



# Buffalo

America's Original Red Meat

***Inside you will find:***

Delicious, quick and easy buffalo recipes peppered with legendary specialties.

Tips on preparing the wide array of buffalo meat cuts available for today's distinguished meals.



Minnesota Buffalo Association

> Savor the Flavor <

North American

# Buffalo

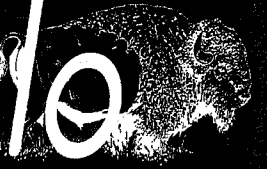


a herd of buffalo recipes

created by members of the Minnesota Buffalo Association



# Buffalo



Buffalo

Plaid:

a plaid with large  
squares of two different  
colors , typically red & black.

It is said to be named after the herd of buffalo  
owned by the plaid's designer in the 1850s.

The plaid was selected to be featured in  
this cookbook to acknowledge how buffalo  
have been a strong thread in the very  
fabric of life throughout  
North American  
history and  
her people.

Recipes compiled by the members of the  
**MINNESOTA BUFFALO ASSOCIATION**

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# WE SALUTE YOU!

The Minnesota Buffalo Association wishes to **thank** the following members who contributed to this booklet.

Their *tried and true* offerings will expand the enjoyment for others preparing buffalo meat.

- John Brenneman** ; Sun Hill Bison - Woodbury, MN
- Gail Griffin**; Rockie Hill Bison - Winona, MN
- Irene Hendricks**; Pine Grove Bison - Bovey, MN
- Jolaine Johnson**; A&J's UpNorth Buffalo - Pequot Lakes, MN
- Maggie Lane**; Shady Lane Bison -Saginaw, MN
- Suzi Lane**; Shady Lane Bison - Saginaw, MN
- Milissa Linz**; Shady Creek Bison - Richmond, MN
- Angie Menning**; Menning Buffalo Farm - Hampton, IA
- Teresa Meyer**; Hidden Bison & Elk Ranch - Sauk Centre, MN
- Faye & Verdell Olson**; Sand Hill River Bison - Fertile, MN
- Beth Rengstorf**; Rolling R Ranch -Pelican Rapids, MN
- Rod Sather**; Mosquito Park Enterprises - Vivian, SD
- Carol Serrin**; Sanctuary - Glenwood, MN
- Wanda Stone**; Windom, MN
- Lois Warner**; J-Lo Buffalo Ranch - Clearbrook, MN

## TYPING VOLUNTEERS...

- Linda Fruechte**; Buffalo Hills Bison - Caledonia, MN
- Gail Griffin**; Rockie Hill Bison - Winona, MN
- Connie Stannard**; Byron. MN



**MINNESOTA BUFFALO  
ASSOCIATION**



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## Cooking it Right

Use lower cooking temperatures because of the leanness of buffalo meat. It will cook to desired doneness more quickly than other red meats

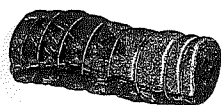
### Steaks



#### Grill, Broil or Pan Broil

- Place in lightly oiled skillet and use medium heat on stove top or
- Place 6 inches from heat source in broiler or grill
- Cook 4 to 5 minutes per side

### Roasts



#### Rib, Loin and Tenderloin

- Use uncovered pan with rack
- Do not cook past 155°F

#### Sirloin Tip & Inside Round

- Use uncovered pan with rack
- Season and add 1-2 cups liquid to bottom of pan
- Brown roast in hot oven (500°) for 30 minutes
- Reduce heat to 250° and using a meat thermometer cook to 145° for medium rare or no more than 155° for medium
- Slice at right angles to the grain of the meat

### Pot Roasts &

### Braising



- Use a pan with cover to create moist heat to cook meat that come from the shoulder, brisket, outside round and short ribs
- Brown meat in small amount of oil
- Simmer on top of the stove or in a 300° oven until tender

### Abbreviations used in this book...

c = cup

tsp = teaspoon

Tbsp = tablespoon

pkg = package

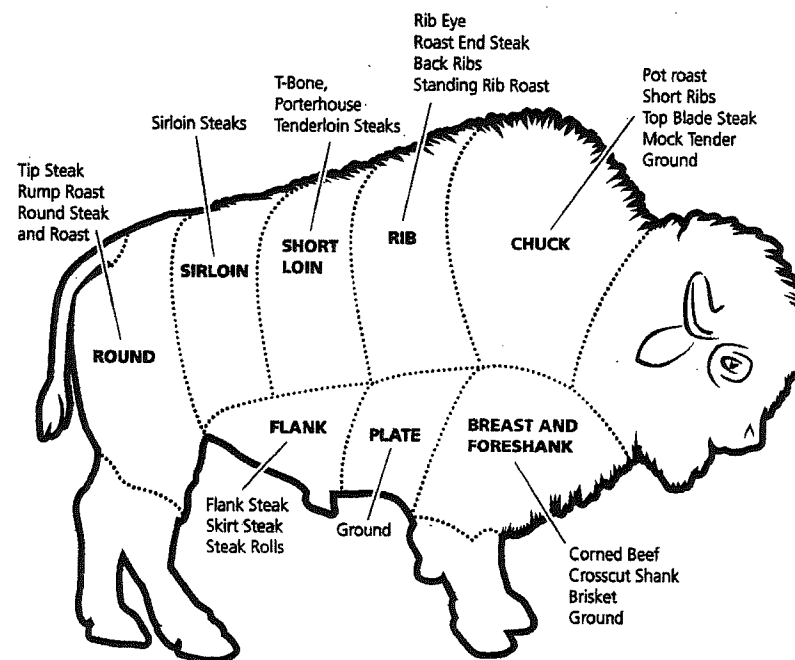
lb = pound

oz = ounce

° = Fahrenheit degrees



## Buffalo Meat Cuts



Buffalo meat is trimmed out very similar to beef meat.



# Buffalo or Bison?

The North American Buffalo's scientific name is *Bison bison*. They are the identical animal. Because North American history has so ingrained the name "buffalo" in recalling this mammal and its history the name is still used today.



Call it Buffalo or Bison... either way, it sums up as a flavorful red meat that will bring new excitement to your palate & plate.

## Healthy never tasted so good!

Beyond its great flavor, buffalo is very low in fat. American Heart Association & *Weight Watchers* concur!

Roasted	Fat grams	Calories kcal	Cholesterol mg
<b>Bison</b>	<b>2.42</b>	<b>143</b>	<b>82</b>
<b>Beef</b>	<b>9.28</b>	<b>211</b>	<b>86</b>
<b>Pork</b>	<b>9.66</b>	<b>212</b>	<b>86</b>
<b>Chicken*</b>	<b>7.41</b>	<b>190</b>	<b>89</b>
	* skinless		

Comparison on 100 gram portions (a little more than 3 ounces) - USDA

## Appetizers & Soups





## Pizza Fondue

Faye Olson

- ½ lb ground buffalo
- 1½ cups (6 oz.) shredded sharp Cheddar cheese
- 1 medium onion, chopped
- 2 cans (15 oz. each) pizza sauce
- 1 cup (4 oz.) shredded mozzarella cheese
- 1½ tsp dried basil or oregano
- ½ tsp garlic powder
- Bread sticks



In a heavy saucepan, cook buffalo and onion over medium heat until meat is no longer pink. Stir in the pizza sauce, basil and garlic powder; mix well. Reduce heat to low. Add cheeses; stir until melted. Transfer to slow cooker or fondue pot and keep warm over low heat. Set out small custard dishes for guests. Serve with bread sticks or cubes of French or Italian bread.

## Hot Nacho Cheese Dip

Beth Rengstorf

- 1 lb ground buffalo
- 1 can "Rotel" tomatoes and green chilies
- 1½ lbs Velveeta, cut in to bite size chunks
- 1 bag tortilla chips

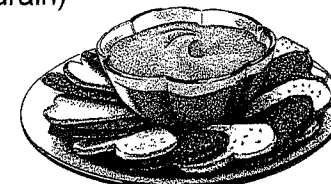
Brown ground buffalo. Place in crock pot. Add tomatoes, chilies and cheese. Cook on low heat until cheese melts (Can be microwaved). Serve warm with tortilla chips.



## Snappy Cheese Dip

Irene Hendricks

- 1½ lb ground buffalo
- 1 lb Jimmy Dean's hot sausage
- 1 small can diced green chilies (drain)
- 1 small can diced jalapeno peppers (drain)
- 2 lb Velveeta cheese
- 1 large can tomato sauce
- 1 small can tomato paste
- Tortilla chips



Melt Velveeta in microwave. Brown ground buffalo and sausage. Add to the melted cheese. Add remaining ingredients. You can adjust the "temperature" of the dip by adding more or less Jalapenos. You can spice up the flavor by adding some Jalapeno juice also. Serve warm with tortilla chips.

## Cheesy Chile Rellenos

Gail Griffin

24 appetizers

- |                            |                               |
|----------------------------|-------------------------------|
| 1 box cheese rice          | 1 lb ground buffalo           |
| 12 roasted poblano peppers | 1½ Tbsp Mexican spice mix     |
| 1 cup onion                | 8 oz Cheddar cheese, shredded |

Cook rice according to package directions. Hold warm. Cut peppers in half and remove seeds, keeping stems intact. Sauté onions until soft. Add the buffalo, rice and the Mexican spice mix. Cook until the buffalo is fully cooked. Stir in 2 oz. of the cheese into mixture. Hold warm.

Place ½ cup rice mixture in each half pepper. Top each half with 1/2 oz. of shredded cheese.

Bake in a 350°F oven until the cheese is melted.

Serve on a warm platter for buffet or 2 peppers per guest if serving to your guests.



## Bisonaschuppe

Suzi Lane

Serves 6

- |  |  |
|--|--|
| 2 Tbsp butter                            | 1 can (16 oz.) whole plum tomatoes, drained and finely chopped |
| 2 Tbsp oil                               | ¼ teaspoon caraway seeds                                       |
| 2 lbs chuck or round cut in ¾-inch cubes | 1 bay leaf   |
| salt, pepper                             | 2 cans (14-12 oz. each) broth                                  |
| 2 medium onions, chopped                 | 1 cup water  |
| 1 green pepper, finely chopped           | 2 medium potatoes, finely diced                                |
| 2 cloves garlic, minced                  | 2 carrots, finely diced  |
| 2 Tbsp sweet Hungarian paprika           |  |

Heat butter and oil over high heat in a heavy soup kettle. Season buffalo with salt and pepper. In batches, brown buffalo cubes in hot oil; remove with a slotted spoon and reserve. Reduce heat to low. In same kettle, cook onions, green pepper and garlic for 15 minutes, stirring occasionally. Add paprika and cook and stir for 2 minutes. Return buffalo and any collected juices to kettle. Add remaining ingredients. Bring to a boil, reduce heat, cover and simmer over low heat for 45 minutes, until buffalo and vegetables are tender. Season to taste with salt and pepper.

## Six Hour Soup

Beth Rengstorf

- |                                       |   |
|---------------------------------------|---|
| 3 lb buffalo soup meat and soup bones | Any assortment of cut up vegetables such as: celery, carrots, cabbage, peas, onions, rutabagas, potatoes, canned tomatoes |
| 1½ gallon water                       |   |
| Seasonings of choice                  |   |

Place all items into large kettle. Boil rapidly for 10 minutes only. Cover kettle with foil and place in pre-heated 500° oven and turn off. Do not disturb for the next six hours.



## Bar-B-Que Meat Balls

Carol Serrin

- |                       |                           |
|-----------------------|---------------------------|
| 2 lb ground buffalo   | 1 cup crushed corn flakes |
| 2 Tbsp onion, chopped | 2 Tbsp soy sauce          |
| 1 tsp salt            | ½ tsp garlic powder       |
| 1/3 cup ketchup       | 2 eggs                    |

Mix ingredients together and form into walnut size meatballs (cocktail size). Brown meatballs.

Sauce:

- |                                       |                    |
|---------------------------------------|--------------------|
| 12 ounce chili sauce                  | 2 Tbsp brown sugar |
| 1 (16 oz) can jellied cranberry sauce | 1 Tbsp lemon juice |

Combine and pour over meatballs. Cook in a crock-pot on low for 6 – 8 hours. Makes 30 meatballs.



## Spinach Meatballs

Faye &amp; Verdell Olson

- |   |                     |
|---|---------------------|
| 1½ lb ground buffalo                              | ¼ tsp pepper        |
| 1(10 oz) frozen chopped spinach, thawed & drained | ¼ tsp garlic powder |
| ½ cup chopped onion                               | 1 cup beef broth    |
| 1 egg   | 8 oz tomato sauce   |
| ¼ cup grated Parmesan cheese                      | ½ cup dry red wine  |
| ½ tsp salt  | 1 Tbsp Cornstarch   |

Preheat oven to 350°

Mix the ground buffalo, spinach, onion, egg, grated cheese, salt, pepper, garlic powder in a large bowl. Be sure to mix all the ingredients well. Form into small meatballs. Place into a 1½ qt. Casserole dish.

