

## Wild Rice Bison Meatloaf

By Heather Ostern

### Ingredients:

1 lb. ground bison  
1 lb. ground breakfast sausage or mild Italian sausage (whichever you prefer...I prefer the sage flavor in ground breakfast sausage)  
1 cup cooked wild rice  
3 pieces of toasting bread torn up  
½ cup milk (I use vitamin D)  
½ carrot peeled and grated with a small box grater  
¼ cup onion chopped  
⅛ cup onion grated  
2 eggs  
2 teaspoons Worcestershire sauce  
¾ teaspoon coarse salt (not fine table salt)  
¼ teaspoon fresh ground pepper

### Directions:

1. Prepare wild rice.
2. Pre-heat your oven to 350 degrees and make sure to place an oven rack in the middle of the oven.
3. Tear up your bread and place in a small bowl. Add the milk to the bowl and allow the bread to soak up the milk. Set aside. Before you add the breadcrumbs to the other ingredients pour out any extra milk that wasn't absorbed. In fact, if it seems like a lot of unused milk, then you might try ¼ cup of milk next time. It's up to you!
4. Now mix all the ingredients listed above in a large bowl. Be careful not to overwork the meat. Just make sure it's mixed up enough so that you don't have a spice bomb in the middle of your meat mixture!

5. Spray your meatloaf pan with a bit of Pam. Place the mixture in a meatloaf pan. I use a glass 1.5-quart meatloaf pan. I typically have a little left over, so I use a mini-tin loaf pan to cook extra meat.
6. Place meatloaf on the middle oven rack and cook for an hour and a half, maybe a little more. Just make sure the liquid is bubbling in the pan before you remove the loaf from the oven.
7. I add ketchup to the top of the meatloaf 10 minutes before the end of the cook time. You may do the same thing or forgo ketchup altogether if you don't like it. Just keep an eye on the top of the meatloaf if you aren't adding ketchup. You don't want the meat to burn.
8. Let the meatloaf rest 10-15 minutes before serving. This step may not seem important, but this resting time is valuable because it allows the meat to re-absorb all the yummy juices!

Hint: If you can swing it, then this recipe is lovely with mashed potatoes and a side salad or green beans! Enjoy.