

Bison Meatballs (beef)

Prep: 15 mins. Cook: 20 mins. Serves: 8-10

Ingredients

2 lbs. ground bison
3 T. canola oil
2 c. frozen corn, thawed
1 c. red seedless grapes, finely chopped
1 large onion, diced
3 eggs
1 ¼ c. course yellow cornmeal
1 T. seasoning salt
½ tsp. pepper
1 T. garlic powder
Cooking spray



Instructions

1. Preheat oven to 400 degrees. Lightly spray a foil covered baking sheet with cooking spray.
2. In a blender or food processor, chop the corn into very small pieces (not liquid). Then chop the grapes. Set aside.
3. In a large bowl, add the ground bison, corn, chopped grapes, onions, eggs, seasonings and cornmeal. Mix well.
4. Use a spoon or small cookie scoop to form meatballs. Roll into balls and place them on the prepared baking sheet.
5. Bake meatballs for 15 minutes, turning halfway through, then continue cooking for about 5 minutes.

Serve with a prepared sauce or glaze

Simple Berry Sauce (dressings/sauces)

Ingredients

4 c. mixed berries (any kind)
½ c. water
2 T. honey or agave

Instructions

1. Place berries and water in a medium saucepan.
 2. Simmer for about 20 minutes stirring frequently until the berries have broken down and a thick sauce has formed.
 3. Taste and adjust sweetness.
- Serve warm

