



# BISON MEATLOAF

YIELDS 6-8 SERVINGS

## Ingredients

- ½ large yellow onion cut in large chunks (about ½ cup)
- 3-4 ribs celery, roughly chopped
- 2 whole eggs
- 1 tablespoon chopped garlic
- 1 green bell pepper, seeds and stem removed
- 1 red bell pepper, seeds and stem removed
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 ½ teaspoons pepper
- 1 tablespoon salt
- ½ teaspoon cayenne or chipotle pepper
- 3 lbs ground bison
- 1 cup dry wild rice, cooked according to package directions and drained

### MEATLOAF GLAZE

Whisk together 1 can (6 oz) tomato paste, ¼ cup maple syrup, 1 tablespoon vinegar, 1 teaspoon salt and 2 teaspoons ancho chile or chili powder

## Directions

1. Preheat the oven to 375°F. Prepare a sheet pan lined with parchment paper or foil.
2. Combine onion, garlic, peppers, celery, eggs, seasonings in a food processor. Puree until no large chunks remain.
3. Combine puree, bison, and wild rice in a large mixing bowl. Mix by hand until uniform and sticky.
4. Transfer mixture to the sheet pan and form into a tightly packed loaf shape, about 8" long, 4" wide, and 3" tall.
5. Bake uncovered for 40 minutes or until the internal temperature reaches 140°.
6. Spread the top with an even layer of meatloaf glaze and return to oven for an additional 10-15 minutes, until an internal temperature of 160° is reached.
7. Rest the meatloaf for 10 minutes before serving, it will be much easier to slice!