer for about 20 minutes, stirring occasionally and adding more stock as needed to prevent sticking and allow grains to cook.
3. Add the greens on top and cover again. Let cook for about 5 minutes. Stir greens through the dish and serve, with balsamic vinegar drizzled over the top, if desired.

#### Nutrition per serving

Calories	394.77kcal	20%
Total Fat	10.88g	16%
Carbs	42.43g	16%
Sugars	6.02g	7%
Protein	34.31g	69%
Sodium	404.69mg	20%
Fiber	5.13g	18%

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