

Bison Meatballs with Dandelion Tomato Sauce & Pasta



Chef: Indigenous Food Labs

Region: Midwest/Mountain Plains

Serves 4

Ingredients

Meatballs

- **1 lb Bison**, Ground, Frozen, thawed*
- ½ cup finely chopped Wild Onions, fresh, foraged**
- ½ cup Dandelion Greens, fresh, foraged, chopped***
- **1 cup Cereal, Corn Flakes**, crushed
- ½ cup **Raisins**, Unsweetened,
- **2 Tbsp Oil, Vegetable**
- 1 tsp Salt

Pasta and Sauce

- **1 1-lb box Pasta, Spaghetti, Enriched******
- **2 Tbsp Oil, Vegetable, divided**
- 2 cups Dandelion Greens, plus ¼ cup for garnish***
- **2 15.5 oz cans Tomato Sauce, Low-Sodium**
- 1 tsp Garlic Powder, optional
- 1 tsp Dried Oregano, optional
- Salt to taste

Boldfaced items are available through the FDPIR Foods Available List or through USDA DoD Fresh Program.

Instructions

Meatballs

1. Soak raisins in hot water for about 10 minutes to rehydrate. Drain, then crush fruits into a consistent mash on a cutting board using a knife.
2. Place ground bison, wild onions, dandelion greens, corn flakes, salt, and raisins in a large mixing bowl. Mix well to combine.
3. Form mixture into meatballs, about 1 inches in diameter.
4. Heat vegetable oil in a large frying pan over medium heat. When oil is hot, cook meatballs for 3 minutes per side, turning twice, until evenly browned. Cook at low heat to prevent burning the meat. Keep warm on the stove top while preparing pasta and sauce.

Pasta and Sauce

1. Heat 4 quarts of water to boiling in a large pot. Add 1 Tbsp salt and one Tbsp oil. Stir to dissolve salt. Add pasta and cook according to instructions on the package.
2. Drain pasta and return to warm pot. Toss in 1 Tbsp of oil.
3. Pour canned tomato sauce into the pot with the pasta and add greens and dried seasonings (if using). Gently toss to incorporate.
4. Add the meatballs to the pot with the pasta and sauce, and let simmer for about 5 minutes, or until heated through.

Serve hot. Garnish with additional greens, wild onions, herbs, or edible flowers as desired.

* Use Beef, Ground, Frozen if bison is unavailable.

**Use onion (white or yellow) if wild onions are unavailable

***Any sturdy green (purslane, lamb's quarter, spinach, kale, chard, mustard greens) will work well for this recipe

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