

# Bison and Wild Rice Meatloaf

## INGREDIENTS\*

### MEAT LOAF

- ½ cup **wild rice** OR 1 ¾ to 2 cups of cooked **wild rice**
- 2 Tablespoons **vegetable oil**
- 1 **onion**, finely chopped
- 3 cloves garlic, minced OR ¾ teaspoon garlic powder
- ¼ cup **cornmeal**
- 2 **eggs**, beaten
- ¾ cup **tomato juice**
- 1 teaspoon each salt and black pepper
- 1 teaspoon oregano OR Italian herb blend
- 2 pounds **ground bison** OR 1 pound **ground bison** + 1 pound **ground beef**, thawed

### BETTER THAN KETCHUP SAUCE

- 1 (15.5 ounce) can **tomato sauce**
- ¼ cup apple cider vinegar
- ¼ cup maple OR brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon ground allspice
- ¼ teaspoon salt
- 1 Tablespoon molasses (optional, but delicious)

Source: LTBB Odawak FDPIR and Community Health programs

\*Ingredients in **bold** are available through the Tribal FDPIR program in your community.



Illustration © 2021, Jessie Boulard



## INSTRUCTIONS

1. Wash your hands before preparing food.
2. If using uncooked wild rice, rinse the rice under cool water and place in a small saucepan; add 1 ½ cups of water. Bring to a boil and then reduce heat to simmer; cover and cook rice for 30 to 45 minutes or until tender. If using rice that is already cooked, measure out amount needed, and place into large bowl.
3. Preheat oven to 350°F. Chop onions and garlic.
4. In a heavy skillet, heat oil over medium heat and add the chopped onion and minced garlic. Cook and stir until onion is soft, about 5 minutes.
5. Place cooked onions and garlic into a large bowl and add the cooked wild rice, cornmeal, beaten eggs, tomato juice, salt, pepper and oregano. Mix thoroughly.
6. Add the ground bison, and beef, if using. Gently mix until well combined, do not overwork the meat mixture. Form into a loaf and place back into skillet, or another pan (see Notes). A thinner loaf or large patty will cook faster. Wash your hands after handling raw meat.
7. Bake for 30 minutes. In the meantime, make the sauce: in a small bowl, combine the tomato sauce, vinegar, sugar and spices; simmer gently for 10 minutes.
8. After 30 minutes of baking, spread ¼ to ½ of the sauce over the top of the meatloaf. Bake for an additional 30 minutes or until the internal temperature reaches 160° F. Let the meatloaf sit, covered with foil, for 10 - 15 minutes before slicing. Serve with extra sauce.



## NOTES AND IDEAS:

- Avoid overworking the meat mixture to keep the meatloaf from turning into a paste.
- Using the skillet to bake the meatloaf saves cleanup time.
- If you use two loaf pans or a broiler pan, first spray with nonstick cooking spray OR cover with parchment paper OR foil, and set aside.

