BUFFALO 2008

NUTRITION FACTS
AND
RECIPES COLLECTION

Pokagon Band of Potawatomi Indians
Health Services
Bison/Buffalo Nutrition Facts

Buffalo are known as a very green product to raise. The carbon footprint they leave on Earth is far less than a cattle’s carbon footprint.

• They require less food and water than cattle.

• Are grass fed, and not grain fed.

• Are less prone to disease than cattle.

• Buffalo are not fed any antibiotics.

• Are raised without growth hormones.

• Are not fed any animal byproducts
Buffalo Cooking and Handling Tips
"Lower and Slower"

Buffalo meat can be interchanged with beef in many of your favorite recipes. Buffalo is not “gamey” but has a richer red color, fuller, and sweeter flavor than beef. Because buffalo is a much leaner, less fatty meat, it cooks more rapidly and dries out more quickly than a fattier animal that has more marbling (fat with muscle).

According to the American Gourmet, cooking for best results:

- Buffalo/Bison steaks and burgers are at their very best when done rare or medium (with a pink center).

- If you grill your buffalo/bison, we suggest doing so over medium hot coals at a distance from four to six inches. Again, a little extra care will reward you with a much juicier meal.

- If you broil your buffalo/bison, try moving the oven rack a notch lower than you normally would and check on their progress a few minutes sooner than you normally would. You’ll be rewarded with a juicier piece of meat.

- When roasting buffalo/bison, we suggest that you follow the creed “lower and slower”. Lower your oven temperature to cook the meat more slowly. Your oven temperature should be around 275 degrees F. It will shrink less, thereby retaining more natural juice. To be sure that it is done to your liking, we suggest using a meat thermometer – it’s an inexpensive reusable insurance policy.

- The rich red color of the buffalo/bison meat is indicative of the higher levels of iron and the lack of marbling (fat). Both of these are GOOD things and are probably among the reasons that you eat buffalo/bison meat in the first place.
Care and Storage

The care and storage of buffalo meat is very much like beef. How it was packaged will affect the storage life of a product. The Northwest Bison Association recommends the following:

- **Refrigeration:**
  Store in the coldest part of your refrigerator; steaks and roasts unopened – up to four days; ground buffalo – not more than two days.

- **Freezing:**
  To keep buffalo as fresh as possible, wrap and seal it tightly in moisture and vapor proof material such as freezer paper, aluminum foil and polyethylene film. Label the packages with date, cut and weight or number of servings. Store ground or cooked buffalo up to three months; other fresh buffalo up to 12 months.

- **Defrosting:**
  The best method is to defrost in the refrigerator in its original wrapping. A second method is to defrost during cooking. However, you should allow one-third to one-half more cooking time, depending on the size of the meat cut. A third way is the use of microwave oven. Be sure to follow the manufacturer’s directions.

### Comparison of Bison, Beef, Pork, and Chicken Nutrition Facts

<table>
<thead>
<tr>
<th>Species</th>
<th>Fat</th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Saturated Fat</th>
<th>Protein</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bison</td>
<td>2.42 g</td>
<td>143 kcal</td>
<td>82 mg</td>
<td>0.91 g</td>
<td>28.44 g</td>
<td>3.42 mg</td>
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<tr>
<td>Beef 90% lean</td>
<td>11.73 g</td>
<td>217 kcal</td>
<td>85 mg</td>
<td>4.63 g</td>
<td>26.11 g</td>
<td>2.71 mg</td>
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<tr>
<td>Pork</td>
<td>18.19 g</td>
<td>265 kcal</td>
<td>105 mg</td>
<td>5.15 g</td>
<td>23.55 g</td>
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<td>Chicken*</td>
<td>3.57 g</td>
<td>165 kcal</td>
<td>85 mg</td>
<td>1.01 g</td>
<td>31.02 g</td>
<td>1.04 mg</td>
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Reference #’s 17157;23563;10803;05064
Per 3.3ounces or 100 grams cooked meat *Skinless, breast only

### Benefits of eating buffalo:

- Lower in calories, saturated fat, and cholesterol.
- An excellent red meat source high in protein, rich in flavor and vitamin B.
- Highly nutrient-dense with a greater protein and mineral ratio to calorie count.
- Buffalo has a greater concentration of iron and some essential fatty acids.
Recipes

Buffalo Meatloaf
From John Mitzewich

Makes 8 Portions of Buffalo Meatloaf

INGREDIENTS:

- 1 onion, diced fine
- 10 large white mushrooms, diced fine
- 1 tbsp butter
- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- 3 tbsp ketchup
- 2 cloves crushed garlic
- 1 tbsp Worcestershire sauce
- 1 egg, beaten
- 1/2 cup milk
- 3/4 cup plain breadcrumb
- 2 tsp salt
- 1 tsp black pepper
- pinch of cayenne
- 2 pounds ground bison/buffalo meat

For the Glaze:

- 3 tbsp ketchup
- 3 tbsp brown sugar

PREPARATION:

Prep the onions and mushrooms with a knife, or in a food processor. Add to a large sauté pan with the butter and oil, and cook on med-high heat, for about 10 minutes, until the moisture from the mushrooms is evaporated, and the mixture is lightly browned. Add to a large mixing bowl. Allow to cool for 15 minutes.

Add all the remaining ingredients, except the meat, and mix well. Add the meat and mix gently until combined. Do not over-mix.

Preheat oven to 325 degrees F. - Lightly grease the bottom of a shallow roasting pan with a few drops of oil. Wet your hands with cold water and form the meatloaf mixture into a loaf shape, about 6 inches wide, by about 3 to 4 inches high. Bake 75 minutes or to an internal temperature of 160 degrees F.

