



Bison Burgers

Makes 6 to 8 burgers

Bison (buffalo) meat is a nutrient-dense protein that tastes like beef but has less fat and cholesterol than chicken breast. Just make sure you cook it at a lower temperature and not past medium doneness or it will become dry.

2 tablespoons soy sauce
2 tablespoons red wine, optional
1 tablespoon Dijon mustard
1 tablespoon ketchup
2–3 cloves garlic, chopped, or 1 tablespoon garlic powder
1 teaspoon kosher salt
1 1/2 teaspoons freshly ground black pepper
2 pounds ground beef or bison

Place the soy sauce, wine, mustard, ketchup, garlic, salt, and pepper in a large bowl, stir to blend. Add the ground beef and knead the ingredients together until well combined. Form into patties.

Broil or grill to desired degree of doneness. The recommended doneness for safety is 165°F.

