

Tangy Bison Meatloaf from Urban Sacred Garden



I'm currently visiting my boyfriend in coastal Virginia and Hurricane Irene is headed this way tonight. The wind and rain has already started to rip through our neighborhood. I started looking through the fridge for things to cook-up. I made banana bread and had Bison and a mix of veggies – perfect for a meat loaf! This recipe gave us leftovers for meatloaf sandwiches for a couple days to come.

Yield: 1 Large or 2 Small Loafs

INGREDIENTS

1 Lb. Ground Bison
3 Slices Wheat Bread, torn into pieces
1/2 Cup Milk
2 Eggs, beaten
1/3 Yellow Pepper, Diced
1/4 Yellow Onion, Diced
1 Clove Garlic, chopped
1 Small Zucchini, grated
1 Cup Quick Oats
8 Tbsp Worcestershire
1 Tbsp Apple Cider Vinegar
2 Tbsp Dijon Mustard
1/4 Cup Ketchup
1/4 Cup Brown Sugar
Fresh Ground Sea Salt
Fresh Ground Pepper

DIRECTIONS

1. Preheat oven to 325 degrees.
2. In a large bowl combine bread, milk and eggs. Use a fork to smoosh together until bread is mushy. Add Bison, Yellow Pepper, Onion, Garlic, Zucchini, Oats, 6 Tbsp of the Worcestershire, Salt and Pepper. Mix until well blended.
3. Depending on your serving preference, form one large loaf with mixture, or divide in 1/2 and form two small loafs. Mold loaves with hands. (Be sure to wash hands thoroughly after handling raw meat.) Place loaves in baking pan of choice.
4. In a small bowl combine remaining 2 Tbsp Worcestershire, Vinegar, Mustard, Ketchup and Brown Sugar. Spread tangy mixture over the loaves.
5. Place loaves in the oven for about 1 hour or until cooked through. Remove from oven and allow to rest for about 10 minutes. Slice up, Serve hot. Enjoy!