

Bison Bolognese

by [Christiane Matey](#) | [Easy Recipes](#), [Healthy Recipes](#)



Go Big

The marquis ingredient in this hearty meat sauce comes from bison, the largest land mammal in North America. With 18 servings, this recipe is big enough to feed a crowd. Bison Bolognese can be made several days ahead and reheated in a slow cooker. Or divide leftovers in containers and freeze them for nights when you need comfort food. Serve Bison Bolognese with Italian pasta and a green salad.

Bison

Bison have been grazing the American Plains for thousands of years. They were nearly hunted to extinction but made a comeback and now appeal to consumers because their meat has fewer calories and less fat than beef. Bison meat is high in proteins and other nutrients and has a rich, sweet flavor. Like beef, bison is an excellent source of iron and zinc and a complete protein containing all 20 essential amino acids. Bison meat also contains conjugated linoleic acid (CLA), which is anti-inflammatory.

Another attraction of bison's nutritional profile is how bison live compared to cattle. Because bison aren't domesticated, they don't eat a grain-based diet, and their meat doesn't contain chemicals and hormones like farm-raised cattle. Most bison spend their entire lives on grasslands.

Hot Tip: Because of all that grazing, bison is leaner than beef, so be careful not to overcook it!

Italian Pasta

When you think of pasta, Italy comes to mind, but when choosing a brand, it's essential to make sure your pasta is *actually* Italian. Italian pasta is made with two simple ingredients: durum wheat semolina and water. Ostensibly, so is American-made pasta, but some brands include additives. Avoid pasta with the word 'enriched,' which means nutrients have been artificially replaced after being removed in the manufacturing process. Many Italian brands are made of non-GMO heirloom wheat varieties, which, along with ancient grains, have more antioxidant and anti-inflammatory properties. The complex carbohydrates in these grains release energy slowly, stabilizing blood sugar and contributing to lower cholesterol. *Buon Appetito!*

Makes 18 servings

Ingredients:

- 2 lb ground bison
- 1 lb ground pork Italian sausage, mild
- 2 sweet white onions, minced
- 5 cloves garlic, minced
- 3 Tbsp avocado oil
- 1 bottle of cabernet or Chianti wine
- 32 oz beef stock
- 2 Tbsp dried Italian herbs
- 2 jars of marina, 24 oz each
- 3 Tbsp turbinado sugar
- Sea salt and black pepper to taste

Directions:

1. In a large pot or Dutch oven, heat oil and add the onions. Brown the onions, stirring occasionally, then add the meat and brown until fully cooked.
2. Add the crushed garlic and cook for 2-3 minutes while stirring. Add the bottle of red wine and simmer for 15-20 minutes or until the liquid has reduced by two-thirds.
3. Add remaining ingredients and simmer over low heat for 50-60 minutes, stirring occasionally.
4. Season to taste with sea salt and black pepper.

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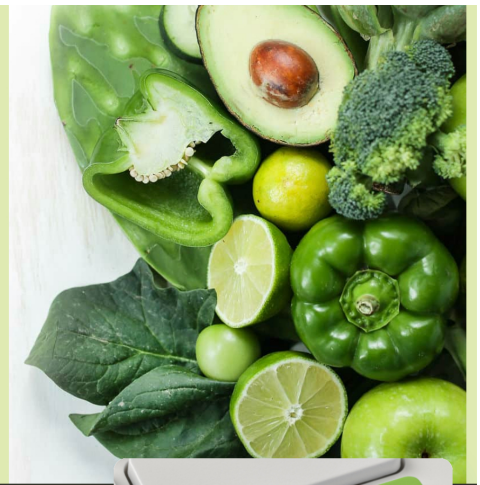
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