Mix the broth, tomato sauce, wine and cornstarch until no lumps remain. Pour sauce mixture over the meatballs.

Bake at 350 degrees, covered, for 40-60 minutes (this will depend on the size you made the meatballs, larger than ½ oz. size will take a bit longer).

*These are great as a main dish too, served over rice or noodles.*



## Cheesy Meatball Soup

Faye &amp; Verdell Olson

6-8 servings

- |                         |                                     |
|-------------------------|-------------------------------------|
| 1 egg                   | 1 cup potatoes, cubed               |
| ¼ cup dry bread crumbs  | ½ cup carrots, sliced               |
| ½ tsp salt              | ½ cup onion chopped                 |
| 1 lb ground buffalo     | 2 beef bouillon cubes               |
| 2 cups water            | ½ tsp hot pepper sauce              |
| 1 cup celery, diced     | 1 jar (16oz) processed cheese sauce |
| 1 cup whole kernel corn |                                     |

In a bowl, combine egg, bread crumbs and salt. Crumble buffalo over mixture and mix well. Shape into 1 inch balls.

In a large sauce pan brown meatballs. Add remaining ingredients except cheese sauce. Bring to a boil, then reduce heat and cover, simmering for 25 minutes or until meat is no longer pink and potatoes are tender.

Stir in cheese sauce and heat through.

*We like to serve this soup with a nice crusty loaf of warm French bread.*

## Spinach Soup



Faye &amp; Verdell Olson

- |                                  |                           |
|----------------------------------|---------------------------|
| ½ lb ground buffalo              | ½ cup frozen leaf spinach |
| 1(10¾ oz) can chicken gumbo soup | ½ cup spiral pasta        |
| 1½ cups water                    |                           |

Brown ground buffalo in medium saucepan over medium-high heat until thoroughly cooked, stirring frequently.

Add soup, water, pasta and spinach: mix well.

Bring to a boil. Reduce hat to medium-low; Simmer 8-10 minutes until pasta is cooked and spinach is tender, stirring occasionally. May add small amount of water if necessary.

*\* May also add pearl barley instead of pasta or in addition to.*



## Bean Dog Soup

Suzi Lane

serves 6

- |   |  |
|---|--|
| 2 cups dried beans                          | 1 cup carrots, chopped                       |
| 1 lb. ground buffalo                        | 1 cup onions, chopped                        |
| ½ lb. buffalo hot dogs, cut in ½ inch cubes | 6 cloves garlic, minced                      |
| 1 cup celery, chopped                       | 1 (12 oz.) can chopped tomatoes salt, pepper |
|   | 1 teaspoon Fiesta chili powder               |

Soak beans overnight in water. Do not drain. Brown ground bison in heavy 8-quart pot. Reduce heat to low. Add remaining ingredients; cover; and simmer over low heat for 2 hours

## Vegetable Soup

Milissa Linz

- |   |                                |
|---|--------------------------------|
| 8 oz buffalo cubed steaks               | ¼ tsp garlic salt              |
| ¼ cup water                             | 1/8 tsp pepper                 |
| 1 10-oz package frozen mixed vegetables | 1 tsp dried basil, crushed     |
| 4 c water                               | ½ c chopped onion              |
| 1 Tbsp instant beef bouillon granules   | ½ c chopped celery             |
| 1 Tbsp Worcestershire sauce             | 1 (7½ oz) can tomatoes, cut up |
|   | ½ c water                      |
|   | 1/3 c all-purpose flour        |

Sprinkle steaks with garlic salt and pepper. In a large saucepan cook steaks over medium heat in 1/4 c water, about 3 minutes or till done, turning once. Remove steaks from pan, reserve meat drippings. Cut meat into cubes, set aside.

In the same pan cook onion and celery in meat drippings over medium heat till tender. Stir in meat, 4 c water, frozen vegetables, bouillon granules, Worcestershire sauce, and basil.

Bring to boiling, reduce heat. Cover and simmer about 5 minutes or till vegetables are crisp-tender. Stir in undrained tomatoes.

In a screw-top jar shake together the 1/2 c water and the flour, add to the saucepan. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Serve



## Hearty "Cold Day" Soup

Faye &amp; Verdell Olson

1 lb ground buffalo	½ tsp salt
1 egg (or 2 egg whites)	¼ tsp pepper
½ cup fresh bread crumbs	6 cups chicken broth
2 Tbsp grated parmesan cheese	2/3 cup risso noodles
2 Tbsp grated onion	1 cup chopped baby bok choy or spinach

Combine first 7 ingredients and form in to tiny meatballs, about ½ inch in diameter.

Bring to a slow boil in a 3 quart pan, the 6 cups of well-seasoned chicken broth. (I use 3 14 oz. cans of broth, and season with onion powder, garlic powder, celery salt, salt and pepper to taste. Or you could start with a homemade broth).

Add the meatballs, and cook for a few minutes until done.

Remove the meatballs with a slotted spoon.

Add the riso and cook til almost done, about 5 minutes.

Add the cut-up bok choy. (If using bok choy add the cut-up white part a couple of minutes early. Then I add the cut-up green part for just a minute or two until it wilts.)

Add the meatballs back to the soup pot, bring almost to a boil and serve.

*Since I think the secret to the flavor of this soup is the cheese, I often add a Tbsp. or two on top of the soup when serving. It really adds to the taste. Faye*

## Baked Bean Soup

Faye &amp; Verdell Olson

3 slices bacon, chopped	1 (14½oz) can ready-to-serve beef broth
1 lb ground buffalo	1 (5½oz) can vegetable juice cocktail
1 (21oz) can baked beans	
3 Tbsp ketchup	

Cook bacon pieces in large saucepan over medium-high heat for 2 minutes. Add ground buffalo; cook 5-8 minutes or until buffalo is thoroughly cooked, stirring frequently.

Add all remaining ingredients; mix well. Reduce heat to medium; cover and cook 10 minutes or until thoroughly heated, stirring occasionally

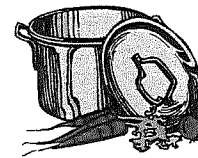
*Faye adds...Garnish each serving of this soup with a dollop of sour cream, a sprinkling of shredded cheese and some sliced green onions.*

## Steak and Black Bean Chili

Wanda Stone

2 lb sirloin steak, cut in 1 inch cubes	1 Tbsp sugar
2 (15 oz) cans black beans	1 cup chopped onion
2 tsp. chili powder	1 (6 oz) can tomato paste
2 (14 ½ oz) cans chili style chopped tomatoes	1½ cups chopped green pepper
1 tsp ground cumin	salt & pepper to taste
1 tsp garlic powder	sour cream & shredded cheese optional

Place cut meat into a slow cooker (crock pot) and turn on low. Sprinkle chili powder, garlic powder, and cumin over meat. Add chopped onion, green pepper, tomatoes, and sugar to the slow cooker. Drain and rinse the black beans and add to the slow cooker. Cover and cook on low 8 – 10 hours. Uncover and stir in tomato paste. Stir well. Season with salt and pepper as desired.



*Wanda suggests to garnish each bowl with sour cream and shredded cheese.*

## Pasta, Buffalo &amp; Bean Soup

Faye &amp; Verdell Olson

1 lb ground buffalo	1 can red kidney beans
1 cup sliced carrots	1 (14½ oz) can diced tomatoes
½ cup chopped onion	1 (14½ oz) can ready-to-serve beef broth
½ cup chopped celery	6 cups water
2 garlic cloves, minced	¼ cup chili sauce
½ tsp salt	1 cup uncooked large macaroni
1 can great northern beans	

Brown meat in Dutch oven over medium-high heat until thoroughly cooked, stirring frequently. Reduce heat to medium, add carrots, onion, celery, garlic & salt; mix well. Cook 5-8 minutes or until vegetables are crisp & tender. Drain & rinse beans, add to pot. Add all remaining ingredients except pasta; mix well. Bring to a boil. Reduce heat to medium-low; simmer 15 minutes to blend flavors. Add uncooked pasta; Cook 8-10 minutes or until pasta is of desired doneness, stirring occasionally.

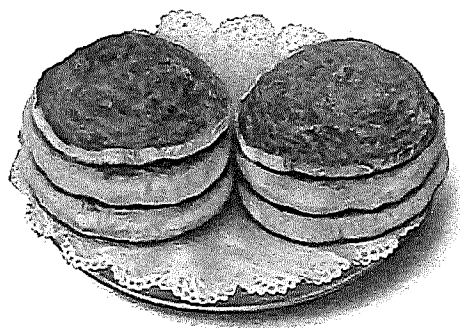
Maggie Lane, daughter of Suzi and John Lane, contributed recipes for years to the Minnesota Buffalo Association's *News of the North* newsletter while her Mom was editor. Once again Maggie presents some of her fine cuisine to be savored by others.

### Maggie's nack

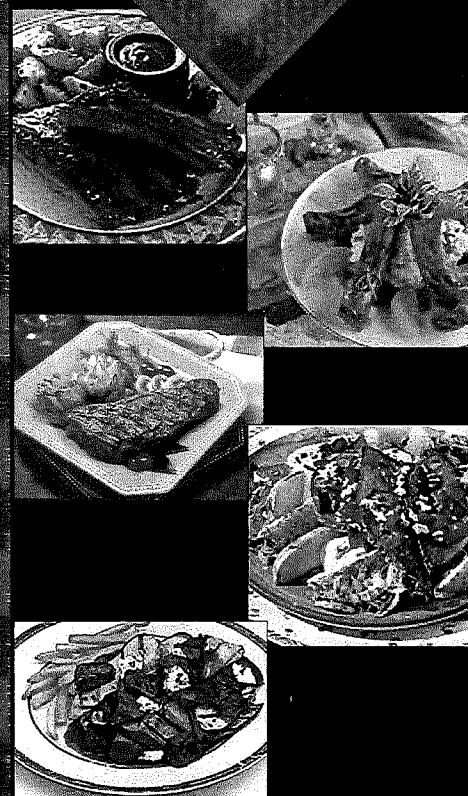
Maggie Lane

- 1 Bays English muffin
- Butter
- 4 marshmallows
- 2 Tablespoons crushed pineapple
- 2 Tablespoons hot fudge sauce
- Some wipped cream in a can

First take one Bays English muffin and brake it open. Put on two plates. Butter the muffins. Put two marshmallows on each muffin. Put the plates in the microwave for 30-50 seconds on till the marshmallows are big. Take out of the microwave. Spread the marshmallows with a nife right away with nife. Be carefull hot. Then spread 1 Tablespoon pineapple on each muffin. Then put 1 Tablespoon hot fudge sauce on both muffins. The cut each half in corters and put a little bit of wipped cream on each half.



# Main Dishes





## Busy-Person's Buffalo Stew

Irene Hendricks

1 tbsp olive oil  
Flour  
1 cup carrots, cubed  
1 large onion, diced  
2 cans low-fat cream of celery soup  
2 cans beef consommé

2½ lb buffalo stew meat  
4 large potatoes, cubed  
½ cup rutabaga, cubed  
6-8 whole allspice  
salt & pepper to taste

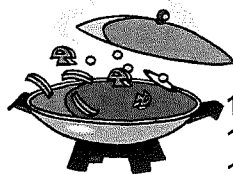
Place olive oil in bottom of roasting pan. Place enough flour in a plastic bag to coat the seasoned stew meat. Put meat in bag and shake. Put in the pan. Add veggies, soups and spices. Stir. Cover pan and place in 250° oven for approximately 4 to 5 hours. No need to thicken, gravy will be thick when done cooking. You can adjust quantity and choice of veggies to your liking.

## Buffalo and Scallop Sauté

Angie Menning

1 lb buffalo steak, cut for stir-fry  
¾ lb sea scallops  
2 Tbsp peanut oil  
1 tsp minced garlic  
1 pinch fresh ginger

1 pinch red pepper flakes  
1 pinch white pepper  
1 tsp salt  
1 Tbsp water  
1¼ c. sliced green onion



Heat oil in wok or large skillet until almost smoking. Add garlic and buffalo meat, then scallops, and stir-fry about 30 seconds. Add remaining ingredients and stir-fry another 20 to 30 seconds



## Buffalo Bourguignon

Milissa Linz

1 lb boneless buffalo chuck roast, cut into ¾-inch cubes, or stew meat  
¼ tsp pepper  
2 bay leaves  
¼ cup water  
3 cups whole fresh mushrooms  
1 cup chopped onion  
4 medium carrots, cut into ¾ inch pieces  
1 clove garlic, minced

8 oz pearl onions  
1¼ cup burgundy wine  
3 Tbsp quick-cooking tapioca  
½ c beef broth  
¼ cup water  
1 tsp dried thyme, crushed  
¾ tsp dried marjoram, crushed  
½ tsp salt  
2 slices bacon, crisp-cooked, drained, and crumbled  
3 cups hot cooked noodles

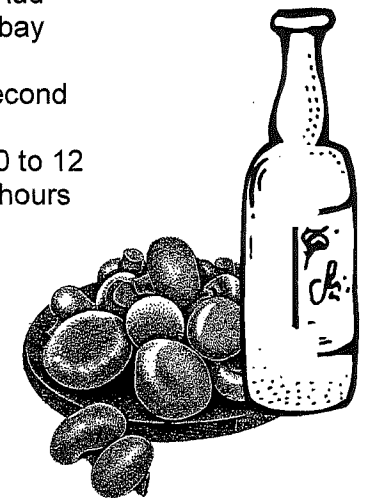
Brown meat, chopped onion, and garlic in water until meat is brown and onion is tender, drain.

