

Bison Burgers

Ingredients

- 1 Tbsp / 15 ml olive or safflower oil
- 3/4 cup / 180 ml finely chopped onion
- 2 egg whites
- 1/4 cup / 60 ml oat bran or oatmeal ground in a coffee grinder
- 1/4 cup / 60 ml cooked, mashed sweet potato
- 1 Tbsp / 15 ml molasses
- 1 tsp / 5 ml crumbled, dried oregano
- 1/2 tsp / 2 1/2 ml sea salt
- 1/2 tsp / 2 1/2 ml freshly ground, black pepper
- 1 lb / 455 g ground bison

Preparation

1. Heat olive oil over medium heat in a skillet. Cook the onion until soft and golden. Set aside.
2. Meanwhile, in a large bowl, mix together egg whites, oat bran or oatmeal, sweet potato, molasses, oregano, sea salt and pepper.
3. Stir in onions and bison. Mix the ingredients together with clean hands until just combined. This is real hands-on cooking. Take a handful of the meat and create a flat patty. You can get your family involved here too, so they can make patties that fit them. Just make sure they use clean hands.
4. Grill the patties for 7-10 minutes on each side or until the burgers reach desired doneness.
5. If you would like to store the patties in the freezer to use later, wrap the patties individually in parchment paper. They can be stored for up to one month in the freezer.

Tip

Pair these burgers with whole-wheat or Ezekiel buns. Top the burgers with cut-up tomatoes, leafy greens, and hummus.