

# Cooking With Buffalo

**Produced by InterTribal Bison Cooperative (ITBC)  
& Administration for Native Americans**



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## History of Buffalo

The American bison, also known as buffalo, has always held great meaning for American Indian people. To Indian people, buffalo represent their spirit and remind them of how their lives were once lived - free and in harmony with nature.

Buffalo thrived in abundance on the plains of the United States for many centuries before they were hunted to near distinction in the 1800s. During this period of history, buffalo were critical to survival of the American Indian people. Buffalo provided food, shelter, clothing and essential tools for Indian people and insured continuance of their subsistence way of life. Many cultural ceremonies utilized the buffalo.

Naturally, Indian people developed a strong spiritual and cultural respect for buffalo that has not diminished with the passage of time.



## Dietary Information

The Plains Indians hunted buffalo and gathered foods which were enriched with omega-3-fatty acids. This acid has been known to prevent disease and prolong health.

According to Dr. Kevin Weiland, Assistant Professor in the Department of Internal Medicine of SD School of Medicine, “The original diet of the Plains Indians was one eating foods rich in omega-3-fatty acids and less omega-6-fatty acids. These fatty acids are considered essential fats the body needs. Grazing animals that are allowed to eat a natural diet of plants are far richer in omega-3-fatty than an animal confined and fed a grain based diet”.

<b>3 oz Serving</b>	<b>Calories</b>	<b>Fat</b>	<b>Cholesterol</b>
Buffalo	93	1.8g	43 mg
Turkey	125	3.0 g	59 mg
Beef	183	8.7 g	55 mg
Chicken	140	3.0 g	73 mg

Buffalo meat is a good source of protein, vitamins B6 and B12, iron, potassium and even calcium!

“2 to 3 ounces of buffalo meat provides 1 serving from the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group of the Food Guide Pyramid” (USDA Guide).



## Serving Sizes and Portions

Serving sizes are important because the nutrition facts (calories, grams of protein, fat, sodium and carbohydrates, etc) are based on a certain portion.

How do you know what a serving is? Most packaged foods contain a label that tells you the nutritional contents.

The following are categories of food and their serving sizes:

- The recommended serving of meat, fish, or poultry is 3 – 4 ounces (without bone or skin). A serving of meat is about the size of a deck of cards, a cassette tape, or your checkbook, or even the palm of your hand. It is recommended that you have 1 or 2 servings a day from the meat group.
- The recommended serving from the fruit/vegetable group could include one of the following: 1 medium apple,  $\frac{3}{4}$  cup (or 6 oz) of fruit juice or vegetable juice,  $\frac{1}{2}$  cup cooked or canned vegetables or fruit, 1 small baked potato, 1 cup of raw leafy vegetables, or  $\frac{1}{4}$  cup dried fruit. It is recommended that you eat 5 or more servings of fruit and vegetables a day for better health.
- The recommended serving of grains could include one or more of the following: 1 slice of bread,  $\frac{1}{2}$  bagel, 1 tortilla, 1 cup dry cereal,  $\frac{1}{2}$  cup cooked cereal or pasta or rice, 1 pancake or waffle, or 4 small cookies (vanilla wafers). It is recommended that you eat 6 – 11 servings a day from the grains group.
- The recommended serving of the milk group could include one of the following: 1 cup small milk (8 oz), 1 cup yogurt, or 1  $\frac{1}{2}$  oz cheese. It is recommended that you get 2 -3 servings a day from the milk group.



## Cooking Tips

The two most important tips about cooking buffalo meat are: **LOW** and **SLOW**. If you remember this about cooking buffalo, you simply can't ruin it!

- Since it is very lean and lacks fat marbling, buffalo meat can cook faster than other red meats.
- Care should be taken not to overcook buffalo. This will dry out the meat and make it tough to eat. Turn meat often and cut cooking time slightly.
- In general, buffalo meat should be cooked using low heat (325° or lower) and longer cooking times.



Modoc Tribe, February 2007



## Cooking Measurement Equivalents

1 tablespoon (tbsp) =	3 teaspoons (tsp)
$\frac{1}{16}$ cup =	1 tablespoon
$\frac{1}{8}$ cup =	2 tablespoons
$\frac{1}{6}$ cup =	2 tablespoons + 2 teaspoons
$\frac{1}{4}$ cup =	4 tablespoons
$\frac{1}{3}$ cup =	5 tablespoons + 1 teaspoon
$\frac{3}{8}$ cup =	6 tablespoons
$\frac{1}{2}$ cup =	8 tablespoons
$\frac{2}{3}$ cup =	10 tablespoons + 2 teaspoons
$\frac{3}{4}$ cup =	12 tablespoons
1 cup =	48 teaspoons
1 cup =	16 tablespoons
8 fluid ounces (fl oz) =	1 cup
1 pint (pt) =	2 cups
1 quart (qt) =	2 pints
4 cups =	1 quart
1 gallon (gal) =	4 quarts
16 ounces (oz) =	1 pound (lb)



# Chapter 1: Soups & Stews



## **Title: Goulash Soup**

### Ingredients:

- 2 lb buffalo chopped small (bite-size)
- ½ cup chopped onions
- 2 cloves of garlic diced
- 2 green peppers chopped
- 1 can of tomato paste
- 2 tbsp flour
- 6 cups of water or broth
- 1 tsp paprika
- 3 large potatoes cut in small pieces
- 2 tbsp olive oil

**Instructions:** Fry the first four ingredients in 2 tbsp of oil until brown, on low heat. Add the remaining ingredients, cover and simmer about 45 minutes. If desired, you can add mushrooms and/or cream at the end of the cooking time.