In a 3½ - 4 quart crock-pot layer mushrooms, carrots, and pearl onions. Sprinkle with quick-cooking tapioca. Place meat mixture on top of vegetables. Add thyme, marjoram, salt, pepper, and bay leaves.

Pour burgundy, beef broth and second ¼ c water over meat.

Cover, cook on low-heat setting 10 to 12 hours or on high-heat setting 5 to 6 hours or till tender.

Discard bay leaves. Stir in bacon. Serve with noodles.





# Buffalo Bob Stew

John Brenneman



- 1 lb stew meat
- 4 large potatoes
- 4 large carrots
- 1 can cut green beans, drained
- 1 can whole kernel corn
- 1 can mushroom pieces
- ½ pkg dry onion soup mix
- 1 can tomato soup
- 1 can mushroom soup

Peel and dice potatoes and carrots into ½ inch cubes. Combine all ingredients in a crock pot of suitable size. Cook on low heat until meat is done (5-6 hours should do it— you can't over cook it) Serve with sourdough bread or something else suitable for sopping up the juice and cleaning out the bowl.

*John adds: As with any stew it is always better the second day. Number of servings will be determined by quantity made and appetites.*

# Luscious Lasagna

Luanne Boomgarden

- 2 lbs. buffalo burger
- ¼ cup chopped onion
- 2 tsp. minced garlic
- ¾ tsp. fennel seeds
- 2 (29 oz) cans tomato sauce
- 2 tsp. basil leaves
- 1 tsp. oregano
- ½ tsp. pepper
- 8 lasagna noodles, cooked
- cottage cheese
- mozzarella cheese
- Parmesan cheese

Brown burger & onion. While that is browning, add the rest of the ingredients, except the cheeses, in another pan to start simmering

- Layer: 4 lasagna noodles  
 1/2 of the sauce  
 cottage cheese, any amount  
 mozzarella cheese., any amount

Repeat the layers. Sprinkle parmesan cheese on the last layer. Bake at 375° for 30 to 40 minutes or until bubbly.



# Marinated Prime Rib Roast

Milissa Linz

4 to 6 lb buffalo rib roast

Marinade

- ¾ cup dry red wine
- ½ tsp dried rosemary, crushed
- ½ cup chopped onion
- ½ tsp dried marjoram, crushed
- ¼ cup water
- 4 tsp garlic salt
- ¼ cup lemon juice
- 1 Tbsp Worcestershire sauce

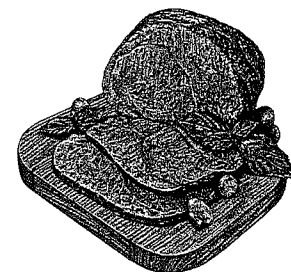
Mix all ingredients together in a large bag and roast. Close bag. Marinate in the refrigerator for 6 to 24 hours, turning occasionally.

Roast:

Drain meat. Discard marinade. Place meat in a shallow roasting pan. Insert a thermometer without touching bone.

Cover roast with foil. Roast in a 325° oven till the thermometer registers 140° for medium rare (2 to 2¾ hours). Let stand for 15 minutes, carve.

(The meat's temperature will rise 5° during standing.)



# Pot Roast

Faye & Verdell Olson

- 1 - 3 lb. boneless roast
- 2 Tbsp oil
- 1 tsp salt
- ¼ tsp. pepper
- 3 cloves garlic, minced
- 3 c thinly sliced onions
- ¼ c. all-purpose flour
- ½ c. beer or apple cider
- ½ c. water
- 1 tsp dried thyme leaves, crumbled
- 2 lbs. Potatoes, scrubbed, unpeeled cut into ½ in. pieces

Heat 1 Tbsp. oil in Dutch oven over medium heat until hot. Place roast in Dutch oven; brown evenly. Remove roast from Dutch oven; season with salt & pepper. Add remaining 1 Tbsp oil to Dutch oven; heat until hot. Add onions and garlic; cook & stir 10 minutes until onions are very soft and golden.

Stir in flour, beer or cider and water & thyme until blended. Bring to a boil. Return roast to Dutch oven. Add potatoes. Reduce heat; Cover tightly and simmer 2 ¼ to 2 ¾ hours or until roast is fork tender.



## Wild Rice Casserole

Lois Warner

- |                      |                                   |
|----------------------|-----------------------------------|
| 1 lb. ground buffalo | 1 can sliced water chestnuts      |
| ½ cup chopped onion  | 1 can Chinese vegetables          |
| ¾ tsp pepper         | 1 (4oz.) can mushrooms,<br>sliced |
| 1 cup wild rice      | 1 cup diced celery                |
| ½ cup white rice     | 2 Tbsp Soy Sauce or to taste      |
| 3 cups water         | 2 cans mushroom soup              |
| 1 Tbsp butter        | 2 soup cans water                 |

Bring to boil 3 cups water and 1 Tablespoon butter. Add wild rice and reduce heat; simmer for 55 minutes or until rice cooked. In the meantime, brown the ground buffalo, onion, and pepper; then drain. In a large casserole put mushroom soup and 2 soup cans water; stir well. Drain the 3 canned vegetables; blend in. Add remaining ingredients. Bake at 375° for about 1 hour. May have to add more water.

*Lois adds if in a hurry using canned cooked wild rice will greatly reduce preparation time in this dish.*

## Barbecued Chuck Roast

Milissa Linz

- |                          |                             |
|--------------------------|-----------------------------|
| 3 lb buffalo chuck roast | ¼ c ketchup                 |
| 2 tsp salt               | 1 can (8 oz) tomato sauce   |
| ¼ tsp pepper             | 2 Tbsp brown sugar          |
| 3 medium onions, sliced  | 1 cup water                 |
| 2 garlic cloves, minced  | 1 Tbsp Worcestershire sauce |
| ¼ c lemon Juice          | ½ tsp ground mustard        |

Combine salt and pepper, rub over roast. Slice onion and separated into rings place on top of roast. Combine remaining ingredients, pour over roast.

Cover and bake at 325° for 1½ to 2 hours or until the meat is tender.

*This recipe also works well in a crock-pot.*

## Taco Skillet

Gail Griffin

4 - 6 servings

- |  |   |
|--|---|
| 1 lb ground buffalo                                | 1 medium tomato, seeded<br>and chopped      |
| 1 medium onion, chopped                            | 1 can (2¼oz) sliced ripe<br>olives, drained |
| 1 can (16oz) refried beans                         | 1 small green pepper,<br>chopped            |
| 1 can (4 oz) chopped<br>green chilies              |   |
| ½ tsp each garlic powder,<br>cumin, & chili pepper |   |

Tortilla chips or taco shells; shredded lettuce and salsa

In a large skillet, cook buffalo and onion over medium heat until meat is no longer pink. Stir in the beans, chilies and garlic powder. Heat through.

Combine the sour cream, cumin, and chili powder; spread over buffalo mixture. Top with tomato, olives and green pepper. Sprinkle with cheese. Serve with tortilla chips or taco shells, lettuce and salsa.



**Use egg substitute in recipes that call for eggs to make the dish lower in fat and cholesterol**

## Cheese Mushroom Meatballs

Angie Mennings

- |                         |                              |
|-------------------------|------------------------------|
| 1½ lb ground buffalo    | 1 cup shredded Swiss cheese  |
| ¾ cup oatmeal           | ¼ tsp salt                   |
| 2 eggs, beaten          | 1 cup tomato juice           |
| 1 tsp salt              | 1 can cream of mushroom soup |
| 1 cup sliced mushrooms  |                              |
| ¼ cup moist breadcrumbs |                              |

Combine ground buffalo, oatmeal, eggs and 1 teaspoon salt; mix well, set aside.

Combine remaining ingredients, except juice and soup for filling.

Make patties of the ground bison mixture; flatten. Add a spoonful of filling; make into balls. Brown on all sides.

Mix 1 cup tomato juice and 1 can cream of mushroom soup; pour over meatballs; simmer ¾ hour.

*Could be used as an appetizer as well*

## Quick &amp; Easy Swiss Steak

Jolaine Johnson

- |                      |   |
|----------------------|---|
| 1 Frozen round steak | 2 large onions, sliced                            |
| 1 large can tomatoes | Garlic powder, seasoning salt and pepper to taste |

Place frozen steak in crock pot in the morning. Season with your favorite spices. Top with onions and tomatoes. Cook all day on low. Drain juices before serving.



*You must try this recipe...oh my is it ever good & easy!*

## Christmas Pot Roast

Rod Sather

- |                             |                       |
|-----------------------------|-----------------------|
| 4-5 lb bone-in chuck roast  | 1 hand full carrots   |
| 2 large onions, chopped     | 4 shakes basil        |
| 1 clove garlic, cut in half | Black pepper          |
|                             | 1 (12oz) can Bud Lite |

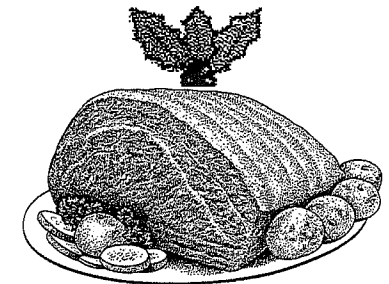
Pour beer over roast. Season roast and add veggies.

Cover. Cook at 220° for 6-8 hours, or 250° for 4-6.

Do not cook over 280°.

Can cook frozen.

Do not let dry out.



## Double Crusted Pizza

Beth Rengstorf

- |                         |                                  |
|-------------------------|----------------------------------|
| 2 cans crescent rolls   | 1 (8oz) package pepperoni        |
| 1 small jar pizza sauce | 1 cup shredded mozzarella cheese |
| 1 lb ground buffalo     | 1 cup shredded cheddar           |

Brown buffalo meat and season to taste.

Unroll one can of crescent roll dough and lay flat in bottom of a 9x13 pan. Begin layering other ingredients starting with sauce, cheeses, meats, sauce, and ending with cheeses.

Unroll remaining can of crescent roll dough and seal over top.

Bake at 425° for 15 minutes or until crust has browned





## Buffalo Rancheros

Angie Menning

10 oz chuck steak ½" thick	2 tsp minced fresh cilantro
2 tsp olive oil	6 oz potatoes, scrubbed, ¼
½ cup sliced onion	inch thick slices
2 garlic cloves, minced	¼ cup seeded and sliced
1 cup canned Italian	mild green peppers (1" strips)
tomatoes, drained, seeded	

On a rack in a broiling pan, broil steak, turning once until well browned but rare, about 2-3 minutes on each side. Transfer to a 1 quart casserole dish and set aside.

In a 9" skillet, heat oil over medium high heat; add onion and garlic and sauté until onion is soft. Add tomatoes with reserved liquid and cilantro and sauté for 5 minutes.

Arrange potato slices over steak in casserole dish; pour in tomato mixture and top with chili pepper strips. Cover and bake at 350°F for 20-25 minutes. Remove cover and bake until steak is tender and potatoes are browned, about 30 minutes longer.

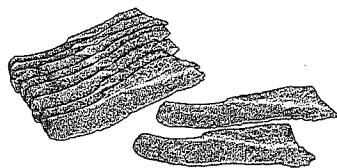
## Layered Bacon Steak

Teresa Meyer

4- 1 lb round steaks	1 (8oz) can mushrooms
½ lb bacon	1 (12oz) can cream of
8-10 potatoes, medium,	mushroom soup
sliced	1 (12oz) can cream of celery
2 onions, sliced	soup

Place first steak on bottom of roasting pan. Then place strips of raw bacon on top of steak. Combine the mushroom and celery soups. Spread ¼ of the mixture on the steak. Then layer potatoes, onions, mushrooms. Continue layers until ingredients run out. Pour a small amount of milk around the sides of the steaks. Cover well and bake at 325° for 2 hours.

***This will make its own gravy***



## Stuffed Cabbage &amp; Cranberry Sauce

Faye Olson

1 (16oz) can jellied cranberry	1 apple
sauce	1 medium head of cabbage
1 (15oz) can tomato sauce	2 lb ground buffalo
1½ cups water	½ cup uncooked rice
juice of one lemon	salt & pepper to taste
¼ cup brown sugar	1 large egg
½ cup raisins	1 medium onion, grated
½ cup fresh cranberries	4 Tbsp ketchup

Mix the cranberry sauce, tomato sauce, 1 cup water, lemon juice, and sugar in a saucepan. Bring to a boil. Then add the raisins and the fresh cranberries. Peel, core, and dice the apple and add to saucepan. Simmer for another 5 minutes. Core the cabbage and place in a large pot with water to cover. Bring to a boil and then simmer, covered, for about 10 minutes or until wilted, drain. Cover with cold water and drain.

