



Clay's Buffaloaf and Haricot Vert

Origin: Corn Dance Cafe

Yield: 6 servings

Prep Time: 30 minutes

Cook Time: 1 hour

Ethnicity: Native American

Difficulty: Easy

Description:

A flavorful, low-fat, heart healthy dish made up of traditional native ingredients that's simple to make and easy to freeze for later. Delicious as an entree with mashed potatoes or as a sandwich on bread or bun with sweet potatoes fries.

Prep dishes and plating / Serving needs:

- Pot and chinois to prep quinoa
- Pot for boiling potatoes
- Mixing bowl for potato prep and mix
- Cutting board and paring knives
- Sauté pan
- Wooden spoons
- Loaf pan
- Dark colored ceramic plates for presentation; silverware and cloth napkins

Ingredients:

- 3.0 lb. ground bison meat
- 1.5 cups yellow onion, finely diced
- 1 cup celery , finely diced*
- 1 cup carrots , finely diced*
- 4 eggs
- 8 tbsp. canned chipotle pepper puree with adobo sauce, very spicy, adjust to taste*
- 1 + 1/3 cup more or less tomato sauce (no sugar, no salt)
- 3 cups cooked quinoa, well-drained (need a very fine strainer or cheese cloth)**
- 1 tsp. fresh garlic, minced
- 2 tsp. ground sage
- 1 tsp. cumin
- Pinch ground thyme
- Salt & pepper, to taste
- 1 cup chopped green chiles, to taste*
- Fresh sage and fresh thyme for garnish

* Denotes optional ingredient - if you don't have it, don't use it, it will work without it.

**If allergic/vegan or for cholesterol problems, just increase the amount of tomato sauce.

Regarding Chilies - You can use either, both or none, as preferred.

Directions:

Mix all ingredients together (by hand is best), shape into loaf or place in oiled loaf pan and bake at 350 degrees for about 1 hour or until done in middle and browned on outside.