**Nutritional Information:** Calories per serving 176, Protein 21g, Total Fat 5g, Sodium 190mg, Total Carbohydrates 12g

*Serves 10.*

## **Title: Buffalo Stew**

### Ingredients:

- 2 ½ lbs cubed buffalo meat
- 4-5 medium potatoes, peeled and cubed
- 3 carrots, peeled and sliced
- 1 can (8 ounces) of chopped tomatoes
- 2 cans (8 ounces) of tomato sauce
- 2 tbsp cooking oil
- 1 ½ tsp salt
- ½ tsp pepper
- ½ cup or more of water

**Instructions:** Brown meat in the oil in a large kettle, then add onion and cook until tender. Add tomato sauce, carrots, tomatoes, and seasonings. Cover. Cook for 1 hour over very low heat. Add potatoes and water (if needed). Cover and cook for an additional 30 – 40 minutes over very low heat.

**Nutritional Information:** Calories per serving 188, Protein 21g, Total Fat 4g, Sodium 514mg, Total Carbohydrates 17g

*Serves 13.*



## **Title: Quick Bison Stew**

### Ingredients

- 2 lbs ground bison
- 2 (16 ounce) cans mixed vegetables
- 2 (16 ounce) cans chopped tomatoes
- 2 cups elbow macaroni, uncooked
- 6 cups of water (more or less depending on what consistency you prefer)
- Ground pepper (to taste)
- Salt (to taste)

**Instructions:** In a large soup pot, cook ground meat between low and medium heat. Keep stirring the meat until brown. Add water, macaroni, vegetables, and tomatoes. Stir ingredients together and season to taste with salt and pepper. Reduce heat and simmer until macaroni is completely cooked.

**Nutritional Information:** Calories per serving 167, Protein 22g, Total Fat 2g, Sodium 266mg, Total Carbohydrates 14g  
*Serves 10.*

## **Title: Buffalo Minestrone**

### Ingredients

- 1 pound ground buffalo
- ½ medium onion, chopped (about ¼ cup)
- 1 clove garlic, crushed
- 1 cup shredded cabbage
- ½ cup uncooked elbow macaroni or broken spaghetti
- 1 ¼ cups water
- 2 cubes beef bouillon
- 1 tsp Italian seasoning
- 2 stalks celery, thinly sliced (about 1 cup)
- 1 medium zucchini, sliced (about 1 ½ cups)
- 1 can (28 ounces) whole tomatoes, undrained
- 1 can (8 ounces) kidney beans, undrained
- 1 can (8 ounces) whole kernel corn, undrained
- Grated Parmesan cheese

**Instructions:** Cook buffalo, onion, and garlic in Dutch oven over low to medium heat, stirring occasionally, until buffalo is brown; drain. Stir in remaining ingredients except cheese, breaking up tomatoes. Heat to boiling; reduce heat to low. Cover and simmer about 15 minutes, stirring occasionally, until macaroni is tender. Serve with cheese.



## **Title: Hearty Bison Soup**

### Ingredients

- 2 pounds bison stew meat, cut into 1 inch cubes
- 2 tbsp canola oil
- 1 onion, quartered and sliced
- 2 cloves garlic, chopped
- 1 tsp dill seed
- 1 tsp paprika
- 1 tsp salt
- ¼ tsp pepper
- 2 (14 ounce) cans beef broth
- 1 ½ cups fresh mushrooms
- 1 cup carrots, chopped
- ¼ cup cold water
- 3 tbsp flour
- 1 (8 ounce) container sour cream

**Instructions:** Heat oil in a large pot over medium heat. Add bison, and cook until evenly brown. Stir in onion and garlic, and cook until tender, about 5 minutes. Season with dill seed, paprika, salt and pepper. Stir in cans of broth and bring to a boil. Reduce heat, cover, and simmer 2 hours. Stir in mushrooms and carrots; and simmer for 20 minutes. Mix together flour and water, and stir into stew. Cook until thickened. Stir in sour cream, and heat through. Serve over rice, egg noodles, or mashed potatoes.

## **Title: Potato Soup with Buffalo Meat**

### Ingredients

- 1 pound ground buffalo meat
- 6 potatoes, peeled and cubed
- 1 ½ cups carrots, chopped
- 1 cup celery, chopped
- 1 (8 ounce) can tomato sauce
- 3 cups water
- 1 tsp salt
- ½ tsp pepper
- ½ to 1 tsp hot pepper sauce (optional)

**Instructions:** In a skillet, brown ground buffalo. Drain. In a large saucepan, combine buffalo meat, potatoes, carrots, celery, and tomato sauce. Mix well. Stir in water, salt, pepper, and hot pepper sauce, and bring to a boil. Reduce heat, cover and simmer for 45 minutes or until potatoes are tender.

## **Title: Taco Soup**

### Ingredients

- 2 pounds ground buffalo
- 1 onion, chopped
- 1 (4 ounce) can diced green chilis
- 1 tsp salt
- ½ tsp pepper
- 1 (15 ounce) can pinto beans, drained
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (1.25 ounce) package taco seasoning mix
- 2 cups water
- 1 (1 ounce) package ranch dressing mix
- 1 (15 ounce) can whole kernel corn, drained
- 1 (14.5 ounce) can stewed tomatoes

**Instructions:** In a large Dutch oven, brown the buffalo meat and chopped onions over medium heat. Drain off any fat. Add chilis, salt and pepper, beans, water, seasoning mixes, corn, and stewed tomatoes to the buffalo meat and onions. Bring to a boil. Reduce and simmer for 30 minutes. Top with shredded cheese and/or sour cream, and serve with corn chips.