(Alternate method you can place the cored cabbage in the freezer for several days. Defrost 24 hrs. before making the cabbage dish. It will wilt naturally)

In a large bowl mix the meat, rice, salt and freshly ground pepper, egg, onion, ½ cup water, and ketchup, blending with your fingers until well mixed.

Trim the ribs off the cabbage, remove the outside leaves, and line a large stove top and oven proof casserole dish with them. Pull off the inside leaves and place them one-by-one on a board, outside down. Fill them with a heaping Tbsp. or two of the filling, depending on the size of the leaf. Fold up like an envelope: top first, then bottom and then the 2 sides. Place the seam side down in the lined casserole. Repeat with the rest of the cabbage leaves and the filling.

Pour sauce over the stuffed cabbage and simmer, covered, for 2 hours. Then, place the stuffed cabbage in a pre-heated 300 degree oven and bake, uncovered, for 30 minutes more.

Yield: at least 15 stuffed cabbages or 6 to 8 servings.

*When I first saw this recipe I thought these ingredients sounded kind of bizarre together, but they actually complement each other perfectly. I tried it and wow! What an amazing dish!*



### Creamed Buffalo over Mashed Potatoes *Angie Menning*

- |                           |                                     |
|---------------------------|-------------------------------------|
| 1 lb ground buffalo       | 1/4 c flour                         |
| 1 medium onion, chopped   | 1/2 tsp salt                        |
| 1 clove garlic, minced    | 1/4 tsp black pepper                |
| 1/2 tsp salt              | 2 c milk                            |
| 1/4 tsp cayenne pepper    | 4 medium potatoes, peeled and cubed |
| 1/4 tsp black pepper      | 1/4 c milk or cream                 |
| 1/4 c butter or margarine | 1 Tbsp butter or margarine          |

Put the onions, garlic, and ground buffalo in a large skillet. Cook until buffalo is no longer pink. Add salt and peppers. Remove to a separate bowl.

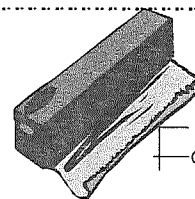
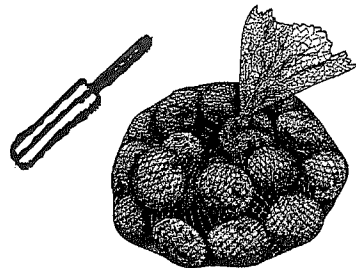
Melt butter in the skillet. Add flour, salt and pepper. Cook, stirring constantly over low heat for about two minutes. Do not allow to burn. Gradually add milk, stirring constantly after each addition and allowing to boil before adding more. This results in a smooth sauce.

When all milk has been added, continue to stir constantly and bring to a boil. Allow to boil for one minute or until sauce is thick, continuing to stir.

Remove from heat and stir into buffalo mixture.

Prepare mashed potatoes: Place potatoes in a pot with enough water to cover by about 1/2 inch. Cook until potatoes are tender. Pour off cooking water (or save for a terrific addition to breads). Add butter and milk. Mash to desired consistency.

Serve ground buffalo mixture spooned over the mashed potatoes.



### Foiled Dinner

*Jolaine Johnson*

- |                       |                       |
|-----------------------|-----------------------|
| 1 buffalo round steak | celery                |
| halved potatoes       | Lipton onion soup mix |
| carrots               | seasonings of choice  |

Place steak on heavy duty aluminum foil. Top with 1/2 to 1 package Lipton onion soup mix. Top with potatoes, carrots, celery and seasonings. Seal tightly. Bake at 325° for 2 1/2 to 3 hours.

### Buffalocos

*Angie Menning*

- |   |   |
|---|---|
| 1 lb buffalo steak (chuck, round, or sirloin) | <b>Marinade:</b>                        |
|   | 2/3 cup prepared Italian dressing       |
|   | 2 Tbsp fresh cilantro, coarsely chopped |
|   | 1 Tbsp chili powder                     |

In a small bowl, combine marinade ingredients. Place steaks and marinade in plastic bag; turn to coat. Close bag securely and marinate in refrigerator 30 minutes to 6 hours; turn occasionally.

Remove steaks from marinade; discard marinade. Place steaks on grill over medium. Grill, uncovered, 10-12 minutes or until desired doneness.

Carve steaks into slices. Season with salt, as desired. Serve in tortillas or taco shells with toppings of choice.

*Makes 12 tacos.*

*To top off the tacos you can use thinly sliced lettuce, chopped tomato, sour cream or guacamole.*





### Grilled Citrus-Herb Tenderloin Roast

Angie Menning

- |  |                                 |
|--|---------------------------------|
| 2 lb buffalo tenderloin roast                      | <i>Seasoning:</i>               |
| 1 large red bell pepper, cut into 1-inch wedges    | 2 Tbsp lemon peel, grated       |
| 1 large yellow bell pepper, cut into 1-inch wedges | 2 Tbsp olive oil                |
| 1 large onion, cut lengthwise into 1/2-inch wedges | 2 tsp dried thyme leaves        |
| 1/2 tsp olive oil                                  | 1 1/2 tsp. salt                 |
|  | 1 tsp coarse grind black pepper |

Combine seasoning ingredients, reserve 2 teaspoons for vegetables. Sprinkle seasoning on wax paper and roll roast through seasoning to coat. Press remaining seasoning evenly into surface of tenderloin.

Place the tenderloin on the grill rack directly over the coals and grill for 6 minutes or until the meat is browned. Turn frequently. May want to place a drip pan underneath meat.

Cover and grill. Using an instant read thermometer, remove meat when it reaches desired doneness. When desired temperature is reached, move roast to rest for 10-15 minutes before carving.

Vegetables: In separate pan, add vegetables and toss with remaining seasoning. Put vegetables on a skewer and place on grill meat is resting. Turn skewer occasionally and grill until vegetables are tender, about 10 minutes. Makes 4-6 servings.

### Tacos

Suzi Lane  
serves 4

- |                      |                           |
|----------------------|---------------------------|
| 1 lb ground buffalo  | 2 tsp ground cumin        |
| 1 cup chopped onions | 1 tsp onion salt          |
| 1 tsp chili powder   | 1 can (8oz.) tomato sauce |
|                      | 2 Tbsp oil                |

Heat oil in heavy skillet and brown buffalo. Add remaining ingredients, cover and simmer over low heat for 45 minutes.



### Roast with Portobello Mushrooms & Dried Cranberries

Uncork a Cabernet Sauvignon or Burgundy to serve with dinner.

Gail Griffin

- |   |   |
|---|---|
| 1 cup dry red wine  | 1 cup dried cranberries   |
| 1 cup canned chicken broth                                  | 1 1/2 Tbsp chopped fresh rosemary                                       |
| 1/2 cup frozen cranberry juice cocktail concentrate, thawed | 1 4-pound buffalo roast   |
| 1/4 cup all purpose flour                                   | 12 oz Portobello mushrooms, dark gills scraped away, caps thinly sliced |
| 1 large onion, sliced                                       |   |
| 4 garlic cloves, chopped                                    |   |

Preheat oven to 300°F. Whisk wine, broth, cranberry concentrate and flour to blend in medium bowl; pour into 15 x 10 x 2-inch roasting pan. Mix in onion, garlic and rosemary. Sprinkle roast on all sides with salt and pepper. Place roast in pan. Spoon some of wine mixture over. Cover pan tightly with heavy-duty foil.

Bake roast until very tender, basting with pan juices every hour, about 4 hours. Transfer roast to plate; cool 1 hour at room temperature. Thinly slice across grain. Arrange slices in pan with sauce, overlapping slices slightly. (Can be prepared 2 days ahead. Cover and refrigerate.)

Preheat oven to 350°F. Place mushrooms and cranberries in sauce around roast. Cover pan with foil. Bake until mushrooms are tender and roast is heated through, 30 to 40 minutes.

Serves 8



## Chili Cobbler



Gail Griffin  
6 servings

Vegetable cooking spray  
1½ pounds ground buffalo  
1 cup chopped onion  
1 medium-size green pepper, cored, seeded and chopped  
2 large cloves of garlic, minced  
2 (14½ oz) whole tomatoes, undrained and coarsely chopped

1 (10 oz) can diced tomatoes and green chilies, undrained  
1 (16 oz) can red kidney beans, drained  
½ cup water  
1½ Tbsp chili powder  
1 tsp ground cumin  
½ tsp ground pepper

Cornbread dumplings

Coat a Dutch oven with cooking spray; place over medium-high heat until hot. Add buffalo, onion, green pepper and garlic. Cook until buffalo is browned.

Add tomatoes, beans, water, chili powder, cumin and pepper. Bring to a boil over medium-high heat. Reduce heat to low; cover and simmer 30 minutes. Transfer mixture to a greased 2½ quart casserole. Drop Cornbread Dumplings batter by tablespoons onto chili leaving space between them.

Bake at 425° for 20 minutes or until dumplings are browned

## Cornbread Dumplings

½ cup yellow cornmeal  
¼ cup + 2 Tbsp flour  
1 tsp baking powder  
1 tsp chili powder  
½ tsp sugar  
¼ tsp salt  
1/3 cup milk  
1 egg  
1½ Tbsp butter melted  
¼ cup shredded sharp cheddar  
1½ Tbsp minced green onions

Combine first 6 ingredients in medium bowl.

Combine in small bowl, egg, milk and melted margarine. Add to dry ingredients, stirring just until dry ingredients are moistened.

Gently stir in cheese and green onions.

## Garlic Stuffed Steaks

Angie Menning

2 buffalo steaks (rib-eye, sirloin, or tenderloin)  
1 Tbsp olive oil  
¼ tsp pepper



¼ cup garlic, very finely chopped  
½ cup green onions, thinly sliced

In a small nonstick skillet, heat oil over medium-low heat until hot. Add garlic. Cook and stir 4-5 minutes or until tender, but not browned. Add onions. Continue cooking and stirring 4-5 minutes or until onions are tender. Season with salt and pepper; cool completely.

Meanwhile with a sharp knife, cut a pocket in each bison steak. Start 1/2 inch from one long side of steak and cut horizontally through center of steak to within 1/2 inch of each side. Spread half of garlic mixture inside each steak pocket. Secure opening with wooden toothpicks.

Set oven to BROIL. Preheat broiler. Position broiler pan so surface of steak is 5 inches from heat source.

Broil until top side is brown; approximately 8-10 minutes. Turn and brown other side for 5-7 minutes for medium doneness.

## Grilled Quesadillas

Angie Menning

¾ lb. roast bison, thinly sliced  
1½ cup thick and chunky salsa  
1 cup canned black beans, rinsed, drained  
½ cup frozen whole kernel corn, defrosted  
8 medium flour tortillas (8 to 10 inch diameter)  
3 cups (12 oz) Co-Jack cheese, shredded

In a medium bowl, combine salsa, cilantro and lime juice. In second bowl, combine ½ cup salsa mixture, beans and corn. Set aside remaining salsa mixture. Sprinkle cheese evenly on one side of each tortilla; divide bison evenly among tortillas. Top with scant ¼ cup of bean mixture. Fold tortillas in half.

Place quesadillas on grill over medium. Grill, uncovered, 4 to 5 minutes or until golden brown; turn once. Serve with reserved salsa mixture.

Makes 8 quesadillas.



## Tasty Pastry Turnovers

Angie Menning

- |   |   |
|---|---|
| 6 oz Buffalo top round or rib-eye steak           | 2 Tbsp ketchup                          |
| 2 small potatoes, peeled, diced into small pieces | 1 tsp Worcestershire sauce              |
| 3 Tbsp dry onion-soup mix                         | 1 Tbsp chopped fresh parsley            |
|   | 6 (10 oz pkg) frozen puff-pastry shells |

Preheat oven to 400°. Cut buffalo into cubes no larger than 1/2 inch. In a medium bowl, combine buffalo, potatoes, soup mix, ketchup, Worcestershire sauce and parsley.

On a lightly floured board, roll out each pastry shell to a 7-inch circle. Spoon equal amounts or about 1/4 cup meat mixture on each rolled-out shell. Brush edges with water. Fold over; press with tines of a fork to seal. Cut several slits in top of each. Place on a baking sheet.

Bake in preheated oven 20 to 25 minutes or until golden brown. Serve hot. Makes 6 turnovers.

