

The Big Bad Bison Balls

Recipe makes 4 servings, each serving is:

485
kcal

17 g
fat

52 g
carbs

31 g
pro

Ingredients

Bison Meatballs

- 1 pkg (~500 g) bison
- ¼ c diced bell pepper, diced
- ¼ c onion, diced
- 1 whole egg
- 1 Tbsp minced garlic
- 1 Tbsp oregano
- 1 pinch red pepper flakes
- Salt/pepper

Homemade Creamy Hot Sauce

- 1 c. Franks red hot sauce
- ¼ c. Butter
- 1 Tbsp honey
- ½ Tbsp minced garlic
- ¼ c. 0 or 2% Plain Greek yogurt

Other:

- 1 c. basmati rice (uncooked)
- 6-8 c. green mix
- Optional garnish: green onions

Directions

1. In a large bowl, combine the meatball ingredients and form into ~20 equal sized meatballs. Air fry for ~12-15 minutes or until they reach an internal temp of 150 degrees F.
2. In a small saucepan, over medium heat, add the butter and the garlic. Fry until the garlic just starts to get soft. Add the Franks hot sauce and honey and bring to a light simmer for just a minute or two. Turn off the heat and stir in the Greek yogurt. Transfer to a bowl or condiment container.
3. Cook the rice as per package directions.
4. Bring a large fry pan to medium heat. When the bison meatballs are cooked, add them to the fry pan with and drizzle over the creamy hot sauce until completely coated.
5. Plate with rice, the big bad bison bison balls, the fresh greens and optionally garnish with some green onions. Of course - add on more of the creamy hot sauce as required. Enjoy!



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