## **Title: Buffalo Rice Soup**

### Ingredients

- 1 pound ground buffalo
- 2 (14.5) ounce cans of diced tomatoes
- 1 (15 ounce) can of whole kernel corn, drained
- 1 (15 ounce) can of kidney beans, drained and rinsed
- 2 cups cubed potatoes
- 2 carrots, chopped
- ½ onion, chopped
- 2 tsp salt
- ¼ cup uncooked white rice
- ½ tsp pepper
- 6 cups water

**Instructions:** In a large saucepan over medium-low heat, sauté the ground bison until browned. Add the tomatoes with liquid, potatoes, carrots, onion, salt, rice, black pepper, and water. Bring to a boil and reduce the heat to low. Simmer for 1 hour and serve.



# Chapter 2

# Ground Meat



## **Title: Square Buffalo Meat Balls**

### Ingredients

- 2 lbs ground buffalo meat
- ½ lb sausage
- 1 cup bread crumbs
- ¼ cup ketchup
- 2 eggs

**Instructions:** Preheat oven to 275 °F. Cover the bottom of a 13 x 9 baking dish with tin foil. In a bowl combine all the ingredients until well mixed. Place the meat into the baking dish and spread out evenly. Cut the meat into small squares with a butter knife. Put the baking dish into the oven for 1 ½ hours or until meat is completely cooked. Add to your favorite spaghetti sauce and simmer about 15 minutes.

**Nutritional Information:** Calories per serving 199, Protein 19g, Total Fat 9g, Sodium 464mg, Total Carbohydrates 8g  
*Serves 13.*

## **Title: Buffalo/Potato Casserole**

### Ingredients

- 2 lbs ground buffalo
- 5 – 7 potatoes peeled and sliced
- 1 can cream of mushroom soup (also using the can, one can of water)

**Instructions:** Preheat oven to 300°F. Cook buffalo meat until browned (on low heat). In a 13 x 9 baking dish place a layer of sliced potatoes on the bottom, then add a layer of buffalo meat, then a layer of potatoes. In a separate bowl mix the condensed soup with water. Add the mushroom soup over the layers. Cover with tin foil. Bake the casserole for 1 ½ hours until potatoes are tender.

**Nutritional Information:** Calories per serving 194, Protein 22g, Total Fat 4g, Sodium 330mg, Total Carbohydrates 16g  
*Serves 10.*

## **Title: Tator Tot Casserole**

### Ingredients

- 2 lbs ground buffalo
- 1 bag tator tots
- 1 can of green beans
- 1 can cream of mushroom soup
- shredded cheese

Instructions: Brown ground buffalo meat and drain. Drain green beans. In a 13 x 9 baking dish, place layers of tator tots, green beans, ground meat. Pour mushroom soup over the top of the layers and spread cheese over the top. Bake at 350°F until tator tots are cooked.

Nutritional Information: Calories per serving 291, Protein 28g, Total Fat 12g, Sodium 486g, Total Carbohydrates 18g

*Serves 10.*

## **Title: Buffalo Loaf**

### Ingredients

- 2 lbs ground buffalo meat
- 3 slices of bread
- 1 tsp garlic salt
- ½ tsp pepper
- 2 eggs
- 1 cup of ketchup (optional)

Instructions: Preheat oven to 325°F. Crumble bread slices. Mix all of the ingredients together. Put meat mixture into a loaf pan or shape into a loaf and put in a 13 x 9 pan. Top with ketchup.

Bake for 1 ½ - 2 hours until meat is thoroughly cooked.

(For a simple variation, add onions and/or shredded carrots)

Nutritional Information: Calories per serving 159, Protein 22g, Total Fat 3g, Sodium 601mg, Total Carbohydrates 10g

*Serves 10.*



## **Title: Buffalo Chili**

### Ingredients

- 2 pounds ground buffalo meat
- 1 (10 ounce) cans tomato sauce
- 1 can peeled & diced tomatoes
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- ½ medium onion, chopped
- 2 cloves garlic, chopped
- 3 tbsp chili powder
- 1 cup water

**Instructions:** Place the ground buffalo in a large pot over medium-low heat. Cook, stirring to crumble the meat, until evenly browned. Drain off grease. Place the pot over medium heat, and add the onion, garlic, green pepper, red pepper and kidney beans. Cook and stir for a few minutes. Stir in the tomato sauce and water, and season with chili powder. Simmer over low heat for 40 – 50 minutes uncovered.

(For a spicier chili, add fresh jalapeños; for a different variation add cheese and sour cream)

**Nutritional Information:** Calories per serving 162, Protein 23g, Total Fat 2g, Sodium 434mg, Total Carbohydrates 13g

*Serves 10.*



## **Title: Nachos**

### Ingredients

- 2 pounds of ground buffalo
- ½ onion, finely diced
- salt and pepper to taste
- 2 cups shredded Cheddar cheese
- 1 (16 ounce) can refried beans
- 1 (14.5 ounce) package tortilla chips
- 1 fresh jalapeno pepper, sliced

**Instructions:** Preheat oven to 325°F. In a large frying pan, brown ground buffalo with onion, salt and pepper over medium heat. Break the meat into very small pieces while it is cooking. After the meat is thoroughly cooked, drain off the grease.