## Cordon Blue Loaf

Milissa Linz


- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1 egg, beaten                        | 2 lb ground buffalo            |
| 1 pkg (1 1/2 oz.) meatloaf seasoning | 8 slices, ham, fully cooked    |
| 1/2 cup tomato sauce                 | 8 slices Swiss cheese          |
| 2 cup bread crumbs, soft             | 4 oz. canned mushrooms, sliced |

In a large bowl, mix egg, meatloaf seasoning, tomato sauce and bread crumbs together. Add ground bison meat and mix well. On a piece of waxed paper, pat meat mixture into an 18 x 9 inch rectangle. Top with layers of ham, cheese and mushrooms. Roll, "jelly-roll" style, starting at narrow end. Pinch edges to seal. Place seam side down in a shallow baking pan. Bake at 350° for 1 1/2 hours or until no pink remains. Let stand for several minutes before slicing.



## Italian Stuffed Shells

Milissa Linz

- |                               |   |  |
|-------------------------------|---|--|
| 1 lb ground buffalo           |  | 1 carton (16oz) cottage cheese             |
| 1 cup chopped onion           |   | 2 cups shredded mozzarella cheese, divided |
| 1 garlic clove, minced        |   | 1/2 cup grated Parmesan cheese             |
| 1/2 cup water                 |   | 1 egg, beaten                              |
| 2 cups hot water              |   | 24 jumbo shell noodles, cooked and drained |
| 1 can (12oz) tomato paste     |   |  |
| 1 Tbsp beef bouillon granules |   |  |
| 1 1/2 tsp dried oregano       |   |  |

In a large skillet, brown buffalo, onion and garlic in 1/2 cup water, drain well.

Stir in water, tomato paste, bouillon and oregano, simmer, uncovered, about 30 minutes. Meanwhile, in a medium bowl, combine cottage cheese, 1 cup mozzarella, Parmesan cheese and egg, mix well. Stuff shells with cheese mixture.

Arrange in a 9 x 13 baking dish. Pour meat sauce over shells. Cover and bake at 350° for 30 minutes. Uncover, sprinkle with remaining mozzarella cheese. Bake 5 minutes longer or until the cheese is melted.

## Buffalo Stew Bourguignon

Wanda Stone

- |                              |                               |
|------------------------------|-------------------------------|
| 2 to 3 lb stew meat          | 2 (3oz) cans sliced mushrooms |
| 2 Tbsp oil                   | 1/4 tsp oregano               |
| 1 can "Golden Mushroom" soup | 1/4 tsp Worcestershire sauce  |
| 1/2 cup chopped onion        | 1/4 cup flour                 |
| 1 cup shredded carrots       | 1/2 cup cold water            |
| 1/2 cup dry red wine         |                               |

Brown meat in oil. Transfer to crock pot and add remaining ingredients. Cook on low 8 to 10 hours. Turn to high. Blend flour and water. Add to stew. Cook and stir until thick. Serve over rice or noodles.

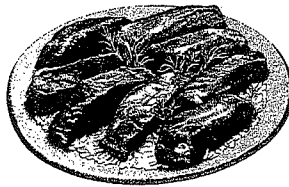


## Buffalo Roll-ups

Milissa Linz

- |                             |                              |
|-----------------------------|------------------------------|
| 1½ lb boneless round steak  | ¼ tsp pepper                 |
| ¼ cup chopped onion         | 1 cup all-purpose flour      |
| ¼ cup butter melted         | 2 Tbsp vegetable oil         |
| 2 cups fresh bread cubes    | 1 can Cream of Mushroom soup |
| ½ cup chopped celery        | 1 cup water                  |
| 1 Tbsp dried parsley flakes | ¾ tsp browning sauce,        |
| ½ tsp poultry seasoning     |                              |

Pound steak to 1/3 in. thickness. Cut into six pieces. Combine the next eight ingredients, mix well. Place 1/3 c on each piece of steak; roll up and fasten with a toothpick. Roll in flour. In a large skillet, brown roll-ups in oil. Combine soup, water and browning sauce if desired, pour over the roll-ups. Cover and simmer for 2 hours or until meat is tender, turning occasionally. Remove toothpicks before serving.



## Rib &amp; Kraut

Jolaine Johnson

- |   |                   |
|---|-------------------|
| 32 oz can of sauerkraut                           |                   |
| 2 onions, peeled and cut into wedges              |                   |
| 2 tart apples, cored and wedged (green work good) | ½ c brown sugar   |
|   | 2 lb buffalo ribs |

Layer in crock pot sauerkraut, onions, apples. Sprinkle brown sugar over them and then top with ribs. Cook low-medium for 6 to 8 hours.



## Chimichangas

Jolaine Johnson

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 2 to 3 lb cubed round steak | 10 oz shredded Monterey jack cheese |
| 16oz jar chunky salsa       | flour tortillas                     |
| 1 cup chopped onion         |                                     |

In a crock pot cook steak and salsa until tender (6 to 8 hours on low).

Mixture should be fairly thick. Drain off excess juices. Cool.

Add onion and cheese. Place mixture on tortillas and fold like an envelope. Fry in hot oil, seam side down first and then the back side.



*Can be microwaved instead for soft shell tacos*

## Pepper Jack Meat Loaf

Gail Griffin

4 servings

- |                             |  |
|-----------------------------|--|
| 1 lb. ground buffalo        | ¾ cup (3oz.) shredded pepper Jack cheese divided * |
| 1 egg                       |  |
| ¼ cup chopped onions        |  |
| ½ cup seasoned bread crumbs | ½ tsp each salt & pepper                           |
| Salsa                       |  |

In a large bowl, combine meat, egg, ½ cup cheese, bread crumbs, onion, salt and pepper. Press into greased 8x4 inch loaf pan.

Bake, uncovered at 350° for 40 minutes. Remove from oven. Drizzle Salsa down center of loaf and sprinkle with remaining cheese. Bake an additional 5 minutes. Let stand for a few minutes before slicing.

\* This recipe has zip! Use Monterey Jack if you would like milder spice





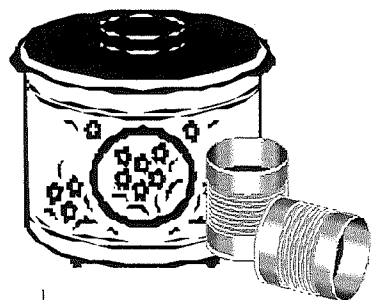
## Spiced Pot Roast

Milissa Linz

- |   |                      |
|---|----------------------|
| 1 boneless buffalo rump or<br>chuck roast | ½ c chopped onion    |
| 1/3 c all-purpose flour                   | 1½ tsp curry powder  |
| 1 tsp salt                                | 2 Tbsp vegetable oil |
| ¼ tsp pepper                              | ½ tsp garlic powder  |
| ½ c chutney                               | 1½ c beef broth      |
| ½ c raisins                               | ½ tsp ground ginger  |

Combine flour, salt and pepper, rub over entire roast. Combine remaining ingredients and pour over roast. Cover and bake at 325° for 3 hours or until meat is tender. Thicken gravy if desired.

*Great served with steamed carrots and baking powder biscuits.*



## Crock Pot Swiss Steak

Angie Menning

- |                                  |                           |
|----------------------------------|---------------------------|
| 6 buffalo Swiss steaks           | 1 envelope onion soup mix |
| 2 cans cream of mushroom<br>soup | ½ cup water               |

Place all ingredients in crock pot; simmer on low all day; serve sauce over rice or mashed potatoes.

*While not gourmet fare, this is the type of home cooking that is very tasty, economical, and easy to do on a very busy.*



## Blue Ribbon Meat Loaf



Jolaine Johnson

- |                         |                                  |
|-------------------------|----------------------------------|
| 1½ lbs ground buffalo   | 1 envelope dry onion soup<br>mix |
| 1 cup sour cream        | 2 eggs, beaten                   |
| 1 cup soft bread crumbs | 2 strips bacon, uncooked         |

Mix all the ingredients together except for the bacon. Pat into a bread pan and lay the strips of bacon on top. Bake for 10 minutes in a 500 degree oven, then reduce temperature to 375 degrees and bake for another hour.

## Round Steak Roll-ups

Gail Griffin

6 servings

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 2 lb boneless round steak         | 1 Tbsp minced fresh<br>parsley |
| ½ cup grated carrot               | 1 garlic clove, minced         |
| 1/3 cup chopped zucchini          | ¼ tsp salt                     |
| ¼ cup chopped sweet red<br>pepper | ½ tsp pepper                   |
| ¼ chopped green pepper            | 2 Tbsp oil                     |
| ¼ cup sliced green onions         | 1 jar (14oz) spaghetti sauce   |
| 2 Tbsp grated Parmesan<br>cheese  | Hot cooked spaghetti           |
|                                   | Additional Parmesan cheese     |

Cut meat into six pieces; pound to ¼ inch thickness. Combine the vegetables, Parmesan cheese and seasonings; place 1/3 cup in the center of each piece. Roll meat up around filling and secure with toothpicks.

In a large skillet brown roll-ups in oil over medium-high heat. Transfer to a slow cooker; top with spaghetti sauce. Cover and cook on low for 6 hours or until meat is tender. Discard toothpicks. Serve roll-ups and sauce over spaghetti noodles. Sprinkle with additional Parmesan cheese if desired.



### Tips & Noodles

*Jolaine Johnson*

- 2 pounds stew meat
- 1 package Lipton Onion Soup Mix
- 1 can Cream of Mushroom Soup

Combine the meat and soups into a crock pot and cook on low for 6 – 8 hours. Serve over noodles, rice, or mashed potatoes.

### Deviled Steak



*Milissa Linz*

- 2 lb boneless buffalo round steak (1 in thick), cut into serving size pieces
- 3/4 c all-purpose flour
- 1 tsp ground mustard
- 1/2 tsp pepper
- 1 tsp salt
- 2 to 3 Tbsp vegetable oil

- 1 medium onion, sliced
- 1 can (14-1/2 oz) diced tomatoes, undrained
- 1 medium carrot, diced
- 1 tsp brown sugar
- 2 tsp Worcestershire sauce
- Hot cooked noodles or mashed potatoes

In a large, resealable plastic bag, combine flour, mustard, salt and pepper.

Add meat and turn to coat. In a skillet, brown steak, half at a time, in oil.

Place meat in a large baking dish, top with onion. Combine tomatoes, carrot, brown sugar and Worcestershire sauce, pour over meat.

Cover and bake at 325° for 1½ to 2 hours or until meat is tender. Remove meat to a serving platter. Simmer tomato-onion mixture until it is reduced to a thick gravy.

Serve meat and gravy over noodles or mashed potatoes.



### Buffalo Pie

*Angie Menning*

- 1 lb buffalo sirloin steak, cut ¾ inch thick
- ½ lb mushrooms, quartered
- 1 medium onion, sliced
- 1 clove garlic, crushed
- ¼ cup water

- 12 oz. jar of gravy
- 1 package (10 oz.) frozen peas and carrots
- ¼ teaspoon thyme
- 1 can (4 1/2 oz.) refrigerated buttermilk flavor biscuits
- 1 Tbsp vegetable oil

Heat oven to 400°. Cut steak into strips. In large oven-proof skillet, heat oil over medium-high heat until hot. Add buffalo and stir-fry 1 to 2 minutes or until outside surface is no longer pink. Remove from skillet and set aside.

In same skillet, add mushrooms, onion, garlic and water. Cook and stir 3 minutes or until onion is tender. Stir in gravy, vegetables, and thyme. Bring to a boil; remove from heat. Stir in steak strips.

Cut biscuits in half; arrange in a ring on top of bison mixture. Bake in 400° oven 12-14 minutes or until biscuit topping is golden brown. Makes 6 servings.



### Biscuit Tostadas

*Gail Griffin*

For the "kid" in all of us! Easy recipe for children to assemble

- 1 lb ground buffalo
- 1 jar (16oz) salsa, divided
- 1 tube large refrigerated biscuits

- 2 cups Co-Jack cheese, shredded
- 2 cups shredded lettuce

In a skillet, cook meat over medium heat until no longer pink. Add 1½ cups salsa; heat through.

Split each biscuit in half; flatten into 4 inch rounds on ungreased baking sheet. Bake at 350° for 10 to 12 minutes or until golden brown. Top with meat mixture, cheese, lettuce and remaining salsa.



## Buffalo Burger Supper

Faye Olson

- |  |                                       |
|--|---------------------------------------|
| 1 lb ground buffalo                    | 1 can (14½) diced tomatoes, undrained |
| ¼ cup hot water                        | 1 Tbsp sugar                          |
| 2 small potatoes, diced                | ½ tsp salt                            |
| 1 medium onion, chopped                | ¼ tsp pepper                          |
| 1 can (15oz) peas and carrots, drained |                                       |

Shape meat into four patties. In a skillet, cook patties over medium heat until no longer pink. Transfer to a slow cooker. Add water to skillet and stir to loosen browned bits from pan. Pour into slow cooker. Add the remaining ingredients. Cover and cook on low for 4-6 hours or until potatoes are tender

## Buffalo &amp; Broccoli Casserole

Milissa Linz

- |                             |  |
|-----------------------------|--|
| 1 lb ground buffalo         | 1 can Cream of Mushroom soup                 |
| ½ cup chopped onion         | ½ cup water                                  |
| 1 Tbsp Worcestershire sauce | 2-10oz pkg. chopped broccoli (or 2 lb fresh) |
| 1 tsp garlic salt           | 6 oz mozzarella cheese                       |
| 1 tsp Italian dressing      |  |
| 1 cup uncooked instant rice |  |

In a skillet, brown buffalo and onion in water until meat browned and onion is tender, drain. Combine bison with Worcestershire sauce, garlic salt, Italian seasoning, rice, soup and water. Place cooked broccoli in an 13-in. x 7-in. x 2-in. baking dish, spoon meat mixture over. Top with mozzarella cheese. Bake, uncovered, at 400° for 15-20 minutes.



