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

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.

Bison hunts are amid the most popular drawing hunts.

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.

Our vision is that Alaska Native people are the healthiest people in the world. Learn more at www.anthc.org.