Nutrition Information per serving: Calories 300; Carbohydrates 15.25 grams; Protein 23.25 grams; Fat 16.2 grams,
Recipes

Buffalo Vegetable and Bean Soup

1 tbsp butter
1 tbsp canola oil
1 to 1 1/2 cups finely chopped onion
1 cup diced celery
1/2 cup diced carrot
1/2 tsp salt
1/4 tsp ground black pepper
1 lb ground buffalo
1 28 ounce can diced tomatoes
3 cups tomato juice or vegetable cocktail juice
2 tbsp tomato paste
2 cups chicken or vegetable broth or stock
1/4 tsp celery seed
1 tbsp Worcestershire sauce
2 14 ounce cans baked beans

Melt butter in a 6-8 quart stock pot over medium-high heat. Add canola oil, onion, celery, and carrot. Saute until vegetables begin to soften, about 7 or 8 minutes. Sprinkle in salt and pepper. Add ground buffalo. Cook, stirring until the meat has lost its pink color, about 5 minutes. Stir in the diced tomatoes, tomato juice and chicken stock. Stir in the tomato paste, celery seed and Worcestershire sauce. Bring to a low boil, and the reduce heat to simmer for 20 minutes. Add the baked beans. Taste for seasonings. Heat through and serve.

Makes 8 servings.

Nutrition Information per serving:
Calories: 375; Carbohydrates: 46.7 grams; Protein: 16.5 grams; Fat: 13.4 grams
Recipes

Easy Oven Stew
From the American Gourmet

Ingredients:
• 1 1/2 lbs. Buffalo stew meat
• 4 carrots, halved lengthwise & crosswise
• 1 tsp. garlic salt
• 2 onions, 1/2 inch slices
• 1 tsp. onion powder
• 1 (10-oz.) c. condensed tomato soup
• 1 tsp. pepper
• 1/2 soup can of water
• 1/2 tsp. basil leaves
• 3 potatoes, peeled and cubed
• 2 stalks celery, cut diagonally

Preparation:
Place Buffalo (no need to brown it) in a 3 quart casserole dish. Sprinkle with seasonings. Top with celery, carrots and onion. Combine soup and water, and pour over meat and vegetables, coating all pieces. Cover tightly and bake in slow oven at 300° for 3 hours. Add potatoes and bake for additional 45 minutes. Serve with slaw and crusty bread. Serves 4.

Nutrition Information per 8 ounce serving: Calories: 250, Protein: 15.2 grams  Fat:12.5 grams
Recipes

The Buffalo Guys Pot Roast

- 3-4 lb. Buffalo Prairie Pot Roast
- 3 Beef Bouillon Cubes
- Lawry’s Season Salt

In the morning, place the Buffalo Roast in a slow cooker, generously seasoning with Lawry’s Season Salt. Add 1 c. water and the bouillon cubes. Cook on low all day. Your roast will be done to perfection in 6-8 hours. (Serves 4-6)

The Buffalo Guys Pot Roast (alternate recipe)

- 3 lb. The Buffalo Guys Pot Roast
- 1/3 c. Beef Base Concentrate
- 4 Tbsp. Chopped Garlic
- 1 Tbsp. Thyme
- Coarsely Ground Black Pepper

Mix the beef base concentrate and the chopped garlic; gently rub this mixture into the roast. Sprinkle the thyme and the coarsely ground black pepper over the roast, then gently rub this mixture into the roast. Let stand at room temperature for 1 hour.

Preheat oven to 500 degrees. Place roast in a foil lined roasting pan, keep uncovered and bake in oven for 20 minutes. (This seals in the flavor!) Then lower oven temperature to 275 degrees. Roast uncovered for 22-25 minutes per pound of roast for medium rare to medium. Remove roast from oven, let set for 5-10 minutes prior to slicing and serving. (Serves 5-6)
Recipes

Hot Prairie Sandwiches

Follow the pot roast recipe. Take the cooked meat and chop into bite size pieces. Make gravy using the juices in the slow cooker by adding a flour/milk mixture and stir to desired consistency. Add the chopped meat and serve over bread or buns. (Serves 6-8)
Also great served over mashed potatoes or rice!

Hot BBQ Prairie Sandwiches

Follow the pot roast recipe. Take the cooked meat and chop into bite size pieces. Just add your favorite barbecue sauce to the chopped meat, heat through and serve over toasted buns.
(Serves 6-8)

Web Site Resources:
www.bisonbasics.com
www.nal.usda.gov/fnic/foodcomp/search/
Recipes

Buffalo Chili
From Becky Price

2 lb. buffalo or venison or lean ground beef
2 cans dark kidney beans
1 large can whole tomatoes
¼ - ½ cup onions chopped
1 pkg. of chili seasoning
(or chili powder, salt and pepper to taste)

Brown meat in a large, deep pan on medium heat, adding onions. Simmer. Cook together until meat is completely brown. Drain grease, if any (your leaner meat should not have any grease).

Add seasonings of choice. Stir and cook over low heat until seasoning is well mixed. Add whole tomatoes. Cut up in smaller pieces, as desired.

Take 2 cans of dark kidney beans, put in large bowl and smash with a fork (or clean hands) until a paste. Leave some beans whole. Add to meat mixture.

Add 2-4 cups water, depending on if you like thick or soupy chili, and cook until hot on low-medium heat.

Eat with your favorite crackers and a small bowl of cottage cheese.
M-m-m good!

Nutrition Information:
1 cup of chili =
230 calories, 4 gm fiber, 3 gm fat
For more information contact:
Community Health Nutritionist
Pokagon Health Services Department
1-269-782-4141
(888) 440-1234