Arrange ½ the chips in a 9 x 9 pan. Spread beans over the chips. Layer with 1/2 of the cheese, the ground buffalo mixture, and remaining cheese. Arrange jalapeno peppers on top. Bake in preheated oven until the cheese melts, about 15 – 20 minutes.

**Nutritional Information:** Calories per serving 447, Protein 31g, Total Fat 20g, Sodium 599mg, Total Carbohydrates 35g

*Serves 10.*



## **Title: Enchiladas**

### Ingredients

- 2 pounds ground buffalo
- ½ onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- 2 (15 ounce) can tomato sauce
- ½ teaspoon ground cumin
- 2 tbsp chili powder
- 1 tsp salt
- 1 tsp parsley
- ½ tsp black pepper
- flour tortillas
- 2 cups shredded Cheddar cheese
- sour cream (8 oz)
- 1 1/3 cup water
- 1 cup shredded cheddar cheese (reserved)

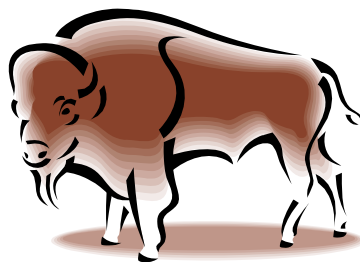
**Instructions:** Preheat oven to 325°F. Brown ground buffalo until thoroughly cooked. Allow meat to cool. In a separate pan, mix tomato sauce, water, cumin, chili powder, and bell pepper. Simmer for 10 minutes on low heat. Meanwhile, mix meat, sour cream, parsley, pepper, onion, and cheddar cheese together.

Pour sauce into a bowl. Take tortillas and dip them in the sauce. Thoroughly coat both sides of the tortilla with the sauce. Fill tortilla with a spoonful of the meat mixture. Roll tortilla up and place in a 13 x 9 pan. Repeat until pan is full. Pour the remaining sauce over the rolled tortillas. Top with reserved cheddar cheese over the top. Bake for 25 minutes in the preheated oven until cheese is melted and turns golden brown.

(For different variations, add jalapeños or use corn tortillas)

**Nutritional Information:** Calories per serving 514, Protein 34g, Total Fat 20g, Sodium 1291mg, Total Carbohydrates 51g

*Serves 10.*



## **Title: Oven Fried Rice**

### Ingredients

- 2 pounds ground buffalo
- 2 (14.5 ounce) cans chicken broth
- 1 ½ cups uncooked rice
- 1 small can water chestnuts
- ½ cup green onions, chopped fine
- 1 large green pepper, chopped
- 2 garlic cloves, minced
- 3 eggs, beaten
- 1 (4 ounce) can mushroom stems and pieces, drained
- 1/3 cup soy sauce
- ½ tbsp hot pepper sauce (such as Tabasco Sauce)

**Instructions:** In a saucepan, bring broth to a boil. Add rice. Reduce heat; cover and simmer for 20 minutes. Meanwhile, in a skillet, cook buffalo meat, onions, green pepper, chestnuts, and garlic over medium low heat until meat is no longer pink and vegetables are tender. Drain and place in a large bowl. In the same skillet, cook and stir eggs until set but still moist. Add to meat mixture. Fluff rice with fork. Add rice, mushrooms, soy sauce and hot pepper sauce to meat mixture; mix well. Transfer to a greased 13-in. x 9-in baking dish. Cover and bake at 350° F for about 30 minutes until thoroughly heated.

**Nutritional Information:** Calories per serving 255, Protein 26g, Total Fat 4g, Sodium 902mg, Total Carbohydrates 27g

*Serves 10.*



## **Title: Pasta Sauce**

### Ingredients

- 1 pound ground bison
- 1 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 tablespoon minced garlic
- 2 onions, chopped
- 2 carrots, diced
- 2 stalks celery, chopped
- 1 (8 ounce) can sliced mushrooms
- 2 (15 ounce) can tomato sauce
- 2 (14.5 ounce) cans diced tomatoes
- 2 (6 ounce) cans tomato paste
- 2 cubes beef bouillon cube
- 3 bay leaves
- 1 tablespoon dried thyme
- 1 1/2 tablespoons dried oregano
- 1 1/2 teaspoons dried basil
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon ground black pepper
- 1 tablespoon white sugar
- 1 cup beef broth

**Instructions:** In a large stockpot cook the ground bison, green bell pepper, red bell pepper, garlic, onion, carrots and celery. Cook until bison is no longer pink. Drain into a large colander to drain grease.

To the large saucepot, add the mushrooms, tomato sauce, tomatoes, tomato paste, bouillon cubes, bay leaves, thyme, oregano, basil, crushed red pepper, black pepper, sugar, and beef broth and stir well. Pour the meat mixture into the pot. Bring to a boil, reduce heat and cover. Simmer for 2 hours.



**Title: Buffalo Meatballs.....**

Ingredients

- 4 pounds ground Buffalo meat
- 1 teaspoon each parsley flakes and oregano
- 3 cloves garlic, chopped
- 1 large onion, chopped
- 1 each green and red bell pepper, chopped
- 1 1/2 cup oatmeal
- 4 large eggs
- 2 cans V8 or vegetable juice (5.5 oz each can)
- 1/2 cup milk

Instructions: Mix all the ingredients in a large bowl. Then form the mixture into meatballs. Bake at 350°F for about 30 to 45 minutes.

