

# RCS Main Bison Meatloaf With Cranberries 6 Servings

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## Wild Rice:

1 cup Wild Rice, Dry

3 ½ cups Water

## Cranberry Sauce:

1 cup Cranberries, Fresh or Frozen

½ cup Water (may need more if sauce is too thick)

1/4 tsp Salt

## Meatloaf:

1 lb Bison, Ground

1 cup Cornmeal (fine or medium grind)

2 Eggs

1 14.5 oz can Diced Tomatoes (drained)

1 Onion (peeled, small dice)

1 Bell Pepper (remove stem and seeds, small dice)

1 Carrot (small dice)

¾ cup Cranberries, Fresh or Frozen (minced, can use food processor)

2 Tbsp Garlic, Minced (fresh or pre-minced)

1 Tbsp Pure Maple Syrup

1 tsp Salt (to taste)

## Prep Method

**Cook Rice:** bring water to a boil, stir in wild rice, reduce heat to simmer, cover, stir occasionally for 30-35 min or until kernels begin to puff open. Uncover, fluff with fork and cook an additional 5 minutes. Drain excess water if necessary.

**Make Cranberry Sauce:** While rice is cooking, add all cranberry sauce ingredients to a large pot and bring to a boil. Simmer for 20 minutes adding more water if necessary. Using an immersion blender, blender or food processor, blend until smooth. Adjust water as necessary to get desired consistency.

Preheat oven to 375°F (190°C). Lightly coat a large loaf pan with vegetable oil.

In a very large mixing bowl, combine the meatloaf ingredients. Mix until just combined, being careful not to overmix.

Transfer the mixture to the oiled loaf pan.

Spread Cranberry Sauce over the top of the meatloaf.

Place the meatloaf pan on top of a sheet pan covered in parchment to catch any juices that bubble over. Place in the preheated oven and bake for approximately 60-75 minutes, or until the internal temperature reaches 160°F (70°C). Baking times may vary. Always check the internal temperature to ensure doneness.

Once done, remove from the oven and let them rest for about 15-20 minutes before slicing. This allows the juices to redistribute. Slice, serve.