

BISON & CABBAGE

Time: 45 minutes

Serves: 4

Ingredients:

- 2 teaspoons grapeseed or other neutral-tasting oil
- 1 pound ground bison
- 1 head red cabbage – very thinly sliced
- 2 tomatoes – diced
- 2 onions – diced
- 4 cloves garlic - finely chopped or grated
- 1 cup chicken stock
- 5 ½ ounce can tomato paste
- 2 teaspoons kosher salt
- ½ teaspoon fresh ground black pepper

Preparation:

Place a large pot on medium heat and add the oil.

Once the oil is hot, add the bison, stirring occasionally and breaking apart until browned.

Stir in the remaining ingredients and reduce heat to medium low once a simmer is reached. Cook covered, stirring occasionally for thirty minutes.

Remove from heat and serve immediately or reheat later.

Nutritional Information Per Serving:

- Calories: 250
- Fat: 6g
- Carbs: 24g
- Fibre: 7g
- Protein: 27g