
Cooking With Bison

Key Nutrients

- Iron - carries oxygen in our blood
- Protein - builds and repairs skin, muscle, blood, bone and brain

Serving Size

2-3 ounces cooked bison (about the size of a deck of cards) provides one serving from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts food group.

Storage and Safety

Thaw frozen bison in the refrigerator or quickly in the microwave to prevent growth of bacteria. Cook immediately after thawing in the microwave.

Always clean hands, utensils and work surfaces with soap and water after handling any raw meat.

Cook bison to at least 160 degrees F. to destroy any parasites or bacteria that might be present.

Preparation and Cooking

Bison is very lean and will be dryer and tougher than beef. Some people add fat during cooking to enhance juiciness and flavor. You can also marinate bison and serve in a sauce.

Bison may be cooked the same way as beef. Cuts from the muscles that the animals use the most, such as the chuck, round and flank, will be less tender than the rib and loin.

Tougher cuts should be cooked in liquid (stewed or braised). These cuts will be more tender if marinated or tenderized before cooking.

Uses and Tips

- use ground bison in tacos, chili, spaghetti, meatballs, meatloaf, and casseroles
- use cubed bison in casseroles, soups and stews
- mix cooked, shredded bison with barbecue sauce; serve on a bun

Source: Modified. OSU Extension, Lane County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>