



Bison Burger

NIBBLEDISH CONTRIBUTOR

Ingredients

Bison. Sometimes mistaken as buffalo. My husband and I decided to try it since it contains less cholesterol, calories and fat than normal red meat and the price is just \$1 per pound higher than beef.

- 1 lb of ground bison
- 1 tbsp of Worcestershire sauce
- 1/2 cup of bread crumbs
- 1/2 chopped onion
- 2 cups of sliced mushroom
- 1 egg
- salt, pepper
- oil
- bread

Instructions

1. Mix the bison with egg, worcestershire sauce, bread crumbs, salt and pepper.
2. Spoon the meat in to a pan with oil. Cook until the bottom is golden brown and flip.
3. Saute the onion and mushrooms after the bison is cooked.
4. Place bison, onion and mushrooms on top of bread and enjoy.