



# Bison Wild Rice Meatballs w/ Blueberry BBQ Sauce

**Yield: 6 Servings | Serving Size: 9.2 oz**

**Ingredients:**

**For Meatballs:**

- 1 lb Ground Bison
- ½ cup Cooked Wild Rice
- ¼ cup Applesauce
- ½ Onion diced
- 1 tbsp Oregano
- 1 Whole clove garlic minced

**For BBQ Sauce**

- 1.5 cups Blueberries
- ½ cup Ketchup
- ¼ cup Brown Sugar
- ¼ cup Apple cider vinegar
- ½ Onion diced
- 1 Whole clove garlic minced
- ½ Tbsp Oil

<b>Nutrition Facts</b>	
Amount per	
1 serving (9.2 oz)	261 g
<b>Calories</b> 276	<b>From Fat</b> 62
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 2.4g	12%
Trans Fat 0g	
<b>Cholesterol</b> 42mg	14%
<b>Sodium</b> 245mg	10%
<b>Total Carbohydrates</b> 39g	13%
Dietary Fiber 2g	10%
Sugars 31g	
<b>Protein</b> 17g	34%
<b>Vitamin A</b> 3% • <b>Vitamin C</b> 8%	
<b>Calcium</b> 5% • <b>Iron</b> 17%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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## Directions:

- 1) Preheat oven to 350
- 2) In a small saucepan, heat oil over medium heat: add onion and garlic, saute until tender, about 5 to 7 minutes.
- 3) In a large bowl combine onions, garlic, wild rice, oregano, apple sauce, salt and pepper to taste.
- 4) Add ground bison, broken into chunks, and work gently but thoroughly with your hand to combine.
- 5) Form into meatballs about 1 inch in diameter and place on a broiler pan (Deep sided pan).
- 6) Bake in a preheated oven for 25 to 30 minutes until meatballs are no longer pink in the center.
- 7) While the meatballs are in the oven, you can make the BBQ sauce. Heat oil over medium heat and saute onions and garlic until translucent, 6-8 minutes.
- 8) Add remaining ingredients to a large pot and cook down for approximately 30 minutes, until thickened and syrupy. Add salt and pepper to taste.
- 9) Let it cool slightly before transferring to a blender, and puree until smooth (optional).
- 10) Serve meatballs with BBQ sauce and enjoy.

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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