

Bison Wild Rice Meatballs

by Vanessa Casillas for Dream of Wild Health

INGREDIENTS: 1 lb. ground bison, ½ cup cooked wild rice, 1 egg, ⅓ cup minced spring green onion, 1 teaspoons rubbed sage, ½ teaspoon garlic powder, ½ teaspoon onion powder, ½ teaspoons salt, ½ teaspoon ground pepper, ½ teaspoon celery salt, 1 ½ teaspoon tamari sauce, 1 teaspoon worcestershire sauce, ¼ cup high heat oil like avocado or grapeseed oil.

SUPPLIES: Pan, tongs, baking sheet, large mixing bowl, cutting board & knife, measuring cups, measuring spoons.

IMPORTANT NOTES: pre-heat oven to 400. This recipe calls for pre-cooked wild rice, be sure to make it in advance.

DIRECTIONS:

1. Use leftover wild rice or cook a small amount.
2. Mince scallions.
3. Add all ingredients to bowl.
4. With gloved hands, combine all ingredients in bowl. Mix until everything is mixed well together. Take care not to over work the ground bison.
5. Portion out and roll into 1 ½" to 2" balls.
6. Heat a pan over high heat. Add oil. Once oil is hot carefully add meatballs to pan. Brown on all sides then transfer to a baking sheet.
7. Bake in a preheated oven for 10-15 minutes. Or until internal temperature is 160 degrees.