Nutritional Information: Calories per serving 149, Protein 21g, Total Fat 3g, Sodium 182mg, Total Carbohydrates 8g

*Serves 21.*

**Title: Coca Cola Barbecue Sauce.....** (recipe submitted by Cheryl Hill, ITBC Administrative Assistant)

Ingredients

- 1 12 oz. Coca Cola
- 1 1/2 cup ketchup
- 1 medium onion, chopped fine
- 1/4 cup Cider vinegar
- 1/4 cup Worchester sauce
- 1 tablespoon Chili powder
- 1 teaspoon salt
- 1 tablespoon hot pepper sauce (such as Tabasco Sauce)

Instructions: Combine all the ingredients in a pan and bring to a boil and then reduce heat and simmer for 30 to 45 minutes. The sauce thickens.

Nutritional Information: Calories per serving 30, Protein (trace amount), Fat (trace amount), Sodium 355mg, Carbohydrates 8g

*Serves 21.*

***The barbecue sauce can either be poured over the meatballs or used as a dipping sauce.***



# Chapter 3: Roasts



## **Title: Buffalo Roast**

### Ingredients

- 2 lb sirloin tip buffalo roast
- paprika
- salt
- pepper

### *Crust Ingredients*

- ½ cup Dijon mustard
- 1 cup honey mustard
- 5 cloves garlic finely chopped
- 2 tbsp fresh sage chopped
- 2 tbsp fresh oregano chopped
- 1 tsp pepper

Instructions: Sear the roast on a broiler or in a hot pan. Season with salt, pepper, and paprika. Mix crust ingredients. Top roast with crust mix. Roast in a 275°F oven until internal temperature reaches 140° for medium doneness. Let it cool off for 10 – 20 minutes before slicing.

Nutritional Value: Calories per serving 138, Protein 22g, Total Fat 4g, Sodium 633mg, Total Carbohydrates 4g  
*Serves 10*

## **Title: Buffalo Roast with Veggies**

### Ingredients

- 4 lbs buffalo roast (chuck roast)
- ½ onion, sliced
- 1 bag baby carrots
- 5 -7 medium potatoes, chopped
- 5 sticks of celery

Instructions: Preheat oven to 325°F. Place buffalo roast in roaster with a lid. Place 1 inch of water in the bottom of the roaster. Sprinkle roast with black pepper and place sliced onions over the top of the roast and in the water.

After roast has cooked for 1 ½ hours, place carrots, potatoes, and celery in the water and cook for another hour or so until roast is completely cooked.

Nutritional Information: Calories per serving 250, Protein 33g, Total Fat 3g, Sodium 103 mg, Total Carbohydrates 22g  
*Serves 13.*

## **Title: Garlic Top Sirloin Roast**

### Ingredients

- 1 (3 pound) top sirloin roast
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 2 cloves garlic, slivered
- 6 potatoes, peeled and quartered
- 4 carrots, cut into 2 inch pieces
- 1 large sweet onion, peeled and chopped
- 1/2 cup water
- 1/2 cup beef broth
- 3 cubes beef bouillon
- 1 bay leaf
- 2 large green bell peppers, cut into 2 inch pieces

**Instructions:** Rub salt, pepper and paprika into the meat. With a small knife, make slits in the roast. Press the garlic slivers into the roast.

Place the potatoes, carrots, and onions in a large slow cooker. Place meat on top of the vegetables. Pour in water and beef broth, and add bouillon cubes and bay leaf.

Place lid on slow cooker, and cook for 6 hours on High, or 8 hours on Low. During the last half hour of cooking, add the green peppers.

## **Title: Bison Roast** (any type of roast) *for the slow cooker*

### Ingredients

- 3 pounds roast (rump, sirloin, brisket, top round, bottom round, and/or chuck)
- Dry Onion Soup Mix
- 2 beef bouillon cubes
- 1 cup water
- 2 potatoes
- Carrots

**Instructions:** Chop up vegetables and place on the bottom of the crock-pot. Place roast over vegetables. Mix remaining ingredients and pour over roast. Cook on low for about 8 hours.

### **Title: Easy Roast**

#### Ingredients

2 pound roast (any kind)  
4 potatoes  
1 ½ cups baby carrots  
2 stalks of celery  
3 cubes beef bouillon  
½ cup water  
1 tsp garlic salt  
½ tsp pepper

**Instructions:** Cut up vegetables. Place on bottom of crock pot. Rub roast with garlic salt and pepper. Mix beef bouillon with water and pour over roast. Cover and cook on low for 7-8 hours until thoroughly cooked.

### **Title: Easy Brisket**

#### Ingredients

- 4 pound buffalo brisket
- 1 (1 ounce) package dry onion soup mix
- 1 (10 ounce) can diced tomatoes and green chili's
- 1 (15 ounce) can tomato sauce
- Garlic salt to taste

**Instructions:** Preheat oven to 300°F. Place the brisket in a roasting pan. In a bowl, mix together the remaining ingredients. Pour over the brisket. Cover with foil. Bake 3 ½ hour in the preheated oven.

