

Cheesy Bison Quinoa Meatballs in Brown Pan Sauce from *Urban Sacred Garden*



These meatballs were a miracle of happenstance. I went to look for my standard oatmeal and realized there was none in the pantry. I was rummaging around for an additional starch filler for my meatballs and stumbled across my Quinoa (pronounced 'keen-wah'). If you're anything like the three guests at my table that night, you're probably thinking, "What's that?" It is SO good. The hearty grain gives these tender, delicate meatballs an amazing texture and wonderful flavor. Yield: About 12 Meatballs

INGREDIENTS

FOR MEATBALLS

1 lb. Ground Bison
1 Egg
1/3 Cup Italian Bread Crumbs
1/2 Cup Quinoa (I recommend Bob's Red Mill)
1 Tbsp Oregano
2 Tbsp Garlic
4 Tbsp Beer Cheese (optional)
Fresh Ground Sea Salt
Fresh Ground Black Pepper
4 oz. White Cheddar Cheese, cubed
1 Cup Fine Cornmeal
2 Tbsp Butter

FOR PAN SAUCE

2 Tbsp Butter
2 Tbsp Flour
2 Cups Beef Stock
1/2 Red Onion, Coarsely Chopped
1/2 Yellow Pepper, Diced
2 Carrots, Diced
2 Tbsp White Pepper (you can use Fresh Ground Black Pepper instead if needed)
Fresh Ground Sea Salt

DIRECTIONS

1. In a large bowl thoroughly combine Bison, Egg, Bread Crumbs, Quinoa, Oregano, Garlic, Beer Cheese, Salt and Pepper. Take a Cheese cube and mold Bison mixture around the cube and roll into a ball. Pour Cornmeal into a small bowl. Melt 2 tablespoons Butter in a large non-stick pan over medium low heat. Roll each meatball in the cornmeal then place in the hot butter. Turn meatballs occasionally as they begin to brown and ensure even browning all around.
2. While meatballs are cooking melt 2 tablespoons Butter in a small sauce pan over low heat. Add 2 tablespoons Flour, stirring constantly until flour lumps are mostly dissolved. Add 1/2 cup of Beef Stock, bring up the heat, and stir until all flour lumps are dissolved. Stir sauce occasionally until meatballs are evenly browned all around. Add sauce to meatballs, plus additional 1 1/2 cups Stock, Red Onion, Yellow Pepper, Carrots, White Pepper and Salt. Stir well. Cook over a low simmering heat, stirring occasionally, for about an hour to allow pan sauce to marinate the meatballs and veggies and cook them through.
3. Serve warm over pasta, rice or potatoes of choice. Enjoy!