



Bison Meatloaf with Chokeberry/Aronia Berry BBQ Sauce

1/2 cup unsalted pumpkin seeds
2 pounds ground bison
1 cup chopped leek greens or spring garlic greens
1/2 cup medium ground cornmeal
1/4 cup finely chopped peeled sun choke
6 eggs
2 teaspoons onion salt
1 teaspoon sea salt
1 teaspoon thyme
1 teaspoon sage
1/2 teaspoon ground black pepper
1/2 cup natural maple or coconut sugar
1/2 cup beef or bison broth
Serve with: Chokeberry/Aronia Berry BBQ Sauce
Garnish: Cilantro sprigs

Preheat oven to 375 degrees F. Lightly grease large baking pan or dish.

Finely chop pumpkin seeds in food processor; place in very large mixing bowl; add bison, chopped greens, cornmeal, and sun choke.

In a large bowl, mix together eggs, onion salt, sea salt, thyme, sage, black pepper, maple sugar, and beef broth.

Add egg ingredients to bison mixture; mix well to combine ingredients. Spoon into prepared baking pan or dish.

Cook covered in preheated 375 degree F. for one hour; uncover; spread collected juices on top evenly; cook for 30 minutes or until browned on top and sides; and test for doneness in center. Remove from oven; let rest about 15 minutes.

Spread prepared Chokeberry/Aronia Berry BBQ Sauce over top; garnish with cilantro sprigs.

Serves: 6 to 8

Inspired by: Decolonizing the Diet Program at the University of North Michigan; Oct. 24, 2013.

Cook's Note: The original recipe used venison and bison but venison was not available to our area so I used only ground bison. I also used chicken eggs rather than duck eggs and natural coconut sugar.

About the Recipe: This meatloaf is healthy, protein rich, tastier than beef, and richer in flavor. Since it is so lean, the texture is firm and easy to cut. We really enjoyed the Chokeberry/Aronia Berry BBQ Sauce over the top but fresh spicy tomato sauce would also be a great addition.