**Nutritional Information:** Calories per serving 107, Protein 19g, Total Fat 2g, Sodium 442mg, Total Carbohydrates 3g

*Serves 21.*



### **Title: Slow Cooked Brisket**

#### Ingredients

- 6 pounds buffalo brisket
- 1 cup apple juice
- 1 cup orange juice
- 1/3 cup steak seasoning/rub

Instructions: To marinate, mix the apple juice and orange juice in a bowl. Add the brisket and coat on all sides. Cover. Refrigerate (to marinate) for at least 4 hours. Remove brisket from the bowl, and rub steak seasoning over the brisket.

Preheat oven to 175°F. Bake brisket in preheated oven for 8 – 10 hours.

Nutritional Information: Calories per serving 100, Protein 18g, Total Fat 2g, Sodium 46mg, Total Carbohydrates 2g

*Serves 32.*

### **Title: Barbecued Buffalo Brisket**

#### Ingredients

- 3 pounds buffalo brisket
- 1 (12 ounces) can cola or carbonated beverage
- 1 (1 ounce) package dry onion soup mix
- 1 (12 ounce) can chili sauce

Instructions: Preheat oven to 300°F. Place brisket in roasting pan. In a bowl, combine remaining ingredients. Pour mixture over brisket. Cover and bake in preheated oven 3 ½ hour – 4 hours. Uncover the brisket during the last 30 minutes of cooking.

Nutritional Information: Calories per serving 111, Protein 19g, Total Fat 2g, Sodium 211mg, Total Carbohydrates 4g

*Serves 16.*



# Chapter 4

## Steaks



## **Title: Chicken Fried Buffalo Steak**

### Ingredients

- 2 pounds of steaks
- 2 1/2 cups all-purpose flour
- 2 1/2 tsp salt
- 1 tsp black pepper
- 3 eggs, lightly beaten
- 1/2 cup oil for frying
- 2 1/2 cups milk
- 1 tsp garlic salt
- 1 cube beef bouillon

**Instructions:** In a shallow bowl, combine flour, salt and cayenne pepper; set aside. In a bowl, beat eggs. Pound steaks flat with a meat mallet. Dredge the steaks first in the flour mixture, then into the egg mixture, and then back into the flour mixture.

Heat oil in a large skillet over medium low heat. Fry the coated steaks until golden brown. Remove from skillet, drain, and keep warm. Pour off all but 1 tablespoon of the oil, and then stir in the leftover seasoned flour. Cook over medium heat, stirring constantly, until the flour is browned. Remove from the heat and Stir in milk, garlic salt, and beef bouillon. Return to the heat and bring to a simmer, stirring constantly, until gravy thickens. Pour gravy over steaks.

Nutritional Information: Calories per serving 352, Protein 33g, Total Fat 11g, Sodium 735mg, Total Carbohydrates 27g

*Serves 10.*



Modoc Tribe, February 2007



## **Title: Buffalo Stroganoff**

### Ingredients

- 2 lbs buffalo meat strips (steak strips)
- 1/3 cup flour
- another ¼ cup flour
- ½ cup finely chopped onion
- ½ cup thinly sliced mushrooms
- 1 clove garlic
- 3 tbsp canola oil
- 1 cup beef broth
- 2 tbsp Worcestershire sauce
- 1 ½ cups sour cream
- ¾ tsp salt
- 1/8 tsp ground black pepper
- 1 package egg noodles

**Instructions:** Combine flour, salt, and pepper in a plastic mixing bag. Add the buffalo meat strips and coat evenly. Add oil to large skillet. Over medium heat, brown the coated buffalo stirring constantly. Once browned, remove the meat and keep warm. Sauté onion in remaining oil until soft. Add mushrooms and garlic and cook on low heat for about 3 minutes. Sprinkle and stir in ¼ cup flour. Stir in broth and Worcestershire sauce, cook until thickened. Add browned meat and stir until hot. Blend in sour cream and heat slowly.

Prepare egg noodles according to package directions. Serve buffalo mixture over the egg noodles.

**Nutritional Information:** Calories per serving 421, Protein 29g, Total Fat 15g, Sodium 395mg, Total Carbohydrates 41g

*Serves 10.*



## **Title: Buffalo Steak and Vegetable kabobs**

### Ingredients

- 1 pound boneless buffalo sirloin steak, cut into 1-inch cubes
- 1/2 cup KRAFT Greek Vinaigrette Dressing, divided
- 12 cherry tomatoes
- 6 button mushrooms, cut in half
- 1 zucchini, cut into 1 inch cubes
- 1 yellow summer squash, cut into 1 inch cubes

**Instructions:** Place steak in large re-sealable plastic bag. Add 1/4 cup of the dressing; seal bag. Refrigerate 30 minutes to marinate. Remove steak from bag; discard bag and marinade. Preheat grill to medium heat. Thread steak onto 12 wooden skewers alternately with the tomatoes, mushrooms and zucchinis.

Grill kabobs 15 minutes or until steak is cooked through and vegetables are crisp-tender, turning and brushing occasionally with the remaining 1/4 cup dressing.

You can also broil kabobs. Place kabobs on rack in broiler pan so surface of meat is 3-4 inches from heat. Broil to desired tenderness (best rare to medium rare); turn occasionally.



