



BISON, GROUND, FROZEN

Date: October 2016 Code: 110001, 110674, 110778 and 110779

PRODUCT DESCRIPTION

- Frozen ground bison is 100% bison with no more than 10% fat.

PACK/YIELD

- Provides about 4 to 5 servings of cooked meat (about 3 oz. each)
- 110001: 40/1 pound package
- 110674: 32/1.25 pound package
- 110778 20/2 pound package
- 110779 12/1 pound package

STORAGE

- Look at the date on the package before use
- Keep ground bison frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ground bison in a tightly covered container in the refrigerator. Use within 4 days.

PREPARATION/COOKING

- It is important to properly handle all ground bison to avoid spoilage or foodborne illness.
- DO NOT thaw ground bison on countertops or at room temperature.
- To thaw ground bison in the refrigerator, place wrapped ground bison on a plate or in a bowl on the lowest shelf to catch any drippings or juice. Thaw overnight or for at least 10 to 12 hours.
- To thaw ground bison in the microwave, place unwrapped ground bison on a microwave safe plate or bowl and use defrost or medium-low setting; microwave 2 minutes; let stand 2 minutes. Repeat as needed. Turn ground bison regularly as it thaws. Be sure ground bison is covered to reduce splattering.
- Cook immediately after thawing; ground bison should be cooked to an internal temperature of 160 °F. Only a food thermometer can ensure adequate cooking temperatures. You cannot tell if food is cooked safely by how it looks; ground bison that is brown in the middle is not

necessarily cooked completely.

USES AND TIPS

- Ground bison may be used in place of ground beef in most recipes.
- Ground bison may be made into hamburgers or mixed into casseroles, soups, stews, meatloaf, meatballs, and sauces.

NUTRITION FACTS

Serving size: 3 ounces (85 g) cooked ground bison

Amount Per Serving

Calories 200 **Calories from Fat** 120

		% Daily Value*	
Total Fat	13g		20%
Saturated Fat	5g		27%
Trans Fat	0g		
Cholesterol	70mg		24%
Sodium	60mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	20g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet.

NUTRITION INFORMATION

- 3 ounces of cooked bison counts as 3 ounce towards in the ChooseMyPlate.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving size is about 3 ounces.
- 3 ounces of cooked ground bison provides 15% of the daily recommended amount of iron.

FOOD SAFETY INFORMATION

- Ground bison may contain bacteria that can cause illness if it is mishandled or cooked improperly. For your protection, keep refrigerated or frozen. Follow proper thawing directions listed under Preparation/Cooking and keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), tools, and hands after touching raw meat or poultry. Cook to 160°F internal temperature. Keep hot foods hot. Refrigerate leftovers immediately or throw away.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- www.fns.usda.gov/fdd/

BISON MEAT SAUCE

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 pound frozen ground bison, thawed
- 1 onion, chopped
- 3 garlic cloves, chopped (if you have it)
- 2 carrots, peeled and chopped
- 1 green pepper, seeds removed and chopped
- 1 can (about 6 ounces) low-sodium tomato paste (if you have it)
- 1 can (about 15 ounces) no salt added diced tomatoes
- 2 teaspoons dried basil (if you like)
- 2 teaspoons sugar
- Black pepper to taste

Directions

1. Cook bison, onion, and garlic in a medium-size saucepan over medium heat until the meat is browned and cooked evenly.
2. Add carrots, pepper, tomato paste, and diced tomatoes. If using basil, add that too.
3. Cook for 1 hour on low heat. Ensure bison reached an internal temperature of 160 °F. Use a food thermometer to check the internal temperature. Stir in the sugar.
4. Serve over pasta or rice.

Nutritional Information for 1 serving (about ½ cup) of Bison Meat Sauce							
Calories	230	Cholesterol	55 mg	Sugar	9 g	Vitamin C	30 mg
Calories from Fat	110	Sodium	180 mg	Protein	17 g	Calcium	58 mg
Total Fat	12 g	Total Carbohydrate	14 g	Vitamin A	200 RAE	Iron	5 mg
Saturated Fat	5 g	Dietary Fiber	3 g				

Recipe adapted from Recipezaar.com

BISON STEW

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 pound frozen ground bison,
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 carrots, peeled and sliced
- 2 potatoes, cut into cubes
- 1 cup canned low-sodium tomatoes, undrained
- 1 can (about 15 ounces) low-sodium canned tomato sauce
- ½ teaspoon black pepper
- ½ cup water, if needed

Directions

1. Heat oil in a medium-size saucepan over medium heat. Add bison and cook until browned, then add onions and cook until soft.
2. Add carrots, potatoes, tomatoes, and pepper. Cook for 1 hour over low heat. Ensure bison reaches an internal temperature of 160°F. Use a food thermometer to check the internal temperature.
3. If stew is too thick, add water and cook for 15 more minutes.

Nutritional Information for 1 serving (about 1 cup) of Bison Stew

Calories	310	Cholesterol	55 mg	Sugar	7 g	Vitamin C	16 mg
Calories from Fat	150	Sodium	155 mg	Protein	17 g	Calcium	55 mg
Total Fat	17 g	Total Carbohydrate	23 g	Vitamin A	270 RAE	Iron	4 mg
Saturated Fat	6 g	Dietary Fiber	4 g				

Recipe adapted from RecipeZaar.com.