

Bison, Ground, Frozen

MyPlate Food Group: **Protein**



Product Description

- Frozen ground bison is 100% range-fed bison with no more than 10% fat.

Storage

- Keep ground bison frozen until ready to use.
- After cooking, store any leftover ground bison in a tightly covered container in the refrigerator.

Uses and Tips

- Ground bison may be used in place of ground beef in most recipes.
- Ground bison may be made into hamburgers or mixed into casseroles, soups, stews, meatloaf, meatballs, and sauces.

Nutrition Information

- 4 ounces of cooked bison counts as 4 ounce towards in the ChooseMyPlate.gov Protein Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces of protein.
- 4 ounces of cooked ground bison provides 20% of the daily recommended amount of iron

Resources

- www.nutrition.gov
- www.foodsafety.gov
- www.fns.usda.gov/fdpir/fdpir-sharing-gallery

Nutrition Facts

Serving size: 4 ounces (113 g) cooked, ground bison

Amount Per Serving

Calories 190 **Calories from Fat** 100

-% Daily Value*

Total Fat 11g	17%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 65mg	22%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Bison Meat Sauce

Makes about 6 servings

Ingredients

- 1 pound frozen ground bison, thawed
- 1 onion, chopped
- 3 garlic cloves, chopped (if you like)
- 2 carrots, peeled and chopped
- 1 green pepper, seeds removed and chopped
- 1 can (about 6 ounces) low-sodium tomato paste
- 1 can (about 15 ounces) no salt added diced tomatoes
- 2 teaspoons dried basil (if you like)
- 2 teaspoons sugar
- Black pepper to taste

Directions

1. Cook bison, onion, and garlic in a medium-size saucepan over medium heat until the meat is browned and cooked evenly.
2. Add carrots, pepper, tomato paste, and diced tomatoes. If using basil, add that too.
3. Cook for 1 hour on low heat. Ensure bison reached an internal temperature of 160 °F. Use a food thermometer to check the internal temperature. Stir in the sugar.
4. Serve over pasta or rice.

Recipe adapted from Recipezaar.com.

Bison Stew

Makes about 6 servings

Ingredients

- 1 pound frozen ground bison, thawed
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 carrots, peeled and sliced
- 2 potatoes, cut into cubes
- 1 cup canned low-sodium tomatoes, undrained
- 1 can (about 15 ounces) low-sodium canned tomato sauce
- ½ teaspoon black pepper
- ½ cup water, if needed

Directions

1. Heat oil in a medium-size saucepan over medium heat. Add bison and cook until browned, then add onions and cook until soft.
2. Add carrots, potatoes, tomatoes, and pepper. Cook for 1 hour over low heat. Use a food thermometer to ensure bison reaches an internal temperature of 160°F.
3. If stew is too thick, add water and cook for 15 more minutes.

Recipe adapted from Recipezaar.com.