

GET LOCAL

BISON MEATBALLS provided by DDC Bison Ranch

INGREDIENTS:

- 1 LB ground bison
- 2 Tbs minced onion
- 1 tsp garlic powder
- 1 10 oz pkg. frozen chopped spinach, thawed & drained
- 1 Cup lowfat cottage cheese
- ¼ Cup bread crumbs
- 1 Egg
- 1 Tbs water

- TOMATO SAUCE
 - 2 15 oz cans tomato sauce
 - 1 Tbs garlic powder
 - 1 Tbs onion powder
 - 1 Tbs basil
 - 2 Tbs oregano

METHOD

Mix all ingredients together and form into balls, approximately 1 Tbs each in size.
Brown until firm.

Once you've made the tomato sauce, combine all ingredients and heat thoroughly. Pour over meatballs. Simmer on the stove until all the flavors blend together – apx 1 to 2 hours. Or place in a crockpot and cook on low for apx 4 hours



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