

South Dakota

Bison Burgers

Featured Food: Bison and Oats

Makes: 4 servings

Ingredients

- 1 large egg
- ½ cup quick oats, uncooked
- 1 tablespoon minced dehydrated onion
- ¼ cup ketchup
- 1 pound fresh or frozen ground bison (thawed, if using frozen)
- 2 tablespoons barbecue sauce
- 4 whole wheat burger buns



Directions

1. Preheat oven to 400°F.
2. In a large bowl, combine egg, oats, dehydrated onion, and ketchup.
3. Add ground bison. Mix until well-blended.
4. Divide mixture into 4 even pieces and form into round patties.
5. Place patties on a baking sheet.
6. Using a rubber spatula, top each patty with barbecue sauce.
7. Bake in the oven for 15 minutes. Heat to an internal temperature of 165°F or higher for at least 15 seconds. Remove from the oven.

8. Serve patties on buns with your toppings of choice.

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