

Fresh and Fabulous

America's Original Health Food is

American Bison

Wonderfully Wholesome

Bison ranchers in the mountains of northern Colorado and the grasslands of South Dakota have brought back the bison population, making it possible for all of us to enjoy this all-natural, native meat. Bison is very high in protein, but low in fat and cholesterol, making it one of the healthiest meats you can find.

A premium grade of meat, bison is richer and sweeter than ordinary beef, and it's incredibly easy to cook. Grilled, roasted, broiled or stir-fried, bison is the red meat for a leaner lifestyle. Fresh bison steaks, ground burger and roasts are featured at all Lunds and Byerly's.

Bison Pot Roast

3 lb. bison roast	6 potatoes, peeled and quartered
2 T. cooking oil	1 stalk celery, chopped
1 bay leaf	1 cup apple juice
1 tsp. salt	1 cup water
6 peppercorns	1/2 tsp. pepper
4 carrots, sliced	1 T. cornstarch
6 medium onions, quartered	

Preheat oven to 275° F. Heat oil in Dutch oven over medium heat. Add bison roast and brown well on all sides. Add onions carrots, celery, bay leaf, salt, pepper, apple juice and water. Cover and place in preheated oven for 1 hour. Remove from oven and add potatoes. Cover and return to oven for 1 hour or until potatoes are fork tender. Thicken gravy with cornstarch.



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