

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Bison Burgers

Ingredients:

- 2 lbs ground bison
- 1 tsp cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp Bragg's liquid aminos
- Salt and Pepper to taste
- 1 T coconut oil

Directions:

- Mix together bison meat and seasonings in a large bowl and form into patties. Heat oil in a large skillet over medium heat and cook patties, flipping once, until done.
- Serve alone, on a bed of greens or on a sprouted grain bun.