



# MANOOOMIN LETTUCE WRAPS

YIELDS 4 CUPS FILLING

## Ingredients

- 1 lb ground bison, turkey, venison or ground meat of choice (can be omitted for a vegan version!)
- 8 oz mushrooms, chopped (baby portobello, shiitake, oyster, maitake, any sturdier type of mushroom will work)
- 1 cup reserved wild rice broth or water
- $\frac{1}{4}$  cup dried cranberries
- 2 cups cooked wild rice (about  $\frac{2}{3}$  cup uncooked rice, cooked according to package directions, reserve broth!)
- $\frac{1}{2}$  cup small diced jicama
- $\frac{1}{2}$  cup small diced celery
- $\frac{1}{2}$  cup chopped green onion or finely chopped wild onion (if available)
- $\frac{1}{2}$  cup chopped parsley
- 2 tsp kosher salt
- 1 tsp ground black pepper
- 2 tsp ground sumac
- 1 tbsp cooking oil (we use sunflower oil)
- Little gem, butter, green leaf or romaine lettuce to use as lettuce cups

## Directions

- Heat oil in a large skillet over high heat. Add the ground bison and saute, breaking meat into crumbles, until bison is cooked through and some browned bits stick to the pan.
- Add the mushrooms, cranberries, salt, pepper and sumac. Continue to cook, stirring frequently. When the mushrooms have softened, add the 1 cup of reserved wild rice broth or water and stir, scraping the bottom of the pan to loosen up all the flavorful browned bits. Cook until almost all of the moisture has evaporated.
- Add the wild rice, jicama and celery, stir to combine. When the mixture has heated through, remove the pan from the heat and stir in parsley and green onion. To serve, spoon the bison and wild rice mixture into each lettuce leaf, eat them taco style!