## **Title: Teriyaki buffalo kabobs**

### Ingredients

- 1 3/4 pounds buffalo tenderloin, cut into 1-inch cubes
- 1/4 cup vegetable oil
- 1/4 cup orange juice
- 1/8 cup soy sauce
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 3/4 pound cherry tomatoes
- 1/2 pound fresh whole mushrooms
- 2 large green peppers, cubed
- 1 large red onion, cut into wedges
- Hot cooked rice (optional)

**Instructions:** In a re-sealable plastic bag or shallow glass container, combine the first five ingredients and mix well. Reserve 1/2 cup for basting and refrigerate. Add buffalo to remaining marinade; turn to coat. Seal bag or cover container; refrigerate for 1 hour, turning occasionally. Drain and discard the marinade.

On metal or soaked wooden skewers, alternate buffalo, tomatoes, mushrooms, green peppers and onions.

Grill, uncovered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Continue turning and basting for 8-10 minutes or until meat reaches desired doneness. Serve meat and vegetables over rice if desired.

## **Title: Honey mustard kabobs**

### Ingredients

- 3/4 pound buffalo sirloin steak, cut into 1 inch cubes
- 1/2 cup Dijon mustard
- 1/4 cup honey
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

**Instructions:** In a bowl, combine the mustard, honey, Worcestershire sauce, salt and pepper. Pour half of the sauce into a large re-sealable plastic bag; add buffalo cubes and toss to coat. Set remaining sauce aside. Thread buffalo onto metal or soaked wooden skewers. Discard marinade from buffalo. Grill, covered, over medium heat for 8-10 minutes or until meat reaches desired doneness, turning once. Serve with reserved sauce.

## **Title: Buffalo Parmesan**

### Ingredients

- 1 ½ pounds buffalo round steak
- 1 egg, beaten
- 1/3 cups parmesan cheese
- ½ cups fine bread crumbs
- 1/3 cups olive oil
- 1 medium onion, chopped fine
- 1 tsp salt
- ½ tsp pepper
- ½ tsp oregano
- 1 (6 oz) can tomato paste
- 2 cups hot water
- 2 cups mozzarella cheese
- 1 ½ pounds, cooked spaghetti
- Parmesan, romano, and mozzarella cheeses, grated

Instructions: Pound steak to tenderize and cut into smaller serving pieces. Dip meat in egg and roll in mixture of parmesan and bread crumbs. Heat oil over medium heat in a skillet and brown meat on both sides until golden brown. Set aside. In the same skillet, cook onion over low heat until soft and stir in spices. Add tomato paste and gradually add hot water, stirring constantly. Boil on low heat for 5 minutes. Place meat in a casserole pan and top with mozzarella. Pour half the sauce over meat and cheese and top with spaghetti. Add remaining sauce and an additional sprinkling of cheese. Bake at 350°F for 30 minutes.

Serves 4.

## **Title: Pepper Steak**

### Ingredients

- 1 pound round steak
- ¼ cups soy sauce
- 1 clove garlic
- ½ tsp ground ginger
- ¼ cups salad oil
- 1 cup red and/or green peppers, cut in strips
- 2 stalks celery, thinly sliced
- 1 cup water
- 2 tomatoes, cut into wedges

**Instructions:** Cut bison steak into thin strips. Combine soy sauce, garlic, and ginger. Add to the meat. Toss and set aside. Heat the oil in large frying pan. Add the meat and toss over medium heat until brown. Add vegetables and water, and toss until vegetables are tender-crisp, about 10 minutes. Add tomatoes and just heat through. Serve over rice or noodles.

## **Title: Buffalo Flank Steak**

### Ingredients

- 1 pound buffalo flank steak
- 2 tbsp butter
- 1 – 2 tbsp flour
- Salt and pepper to taste
- Boiling water
- 1 tsp parsley

**Instructions:** Melt butter in frying pan. Dust steak with flour and brown. Add enough boiling water to just cover the meat. Cover and cook very slowly on low heat until tender. Remove. Season with salt and pepper. Sprinkle with parsley.

## **Title: Spicy Barbecue Steak**

### Ingredients

- 1 pound bison steaks (top sirloin, round, etc)
- 3 tablespoons ground dry mustard
- 3 tablespoons water
- 1 cup dark brown sugar
- 3/4 cup cider vinegar
- 1/4 cup soy sauce
- 3 tablespoons chili powder
- 1 1/2 tablespoons ground black pepper

**Instructions:** In a medium re-sealable container, blend ground dry mustard and water. Mix in dark brown sugar, cider vinegar, soy sauce, chili powder, and ground black pepper. Seal container, and shake until thoroughly blended. Add Steaks and marinate for 2 – 4 hours or longer. Broil in oven for 4 -6 minutes on each side.

## **Title: Marinated Flank Steak**

### Ingredients

- 1 ½ pounds bison flank or round steaks
- 2 tbsp lemon juice
- ½ tsp oregano
- ½ tsp salt
- ½ tsp celery seed
- ½ tsp pepper
- 1 clove garlic, finely chopped

**Instructions:** Make cuts about ½ inch apart and ¼ inch deep in diamond pattern on both sides of bison. Mix remaining ingredients; rub into bison meat. Place in plastic bag or baking dish. Fasten bag securely or cover dish with plastic wrap. Refrigerate for at least 5 hours but no longer than 24 hours. Set oven to Broil. Place bison meat on rack in broiler pan. Broil 4 – 5 inches from heat for about 5 – 8 minutes until brown. Turn; broil about 5 minutes longer for medium – rare to medium.



