

Buffalo Meatloaf with Chokecherry-Blueberry BBQ Sauce

By Matte Wilson

Ingredients for the meatloaf:

2 lbs ground bison
2 cups cooked wild rice
1 cup panko bread crumbs
1 medium yellow onion, minced
1 cup carrots, finely chopped
5 garlic cloves, minced
2 eggs, beaten
1 tbsp butter or oil
1 tbsp salt
1 tbsp black pepper

Ingredients for the sauce:

1 cup chokecherry juice
(or ½ cup chokecherry jam + ¾ cup of water)
1 1/2 cups fresh or frozen blueberries
1/2 cup ketchup
1/2 cup apple cider vinegar
3/4 cup packed light brown sugar
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon ground black pepper

Directions for the sauce:

- Combine all ingredients in a medium saucepot.
- Bring to a boil, stirring occasionally.
- Reduce heat to low and simmer, about 10-15 minutes.
- Remove from heat and allow to cool.

Note: For a smoother sauce, blend for no more than a minute with an immersion blender, or use a standard blender once the sauce has cooled.

Directions for the meatloaf:

- Heat the oven to 350F
- In a medium pan, combine butter, carrots, and onion.
- Cook on medium heat for about 5 minutes until carrots and onions soften. Add garlic and cook for another 1-2 minutes.
- Remove from heat and allow to cool.
- In a large bowl, combine all ingredients and mix well.
- Line a loaf pan with parchment paper. Firmly press the meat into the pan. Fill to the top.
- Bake uncovered at 350F degrees for 70 minutes.
- Remove from the oven and cover with sauce.
- Return to the oven to cook uncovered for an additional 10 minutes.

Remove from heat.

Enjoy!

