

# Healthy Foods, Healthy Recipes: Cranberry Bison Pot Roast

Bison is an excellent source of protein, a good source of iron and is low in fat.



## CRANBERRY BISON POT ROAST

### INGREDIENTS

- |                                   |   |
|-----------------------------------|---|
| 4 pounds boneless bison roast     | 2 cups red onion, chopped                                 |
| 2 tablespoons olive or canola oil | 2 lbs potatoes, cleaned and diced into 1 ½-inch pieces    |
| 2 tablespoons flour               | 6 medium carrots, peeled and chopped into 1 ½-inch pieces |
| 1 teaspoon salt                   | 2 cups fresh low-bush cranberries                         |
| ½ teaspoon pepper                 |   |
| 1 ½ cups beef or game broth stock |   |

*Bison are grazing animals and they find food along rivers, recently burned areas and sedge potholes.*

*In the state of Alaska, there are four herds totaling about 900 bison. The largest herd can be found near Delta Junction and smaller herds are located near Farewell, Chitina River and Copper River areas.*

*Bison hunts are amid the most popular drawing hunts.*

### PREPARATION

1. Use 6-quart Dutch oven to roast. Heat olive oil over medium-high heat.
2. Combine flour, salt and pepper. Wipe roast with damp cloth and rub with flour mixture.
3. Brown meat on all sides.
4. Remove meat from pan and discard pan drippings.
5. Add beef or game broth stock, onions, potatoes, carrots and cranberries.
6. Return meat to pan and bring to a boil; simmer for 2 ½ hours. Turn the meat once or twice while cooking. Once tender, remove from liquid and onto platter. Cover and keep warm.
7. Skim excess fat from liquid in pan. Pour liquid into blender and blend one minute. Pour liquid through strainer back into pan.
8. Reheat; add seasoning if needed.
9. Pour sauce over meat and enjoy.

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