

COMMODITY FOODS

BISON (American buffalo), FROZEN



Storage

- ◆ Store frozen bison in the freezer.
- ◆ Ground bison will keep its best quality in the freezer for 4 months and large cuts (chops, steaks) for 6 - 9 months.
- ◆ After cooking, store in a covered container in the refrigerator. Use within 3-4 days.

Cooking

- ◆ Thaw frozen bison in the refrigerator.
- ◆ Bison meat is very lean and cooks faster than other red meats. Cook at a low heat (325°F) and do not overcook. Loosely cover with a lid or foil to retain moisture while cooking. Use a meat thermometer to check for doneness - 160°F for ground bison; 145°F (med. rare) to 160°F (medium) for roasts, steaks and chops.
- ◆ Marinate cuts of bison meat. It adds flavor and tenderizes. (2 Tbsp. vinegar + 1/4 tsp. garlic powder + 2 Tbsp. brown sugar + 1/2 cup oil + 1/2 cup water)

Uses & Tips

- ◆ Ground bison can be used like ground beef in chili, tacos, meatloaf, spaghetti sauce, noodle casserole and burgers.

Quick-Cook Chili* Makes 12 cups. Provides 2-3 meals.

2 pounds ground bison
1 cup onion, chopped or 6 tablespoons dried, minced onion
2 - 16 oz. cans pinto or kidney beans
2 - 10 ¾ oz. cans tomato soup, condensed
2 Tbsp. chili powder, or as desired

1. Heat bison and onion in skillet until bison is browned and onion is tender.
2. Stir in remaining ingredients. Cover. Simmer for 30 minutes, stirring occasionally.
3. Serve hot. Refrigerate leftovers.

Other Serving Suggestions:

Tacos – spoon chili into taco shells. Add shredded lettuce, chopped tomatoes, and shredded cheese.

Taco Salad – serve chili over lettuce. Top with tomato, shredded cheese and tortilla chips.

Macaroni and Cheese – Add cooked macaroni to chili. Top with shredded cheese.

Potato Topper – serve over baked potato. Add shredded cheese, if desired.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 3 g ~ calories from fat 30 ~ sodium 500 mg ~ total carbohydrate 20 g ~ fiber 6 g

*Adapted from Washington State Cooperative Extension Service



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The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.