## Buffalo Liver &amp; Onions

Luanne Boomgarden

- |                    |                         |
|--------------------|-------------------------|
| 1 lb buffalo liver | 2 Tbsp Greek seasoning  |
| 1 lb bacon         | 4 Tbsp butter           |
| 2 large onions     | 2 cups cooked rice      |
| 2 cups flour       | 2 cups steamed broccoli |

Cut liver in 2 inch pieces. Mix flour & seasoning & set aside. Slice onions & separate into rings. Brown bacon in pan & set aside.

Coat liver in seasoning mixture. Place butter, liver & onions into microwave dish & microwave on low for 3 minutes. Add butter, liver & onions to bacon in frying pan. Cover & simmer about 7 minutes or until done. Serve with rice & broccoli.

## Easy Meatballs

Jolaine Johnson

- |                          |                              |
|--------------------------|------------------------------|
| 1 lb ground buffalo      | ¾ cup evaporated milk        |
| ¾ cup dry bread crumbs   | 1 small onion, chopped fine  |
| 1½ tsp salt              | 2 Tbsp shortening            |
| 2 Tbsp flour             | 1 can Cream of Mushroom soup |
| ¾ to 1 soup can of water |                              |

Mix the meat, milk, breadcrumbs, onion, and salt. Form into balls and roll in the flour. Brown the meatballs in a fry pan with the shortening.

Sauce:

Mix the Cream of Mushroom Soup with ¾ - 1 can water. Pour over the meatballs and bake in a 350 degree oven for 30 - 40 minutes. You may want to cover the dish with foil for the first half of the cooking time and then bake uncovered the second half.

*Time Saver:* Make a double batch and freeze ½ individually on a cookie tray and store in a freezer bag. Just before baking add the soup of your choice.



## Hungarian Hot Dish

Jolaine Johnson

- |                             |                                 |
|-----------------------------|---------------------------------|
| ¼ cup oil                   | 1 tsp salt                      |
| 2 lb stew meat, cubed       | 1 Tbsp paprika                  |
| 2 medium onions, slices     | ½ tsp dry mustard               |
| 2 garlic cloves, minced     | dash of cayenne pepper          |
| 2 Tbsp Worcestershire sauce | 1½ cups water                   |
| ¾ cup ketchup               | 2 Tbsp flour & ¼ cup cold water |
| 2 Tbsp brown sugar          | Egg noodles, cooked             |

Brown stew meat in hot oil along with the onions and garlic. Add the remaining ingredients, except for the flour and water. Put into a crock pot and cook on low for approximately 6 hours. Shortly before serving, blend the flour and water and stir slowly into meat mixture. Heat until thickened, stirring constantly. Serve over noodles.

## Liver Stir-Fry

Angie Menning

- |                    |                            |
|--------------------|----------------------------|
| 1 lb buffalo liver | 1 tsp sugar                |
| 2 medium tomatoes  | ½ tsp salt                 |
| 1 Tbsp soy sauce   | ¼ tsp ground ginger        |
| 1 Tbsp sherry      | 4 Tbsp water, divided      |
| 2 tsp cornstarch   | 1 cup onion, cut in wedges |

Cut tomatoes into wedges set aside. Cut liver into ½ inch wide strips; set aside.

In a medium bowl, combine soy sauce, sherry, cornstarch, sugar, salt and ginger. Add liver; marinate for 15 to 20 minutes.

In a medium skillet or wok, heat 2 Tbsp of the water. Add liver and marinade to skillet. Cook and stir until partially cooked, about 2 minutes. remove from skillet and set aside. To the skillet add remaining 2 Tbsp water. Add onions; cook and stir until onions are crisp and tender, about 3 minutes. Add tomatoes; cook and stir until tomatoes are tender. Add reserved liver and marinade; cook and stir until meat is cooked, but still pink in the center, about 2 minutes



## Stuffed Meat Loaf

Milissa Linz

**Loaf:**

- 1-1/2 lb ground buffalo
- 1 egg, beaten
- 2/3 cup evaporated milk
- ¼ cup dry bread crumbs
- 1 tsp salt

**Filling:**

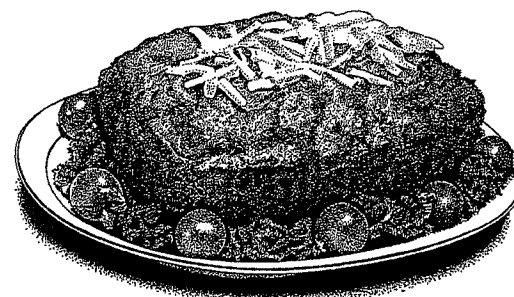
- ½ cup butter
- ½ cup minced onion
- ½ cup diced celery
- 6 slices toasted bread, cubed
- 1 egg, beaten
- ½ cup water
- ½ tsp poultry seasoning
- ½ tsp salt
- ¼ tsp pepper

In a skillet, melt butter over medium heat. Saute onion and celery until tender.

In a large bowl, combine bread crumbs with egg and water. Add cooked vegetables, poultry seasoning, salt and pepper. Mix lightly and set aside.

In another large bowl, combine ground buffalo, egg, milk, bread crumbs and salt.

Pat two-thirds of the meat mixture on bottom and up the sides to within ¾ in. of the top of a 9-in. x 5-in. x 3-in. loaf pan. Spoon filling into meat shell, cover top with the remaining meat mixture and seal edges. Bake at 350° for 1 hour or until no pink remains. Drain. Let loaf stand for 5 - 10 minutes before serving.







## Ground Buffalo Gravy

Faye Olson

- |                             |                              |
|-----------------------------|------------------------------|
| 1 lb ground buffalo         | 1 tsp garlic powder          |
| 1 can beef broth, divided   | 1 tsp seasoned salt          |
| 1 small onion, chopped      | ¼ tsp pepper                 |
| 2 Tbsp dried parsley flakes | 2 Tbsp cornstarch            |
| 1 Tbsp dried basil          | Hot mashed potatoes or pasta |

In a large skillet, cook bison over medium heat until no longer pink. Add 1 ½ cups beef broth, onion, parsley, basil, garlic powder, seasoned salt and pepper. Simmer, uncovered, for 5-10 minutes or until onion is tender. In a small bowl, combine the cornstarch and remaining broth until smooth. (to prevent lumps when thickening with corn starch, don't mix cornstarch with a hot liquid. Combine it with a cold or room temperature liquid and gradually add it to the hot mixture in a skillet or saucepan). Stir into meat mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over mashed potatoes or pasta.

## Chicken Fried Steak

- |                             |                          |
|-----------------------------|--------------------------|
| ½ cup buttermilk            | salt and pepper to taste |
| 1 beaten egg                | ½ cup vinegar            |
| 8 oz round steak (1/2 inch) | 1 quart cold water       |

Beat steak lightly with a meat mallet; marinate 15 to 20 minutes in vinegar and cold water. Remove and pat dry.

Season with salt and pepper lightly. Dip in flour, then buttermilk, then flour and shake off excess flour. Fry in shallow heavy pan in hot oil; remove to paper towel then to warm serving dish. Top with cream gravy or sauce and serve immediately. Note: ½ cup buttermilk will coat two steaks.

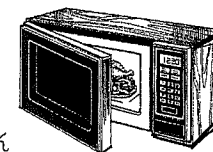


## Stir Fried Steak &amp; Veggies

Jolaine Johnson

- |  |                   |
|--|-------------------|
| 1 lb sirloin steak, sliced into strips | <b>Sauce:</b>     |
| 1 large onion, thinly sliced           | 1/3 cup water     |
| 1 green pepper, sliced                 | ¼ cup soy sauce   |
| 2 garlic cloves, minced                | 2 Tbsp vinegar    |
| 2 cups fresh mushrooms, sliced         | 2½ tsp cornstarch |
| 1 can sliced water chestnuts           | 1 tsp sugar       |
|  | Steamed rice      |

Stir-fry the sliced steak and set aside. Stir-fry the vegetables and crushed garlic until tender-crisp. Add the meat. Prepare sauce in a separate bowl and pour over the meat and vegetables until heated through and thickened. Serve over steamed rice.



## Speedy Salisbury Steak

Gail Griffin

- |                            |                                       |
|----------------------------|---------------------------------------|
| 1 lb ground buffalo        | <b>Gravy:</b>                         |
| ½ cup soft bread crumbs    | 2 Tbsp all - purpose flour            |
| ¼ cup chopped onion        | 1 can (14½ oz) beef broth             |
| 2 tsp Worcestershire sauce | ¼ cup ketchup                         |
| ½ tsp garlic powder        | 1 Tbsp Worcestershire sauce           |
| ¼ tsp black pepper         | ¼ tsp dried basil                     |
|                            | 1 can (4oz) sliced mushrooms, drained |

In bowl combine and mix well the six ingredients in left column. Shape into 4 patties. Brown in skillet for 4-5 minutes per side. Transfer to a microwave-safe dish.

In a separate bowl combine flour and broth of gravy recipe until smooth. Stir in remaining ingredients. Pour gravy over patties and microwave at 70% power for 6 to 8 minutes. Gently stir gravy, cover and let stand for 5 minutes



## Stroganoff

Faye &amp; Verdell Olson

2 lb sirloin steak, julienne  
4 cups onions, sliced thin,  
separate into rings  
1 lb mushrooms, sliced  
4 Tbsp oil  
1 Tbsp dry mustard powder

3 Tbsp hot water  
1 Tbsp sugar, divided  
2 cups sour cream  
salt & pepper to taste  
1 lb pasta, cooked

*Mustard paste:* Dissolve mustard powder, 1½ tsp of the sugar and a pinch of salt in the hot water. Stir to form a paste. Let rest for 15 minutes.

Heat 2 Tbsp of the oil in a heavy pan over high heat until hot. Add mushrooms & onions in pan & cover. Reduce heat to low. Stirring from time to time, simmer for 20-30 minutes, until vegetables are soft. Drain and return vegetables to the pan.

In a large fry pan, heat 2 Tbsp oil on high heat until hot. Drop in half the meat & stir fry for 2 minutes or until the meat is lightly browned. With a slotted spoon, transfer the meat to the vegetables. Fry the remaining meat the same way. Add more oil as necessary. Mix the meat and the vegetables. Stir in the mustard paste. Cook on high heat until the mustard smell diminishes. Stir in the sour cream then add the remaining ½ tsp of sugar and reduce heat to low. Cover pan and simmer for 2-3 minutes, or until sauce is heated through. Season with salt and pepper to taste. Serve over cooked pasta.

## Speedy Hash

Gail Griffin

1 lb ground buffalo  
1 medium onion chopped  
3 cups frozen O'Brien  
hash browns, thawed

¼ tsp each salt & pepper  
1 cup salsa  
½ cup shredded Co-Jack  
cheese  
Sliced green onions

In skillet, cook buffalo and onion over medium heat until the meat is no longer pink. Stir in the potatoes, salt and pepper.

Cook and stir over medium-high heat for 7 to 9 minutes or until potatoes are lightly browned. Stir in salsa. Sprinkle with cheese; cover until melted. Sprinkle with sliced onions.



## Buffalo, Cranberry &amp; Mustard Skillet

Gail Griffin

Serves 4

1½ lb buffalo steak or roast,  
cubed  
2 Tbsp olive oil  
1 Tbsp chopped fresh thyme  
½ cup whole berry  
cranberry sauce

½ cup canned low-salt  
chicken broth  
½ cup orange juice  
2 Tbsp Dijon mustard  
2 Tbsp whipping cream  
Noodles or Mashed Potatoes

Sprinkle buffalo with thyme, salt and pepper. Heat oil in heavy large skillet over medium-high heat. Add meat and cook until brown, 6 - 7 minutes. Transfer meat to plate. Add all remaining ingredients to skillet; bring to boil, scraping up any browned bits and whisking to blend well. Reduce heat to medium and simmer until sauce thickens enough to coat spoon, about 7 minutes. Return buffalo to skillet and simmer until just cooked through, turning occasionally, about 6 minutes. Season to taste with salt and pepper. Dish up over noodles or potatoes of your choice.