# Chapter 5

# Sauces

## **Title: Teriyaki Sauce**

### Ingredients

- ¼ cup canola oil
- ¼ cup soy sauce
- 2 tbsp ketchup
- 1 tbsp white vinegar
- ¼ tsp pepper
- 1 clove garlic, minced very fine

Instructions: Mix all ingredients. Serve over meats (steaks, roasts, meatballs, etc).

Nutritional Information: 1 tablespoon – Calories 55, Protein 0g, Total Fat 5 g, Sodium 450 mg, Total Carbohydrate 2 g

## **Title: Brown Sauce**

### Ingredients

- 2 tbsp butter
- 1 slice onion
- 2 tbsp flour
- 1 cup beef broth
- ¼ tsp salt
- ¼ tsp pepper

Instructions: Melt butter in saucepan over low heat. Cook onion in butter until onion is brown. Remove onion and discard. Stir in flour. Continue to cook over low heat, stirring constantly, until flour is deep brown. Remove from heat. Slowly stir in broth. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in salt and pepper. Serve over meat (steaks, roasts, etc).



## **Title: Mushroom Sauce**

### Ingredients

- 2 tbsp butter
- 1 slice onion
- 1 can (4.5 ounces) sliced mushrooms
- 2 tbsp flour
- 2/3 cup beef broth
- 1/3 cup white or red wine
- 1/4 tsp salt
- 1/4 tsp pepper
- Few drops of Worcestershire sauce

**Instructions:** Melt butter in saucepan over low heat. Cook onion in butter until onion is brown. Remove onion and discard. Add mushrooms and sauté. Stir in flour. Continue to cook over low heat, stirring constantly, until deep brown. Remove from heat. Slowly stir in broth and wine. Heat to boiling stirring constantly. Stir in a few drops of Worcestershire sauce. Boil and stir for one minute. Stir in salt and pepper. Serve over meat (steaks, roasts, etc.).



# Chapter 6: Salami



## **Title: Macaroni Salad**

### Ingredients

- 2 lbs of buffalo summer sausage/salami
- 1 can peas drained
- 1 ½ cups of Velveeta or commodity cheese cut into chunks
- About 3 cups of Miracle whip or mayonnaise (whichever you prefer)
- Box of macaroni (16 oz)

**Instructions:** Cook macaroni according to the directions on the box. Drain and let cool off. Cut salami into small bite size chunks. In a big bowl add macaroni, salami, peas, cheese, and miracle whip. Mix well. (Put enough mayonnaise in the salad so that everything is evenly coated).

**Nutritional Information:** Calories per serving 792, Protein 37g, Total Fat 49g, Sodium 1381mg, Total Carbohydrates 53g

*Serves 10.*



Turtle Mountain Tribe, August 2007



## **Title: Rotini & Salami Casserole**

### Ingredients

- 2 pounds buffalo salami, cubed
- 1 (16 ounce) package uncooked rotini pasta
- 2 (28 ounce) jars pasta sauce
- 2 (8 ounce) packages shredded Italian cheese blend
- 8 (1 ounce) slices provolone cheese
- Italian seasoning to taste

**Instructions:** Preheat oven to 350° F. In a large pot, cook rotini pasta according to the directions on the package. Drain, and mix with the pasta sauce to coat. Scoop half the pasta and sauce into a large casserole dish. Layer with 1/2 the salami, and 3/4 of the shredded cheese. Cover with remaining pasta mixture, layer with remaining salami and shredded cheese, and top with provolone slices. Sprinkle with Italian seasoning.

Cover with aluminum foil, and bake 35 minutes in the preheated oven, until bubbly.

**Nutritional Information:** Calories per serving 481, Protein 39g, Total Fat 15g, Sodium 1547mg, Total Carbohydrates 48g

*Serves 10.*

## **Title: Summer Pasta Salad**

### Ingredients

- 1 ½ pounds chopped buffalo salami
- 8 ounces spaghetti, broken into pieces
- 1 cup grated Parmesan cheese
- 1/2 cup Italian-style salad dressing
- 2 tomatoes, chopped
- 1 green bell pepper, chopped

**Instructions:** In a large pot cook spaghetti according to the directions on the package. Rinse with cool water. Drain. In a large bowl combine cooked and drained spaghetti, grated Parmesan cheese, salami, Italian dressing, tomatoes, and green bell peppers. Toss gently to mix together. Chill in the refrigerator before serving.

**Nutritional Information:** Calories per serving 402, Protein 34g, Total Fat 17g, Sodium 691mg, Total Carbohydrates 26g

*Serves 8.*

## **Title: Salami Casserole**

### Ingredients

- 1 – 1 ½ pounds salami, cubed
- 6 1/2 cups uncooked egg noodles
- 1 cup chopped green pepper
- 2 tablespoons butter
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 1 cup sour cream
- 3/4 cup milk
- 3/4 cup shredded mozzarella cheese
- 3/4 cup shredded provolone cheese
- 2 tablespoons dry bread crumbs

**Instructions:** Cook noodles according to package directions. Meanwhile, in a large skillet, sauté green pepper and onion in butter until tender. Remove from the heat; whisk in soup, sour cream and milk until blended. Drain noodles. Add the noodles, salami and cheeses to the soup mixture. Transfer to a greased 11-in.x 7-in.x 2-in. baking dish. Sprinkle with bread crumbs. Bake, uncovered at 350° F for 20-22 minutes or until top is lightly browned.

**Nutritional Information:** Calories per serving 1035, Protein 55g, Total Fat 32g, Sodium 734mg, Total Carbohydrates 130g

*Serves 8.*

