

# Frozen Ground Bison



Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE



A lean ground meat that is a traditional food for many Native American communities. This product comes frozen.

## How To Use It

Frozen ground bison can be used in casseroles, lasagna, and chili or as stuffing for squash. Use in place of ground beef or turkey.

## How To Store It

Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions.

## Why Eat It?

Bison contains protein which helps build healthy bones, muscles, skin, and blood.

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# Bison Chili

Makes 10 servings



## Ingredients

- 2 lbs. ground bison
- 1 small onion, diced
- 2 cans tomato sauce, no salt added (15 oz. each)
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon cumin
- 2 teaspoons chili powder
- ¼ teaspoon cayenne pepper
- 1 ½ cups kidney beans, cooked, drained

Recipe adapted from  
Chickasaw Nation Nutrition Services, Get Fresh initiative.

## Directions

*Wash hands with soap and water.*

- 1.** In a large skillet, over medium-high heat, cook ground bison and onions until meat is brown and onion is translucent.
- 2.** Drain any excess fat.
- 3.** Add tomato sauce, spices, and beans.
- 4.** Let simmer on low for at least 20 minutes. Bison should reach a final internal cook temperature of at least 160 °F as measured with a food thermometer before serving.



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