## Zucchini &amp; Buffalo Spaghetti

Gail Griffin

Vegetable cooking spray  
1 lb ground buffalo  
2 cups sliced fresh mushrooms  
2 cups thinly sliced zucchini  
1 cup chopped onion  
½ tsp salt  
¼ tsp crushed red pepper  
4 garlic cloves, minced

1 (14½oz) can whole tomatoes,  
undrained and chopped  
1 cup water  
1 (6oz) can tomato paste  
1 tsp dried oregano  
6 cups cooked spaghetti  
½ cup finely shredded zucchini  
2 Tbsp grated Parmesan cheese  
Fresh oregano sprigs (optional)

Coat large nonstick skillet with cooking spray; place over medium heat until hot. Add meat and cook until browned, stirring until it crumbles. Set aside.

Coat skillet again and place over medium-high heat and add mushrooms, sliced zucchini, garlic, salt and red pepper. Sauté 5 minutes, stirring frequently. Stir in meat tomato, water, tomato paste and dried oregano. Bring to a boil; cover and reduce heat and simmer 10 to 15 minutes or to desired consistency. Serve over cooked noodles and garnish with shredded zucchini and Parmesan cheese.



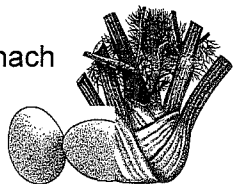
### Buff-ingtons

Gail Griffin

Serves 2

- 2 buffalo filet mignons -- about 6 oz. each
- salt and pepper
- 2 Tbsp butter
- 2 Tbsp oil
- 6 oz. fresh spinach

- 1 small onion -- chopped
- 1 small leek -- chopped
- 1 garlic clove -- minced
- salt and pepper -- to taste
- 1/2 sheet puff pastry dough
- 1 egg -- beaten



Preheat oven to 400° Sprinkle filets with salt and pepper. Melt the butter with the oil in a large saucepan. Sauté the filets for about 2 minutes on each side.

Prepare stuffing, see below.

Roll out your puff pastry thinly, and slice to make 2 squares (Make sure each square will completely cover each filet) Place about 2 tablespoons of "stuffing" in the center of the dough and put a filet on top. Bring the sides of the pastry up all around the filet and seal. Flip the filet over so that you have an enclosed bundle with the seams on the bottom (the stuffing will now be on the top!) and place them on a greased baking sheet. (You can now refrigerate the filets for up to 6 hours. Be sure to bring them to room temperature before baking) Brush with the beaten egg. Bake the filets for 18 - 25 minutes (18 minutes will be rare 25 minutes will be well done)

#### Stuffing:

Sauté onion, leek and garlic for 2 - 3 minutes over med. high heat. Add spinach and sauté just until wilted. Season with salt & pepper to taste



### German Dinner

Milissa Linz

- 2 lb boneless buffalo chuck roast, cut into 1 inch cubes, or buffalo stew meat
- 1/2 c water
- 1 1/2 c beef broth
- 2 medium onions, sliced
- 1 garlic clove, minced
- 1 tsp each dill seed, caraway seed, paprika and salt
- 1/4 tsp pepper

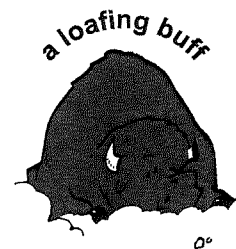
- 3 tbsp all purpose flour
- 1/4 c cold water
- 1 c (8 oz) sour cream

- Hot cooked noodles or rice
- 1 can (14 oz) sauerkraut, warmed

In a skillet, brown bison in 1/2 c water, drain. Add broth, onions, garlic and seasonings. Cover and simmer for 1/2 hour or until meat is tender,

Reduce heat. Combine water and flour until smooth, gradually stir into mixture. Cook and stir for 2 minutes. Add sour cream and heat through (do not boil).

Serve over noodles or rice with sauerkraut on the side.



### Buffa-loaf

Luanne Boomgarden

- 2 lb buffalo burger
- 12 oz. tomato juice
- 3/4 cup oatmeal (uncooked)
- 2 eggs, slightly beaten

- 1/4 cup chopped onion
- 1/2 tsp salt
- 1/4 tsp pepper

Mix all ingredients together. Put into an 8x4 pan or 1 1/2 x 9 oval baking dish. Bake at 350° for 1 hour



## Sloppy Joes Under a Bun

Lois Warner

1½ lb ground buffalo	2 cups <i>Bisquick</i> baking mix
1 Tbsp oil	2 eggs, beaten
1 can Sloppy Joe sauce	1 cup milk
2 cups cheddar cheese, shredded	1 tbsp sesame seeds

Brown ground buffalo in oil until no longer pink. Stir in Sloppy Joe sauce, mix well.

Transfer to a lightly greased 9x13 pan. Sprinkle with cheese.

In a bowl combine baking mix, eggs and milk just until blended. Pour over cheese. Sprinkle with sesame seeds.

Bake uncovered at 400° for 25 minutes or until golden brown.

## Snow Pea Stir-Fry

Gail Griffin

4 - 1 cup servings

1½ tsp cornstarch	1 lb buffalo sirloin steak, cut into thin strips
½ tsp garlic powder	1 red pepper, cut into strips
¼ tsp ground ginger	¼ lb snow peas, thawed if frozen
2 Tbsp soy sauce	hot cooked rice (optional)
1/3 cup water	
2 tsp vegetable oil	

Place cornstarch, garlic powder and ginger in 1-cup glass measure and stir. Add soy sauce and stir to smooth paste. Stir in water and set aside.

Heat oil in wok or large skillet. Add buffalo and sauté 4-5 minutes or until crisp-tender. Remove meat with slotted spoon and set aside.

Add red bell pepper and snow peas to wok and sauté 5 minutes or until crisp-tender.

Pour reserved cornstarch mixture over vegetables and stir in meat. Heat to boil, reduce heat, and simmer, uncovered, just until sauce thickens. Serve over hot cooked rice.



## Sunday Buffalo Roast

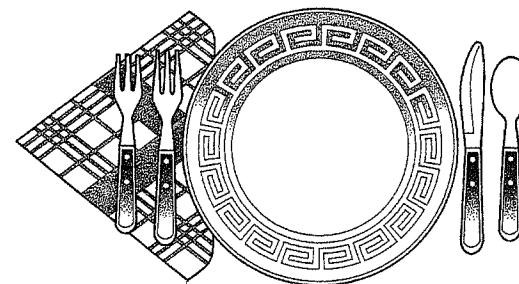
Milissa Linz

5-6 lb boneless rump roast	Gravy:
½ cup cider vinegar	½ cup all purpose flour
1 cup water	1 cup cold water
	salt and pepper to taste
	1 tsp browning sauce

Place roast in a deep roasting pan. Puncture meat with tenderizing tool or meat fork, pour vinegar over. Let stand for 15 minutes. Sprinkle with salt and pepper. Add water to pan. Cover and bake at 350 ° for 2½ to 3 hours or until meat is tender, adding additional water if needed. About 15 minutes before roast is done, uncover to brown the top. Remove roast from pan and keep warm.

Skim any fat from pan juices and discard. Measure the juices, adding water if needed to equal 3 cups. Mix flour and cold water until smooth, stir into pan juices. Cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir in browning sauce if desired. Season with salt and pepper. Serve with roast.

Note: For crock pot follow above directions. cover, cook on low-heat setting 10 to 12 hours or on high-heat setting 5 to 6 hours or until tender.



## Buffalo Jerky

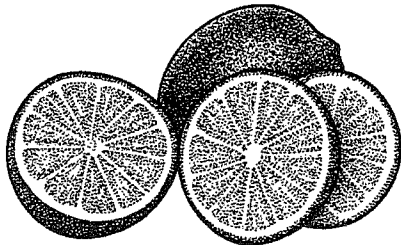
Jolaine Johnson

- |                            |                            |
|----------------------------|----------------------------|
| 1½ lb round or flank steak | ¼ tsp pepper               |
| 1 tsp seasoned salt        | ½ cup Worcestershire sauce |
| 1 tsp onion powder         | ½ cup soy sauce            |
| ½ tsp garlic powder        |                            |

Remove any outer fat from meat. Cut into quarter inch slices along grain. Easier if meat is frozen. Combine all ingredients. Marinate meat overnight in refrigerator. Drain.

Lay meat strips on oven rack and place foil on rack below to catch drips.

Leave door ajar and set over at 150°. Dry meat for 6 hours, turn oven off and leave meat for another 6 hours. Store in a jar



## Tangy Marinade

Angie Menning

- |                            |                         |
|----------------------------|-------------------------|
| ¼ c steak sauce            | 2 Tbsp lime juice       |
| 2 Tbsp brown sugar, packed | ¼ tsp ground red pepper |

Combine all ingredients and mix well.

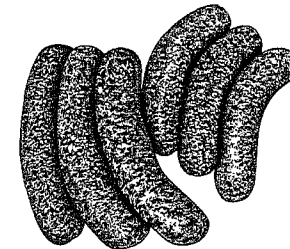
For flavor only, marinate for 15 minutes to 2 hours. For tenderizing, marinate for at least 6 hours. Marinating longer than 24 hours can result in a mushy surface.

## Pickled Buffalo Tongue

Angie Menning

- |                          |                                  |
|--------------------------|----------------------------------|
| 3 lb buffalo tongue      | 4 bay leaves                     |
| 1 qt cold water          | 3 Tbsp salt                      |
| 2 tsp pickling spices    | 1 tsp saltpeter or ascorbic acid |
| 5 garlic cloves, chopped |                                  |

Place the meat in a deep glass bowl or a stoneware crock. Pour the quart of water into another glass bowl and add the remaining ingredients, mix together, and pour over the meat; add enough water to cover. Tightly cover and refrigerate. It is best to keep this in the coldest part of the refrigerator. For best results, marinate for 19-20 days. Every 2 days turn the meat, using wooden spoons. At the end of the pickling period, discard the pickling water, and wash the meat with cold water. It is ready to cook.



## Summer Sausage

Teresa Meyer

- |                                |                             |
|--------------------------------|-----------------------------|
| 5 lbs ground buffalo           | 1 Tbsp mustard seed         |
| 1 lb beef or pork              | 1 Tbsp coarse ground pepper |
| 5 tsp Morton Tender Quick salt | 1 Tbsp hickory smoke salt   |
| 1 Tbsp garlic salt             |                             |

Mix all ingredients together. Refrigerate 24 hours (mix 3 times in that period).

Roll into 5 rolls. Place on broiler pan for drainage. Bake at 170° for 6-8 hours. Refrigerate or freeze.

## Warm Blue Cheese &amp; Flank Steak Salad

- |                                |  |
|--------------------------------|--|
| 1 lb wedge cut frozen potatoes | 1/3 lb blue cheese crumbles            |
| 1 cup sour cream               | 2-3 Tbsp chopped chives                |
| 1 lb flank steak, grilled to   | 1/4 of a large red sweet pepper, diced |

Steam wedge cut potatoes until fork-tender. To serve: Place hot wedge cuts on serving plate. Cover with a layer of sour cream and top with flank steak slices. Garnish by sprinkling blue cheese, chives and red pepper over top.



## Italian Pasta Salad

Faye Olson  
4-6 servings

- |                               |  |
|-------------------------------|--|
| 3 cups spiral pasta           | 1 lb top sirloin, cut into strips                  |
| 1 green pepper, julienne cut  | 2 Tbsp cooking oil                                 |
| 1 cup cherry tomatoes, halved | 1 bottle (8oz) Italian salad dressing              |
| 1/2 cup sliced ripe olives    | 1 1/2 cups shredded provolone or mozzarella cheese |

Cook and drain pasta. In a large bowl, combine pasta, green pepper, tomatoes and olives.

In a skillet, over medium-high heat, stir fry meat in oil until cooked as desired. Drain any remaining oil. Spoon meat over pasta mixture. Add dressing to skillet and bring to a boil. Pour over mixture and toss to coat. Add cheese. Can be enjoyed warm or chilled.

*Serve with breadsticks.*

## Summer Salad

Luanne Boomgarden

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 2-7 oz. boxes ring macaroni | 1/2 tsp. nutmeg                      |
| 1 cup celery, diced         | 1 1/2 cups miracle whip              |
| 1 Tbl. minced onion         | 1 1/2 cups sugar                     |
| 2 cups cucumbers, diced     | 1 tsp. salt                          |
| 2 cups carrots, shredded    | 1/2 cup vinegar                      |
| 1/4 tsp. pepper             | 1 lb Buffalo Summer Sausage, chopped |

Cook macaroni as directed on pkg. Mix rest of ingredients & refrigerate overnight. This recipe makes a very large bowl, recipe can be cut in half. Stir in chopped summer sausage an hour before serving.

## Grilled Steak Salad

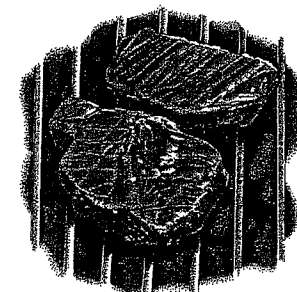
Angie Menning

- |                                    |                         |
|------------------------------------|-------------------------|
| 1 lb buffalo sirloin or tenderloin | 1/2 cup ranch dressing  |
| 1 tsp fresh lemon juice            | 1 tsp dried oregano     |
| 6 cups mesclun salad mix           | 1 clove garlic, crushed |
| 2 tomatoes, cut into wedges        | 1/4 tsp pepper          |

In a small bowl, combine oregano, garlic, and pepper. Press evenly into both sides of steak. Grill to desired doneness.

Season steak with salt, as desired. Drizzle with lemon juice. Slice steak crosswise into thin slices.

In large bowl, combine salad mix and tomatoes; toss gently. Arrange bison on top of salad. Serve with dressing. Makes





## Curried Buffalo &amp; Rice

Gail Griffin

- |                                 |   |
|---------------------------------|---|
| 1 lb boneless sirloin steak     | 1 cup long-grain rice,<br>uncooked      |
| 1 Tbsp curry powder             | 1 cup beef broth, undiluted             |
| ½ tsp salt                      | ½ cup raisins                           |
| 1/8 tsp ground red pepper       | 1 (14½ oz) stewed tomatoes<br>undrained |
| 1 tsp vegetable oil             | 2 Tbsp. slice almonds,<br>toasted       |
| 1 cup coarsely chopped<br>onion |   |
| 2 cloves minced garlic          |   |

Cut steak into ¾ inch cubes.

Combine curry powder, salt and red pepper; stir well. Reserve 1 tsp of curry mixture and set aside. Sprinkle remaining curry mixture evenly over steak cubes.

Heat oil in a large nonstick skillet over medium-high heat. Add steak; cook steak until it loses its pink color. Remove steak from skillet; set aside.

Add onion and garlic to skillet; cook 2 minutes. Add reserved 1 tsp curry mixture, rice, broth, raisins and tomatoes. Bring to a boil. Cover, reduce heat and simmer 25 minutes or until liquid is absorbed.

Return steak to skillet; stir well. Remove from heat; let stand, covered, 5 minutes. Spoon onto individual serving plates and top with sliced almonds.

bon appetite!



# Sandwiches





## Italian Sandwiches

Gail Griffin  
6 to 8 servings

3 lb boneless chuck roast	2 large bell peppers, cut into rings
8 oz reduced-calorie Italian dressing	3 rounds focaccia bread (8 inch) cut horizontally in half
9 slices (1 oz each) provolone or mozzarella cheese	

Spray 12-inch skillet with cooking spray; heat over medium-high-heat. Cook buffalo in skillet about 5 minutes, turning once, until brown.

Place roast in 4 to 5 quart slow cooker. Pour dressing over roast. Cover and cook on low heat 8 to 10 hours or until roast is tender.

Remove roast from slow cooker. Cut into thin slices and return to cooker. Cover and cook on low for 20 to 30 minutes or until slices are hot.

Cut focaccia in half. Layer buffalo, cheese and bell peppers on bottom and top with remain half. Cut each into 4 wedges

## Steak &amp; Mushroom Fajita Sub

1 lb steak	steak rolls
sautéed onions	½ cup A.1 Steak Sauce
sautéed mushrooms	½ cup sautéed mushrooms
sautéed peppers	¼ cup brown gravy

Place warm sliced steak (4 oz per serving) and sautéed onions, peppers and mushrooms on sub rolls. Top with A.1. Mushroom Sauce.

*Mushroom Sauce:*

In a saucepan, combine A.1 Steak Sauce, sliced sautéed mushrooms and prepared brown gravy; bring to a boil. Reduce heat and simmer for five minutes



## Hot Greek Sandwiches

Luanne Boomgarden

4½ lb buffalo roast	1 pkg Onion & Mushroom Soup Mix (dry)
3 tsp Greek seasoning	¼ cup chopped onion
1 tsp garlic powder	4 long stalks celery, chopped
	1 cup water

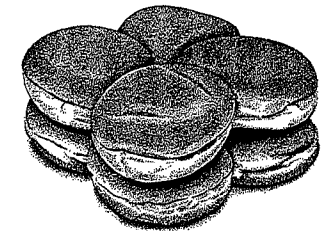
Rub the Greek Seasoning into the roast. Place in crock pot. Add the remaining ingredients cook until meat is so tender it falls apart.

Remove roast and cut into bit size pieces. Save the juices that the roast was baked in and add:

12 oz canned mushrooms, drained and diced
1 can cream of mushroom soup
½ cup sour cream
¼ cup dry white wine

Mix this together & heat until hot. Slowly & only as needed, add the remaining juices back into recipe. Serve on buns.

*This can be made the day before.*



## Sloppy Joe Burgers

Lois Warner  
6 servings

1 lb ground buffalo	1-10½ oz can French onion soup, condensed
1 Tbsp oil	¼ tsp Worcestershire sauce
2 Tbsp all-purpose flour	6 Hamburger buns, split and toasted

In a skillet brown buffalo in oil, stir in flour, soup and Worcestershire sauce. Bring to a boil, over medium heat, for 2 minutes; stir while boiling. Serve on buns.

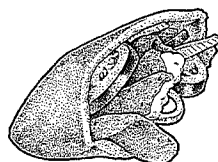


### Buffalo & Cabbage Pitas

Gail Griffin

- |                                  |   |
|----------------------------------|---|
| 2 slices bacon, chopped & cooked | ½ cup chopped onion                           |
| 1 lb ground buffalo              | 1 tsp cornstarch                              |
| 4 cups purchased coleslaw blend  | 2 Tbsp cider vinegar                          |
|                                  | 1 Tbsp water                                  |
|                                  | 3 (6-7 inch) pita breads, cut in half, heated |

Cook ground buffalo for 5 minutes until browned, stirring frequently. Add coleslaw blend and onion. Reduce heat to medium; cover and cook 10 to 15 minutes or until meat is thoroughly cooked and cabbage is tender, stirring frequently.



Meanwhile, in small bowl, combine brown sugar, cornstarch, vinegar and water; blend well. Stir vinegar mixture into meat mix. Cook until thoroughly heated. Spoon mixture into warm pita halves.

### Buffalo Burgers

They are WONDERFUL straight up! Add your favorite cheese and they are awesome.

Ideas to add before cooking for a twist...

- horseradish, parsley, & green onions, then top with Muenster or Swiss cheese
- snipped fresh basil, sun-dried tomatoes, and toasted pine nuts and then spread tops with feta cheese
- wrap meat around crumbled blue cheese and bacon bits for a burst of flavor when you take your first bite.

Time saving tip: Shape and freeze patties ahead.

Shape into patties and top each with plastic wrap or foil, stack and seal in airtight freezer container and freeze up to 4 months. When you need them, simply remove the desired number and reseal the rest.

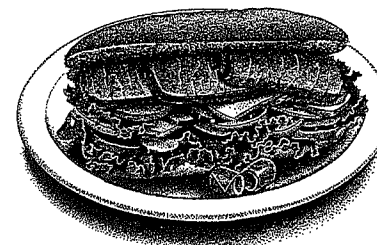


### Barbeques

Luanne Boomgarden

- |                     |                    |
|---------------------|--------------------|
| 2 lb buffalo burger | 2 Tbsp brown sugar |
| 1½ cups ketchup     | ¼ tsp salt         |
| ¼ cup water         | 1/8 onion, chopped |
| 2 Tbsp vinegar      |                    |

Brown burger. (I add water while browning to prevent meat from drying out) Drain. Add remaining ingredient & simmer gently for as long as you like. The longer the better.



### French Dip

Beth Rengstorf

- |                         |            |
|-------------------------|------------|
| 1 buffalo roast         | 1 can beer |
| 1 can French onion soup | Hard rolls |
| 1 can beef consommé     |            |

Place the roast in the crock pot. Add the rest of the ingredients. Cook on High setting until it reaches the boiling point. Turn on Low setting and simmer all day. Dip hard rolls with meat into juice.



## French Dip - American Style

Milissa Linz

- |   |                                       |
|---|---------------------------------------|
| 1 small onion sliced and separated into rings | ¼ tsp pepper                          |
| 1 Tbsp margarine or butter                    | 1- 14½ oz can beef broth              |
| 1 clove garlic minced                         | ¾ lb thinly sliced cooked bison roast |
| ½ tsp dried thyme, marjoram                   | 4 French-style rolls split            |

In a saucepan cook onion and garlic in margarine or butter until tender.

Stir in broth, thyme marjoram or oregano, and pepper. Bring to boiling. Add meat. Return to boiling. Reduce heat.

Remove meat slices and onion rings from liquid. Arrange on top of rolls. Serve with individual dishes of broth mixture for dipping.

## Zesty Buffalo Pockets

Gail Griffin

Serves 6

*Zesty Pockets burst with flavor from the hot, marinated strips of steak and the cool, garden vegetables and cheese.*

- |   |   |
|---|---|
| ¼ cup olive oil                             | 6 pita pockets or kaiser rolls            |
| 2 Tbsp red wine vinegar                     | 6 slices Monterey Jack or Muenster cheese |
| 2 tsp Grill Mates® Montreal Steak Seasoning | 6 lettuce leaves                          |
| 1 tsp Italian Seasoning                     | 6 - 10 slices tomato                      |
| ½ tsp garlic powder                         | ½ cup shredded carrots                    |
| 1 lb sirloin steak                          |   |

Combine first 5 ingredients in large self-closing plastic bag or glass dish. Add steak; toss to coat. Refrigerate 30 minutes.

Remove meat from marinade; discard marinade.

Preheat grill. Lightly grease rack. Grill steak 8-10 minutes per side or until desired doneness.

Thinly slice meat and layer in pita pockets or on rolls. Top with cheese, lettuce, tomato and carrots. Serve warm.

## Serving Safe Ground Meat



Bacteria are a part of all living things and are found on all raw agricultural products. Bacteria called *E. coli* 0157:H7 can be present in ground buffalo that is not thoroughly cooked just like all other ground meats.

## To Reduce the Risk of Illness:

- Thoroughly cook all ground bison menu items to at least 155° The inside of the ground meat should be gray-brown, not pink or red.
- Wash hands **immediately before** handling raw ground buffalo to prevent contamination of the meat, and **immediately after** handling to prevent contaminating other foods or surfaces.
- After contact with raw ground buffalo, wash, rinse, and sanitize utensils and work surfaces to prevent cross contaminating other foods. Allow sanitized articles to air dry.
- Do not keep meat at room temperature for more than two hours.
- Serve meat immediately after they are cooked or hot hold them at 140°F or higher.
- Use frozen meat within three to four months and refrigerated meat within three to four days.
- Wash hands frequently to avoid the spread of *E. coli* from one person to another.

## Thawing Frozen Meats

1. In a refrigerator in the lowest shelf to prevent blood from dripping onto other foods.
2. Under cool running water.
3. In a microwave then cook immediately.

## Cooling

Left over food that is not cooled enough is a major cause of food poisoning. Cool rapidly in small amounts in shallow containers.

## Reheating

Reheat food to 165 F.

For more information on handling meat products safely, call:

**USDA's Meat and Poultry Hotline**  
1-800-535-4555 (between 9am-3pm)

# Weights & Measures



- |                             |                                |
|-----------------------------|--------------------------------|
| 3 teaspoons = 1 tablespoon  | 2 tablespoons = 1 liquid ounce |
| 4 tablespoons = 1/4 cup     | 2 cups = 1 pint                |
| 5 1/2 tablespoons = 1/3 cup | 4 cups = 1 quart               |
| 16 tablespoons = 1 cup      | 4 quarts = 1 gallon            |

# Equivalents & Substitutions

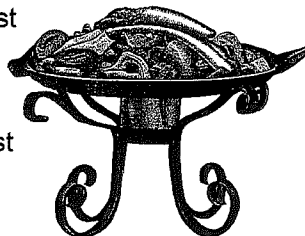
- 2 tablespoons fat = 1 ounce
- 2 cups fat = 1 pound
- 2 1/2 cups dry rice = 1 pound = 8 cups cooked
- 4 cups dry Macaroni = 1 pound = 9 cups cooked
- 1 cup dry Noodles = 1 3/4 cups cooked
- 1 tablespoon Prepared Mustard = 1/2 teaspoon mustard + 2 teaspoons vinegar
- 1 small, chopped Onion = 1 teaspoon onion powder or 1 tablespoon dried minced onion
- 1 lemon = 3 to 4 tablespoons juice
- 2 cups Tomato Sauce = 3/4 cup tomato paste + 1 cup water
- 5 cups grated fresh cheese = 1 pound
- 6 1/2 tablespoons cream cheese = one 3 ounce package
- 1 cup Sour Cream = 1 cup plain yogurt

# Party Planning

Having a group in for dinner ?

- plan: 1/2 pound of meat per guest
- 1/2 cup vegetable and starch per guest
- 1/2 cup of salad per guest

Company coming for snacks and appetizers for 2 to 3 hours? plan 9 "pieces" per guest



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