



Korean Bison Cabbage Bowl

Yield: 6 Servings | Serving Size: 4.1 oz

Ingredients:

- 1 lb lean ground bison or any ground wild game
- 3 tbsp low sodium soy sauce
- 1 small bundle diced green onion, both green and white parts
- 1 quarter of a green cabbage, shredded
- 1 tbsp minced garlic
- 2 tbsp rice vinegar
- 2 tbsp honey
- 2 tbsp minced or finely grated fresh ginger
- 1/4 tsp red pepper flakes
- 1 tbsp sesame oil
- Toasted sesame seeds (as a topping)

Directions:

- 1) In a small bowl, stir together the rice vinegar, honey, ginger, red pepper flakes and 2 tbsp soy sauce. Place to the side.
- 2) In a large skillet, brown the bison over medium-high heat, breaking it into small pieces, until it is browned and cooked through.
- 3) Add remaining soy sauce and 2/3 of the green onion. Once the bison is completely browned, stir in the cabbage, garlic and ginger until fragrant.
- 4) Pour the sauce over the browned bison. Stir and cook for 2 minutes. Remove from the heat, then stir in the sesame oil. Sprinkle the remaining green onion over the top. Taste and add extra soy sauce or red pepper flakes as desired.
- 5) Serve the bison hot, over rice or quinoa, topped generously with the carrots, cucumber, and sesame seeds

Nutrition Facts	
Amount per	
1 serving (4.1 oz)	117 g
Calories 224	From Fat 129
% Daily Value*	
Total Fat 14.4g	22%
Saturated Fat 5.5g	27%
Trans Fat 0g	
Cholesterol 53mg	18%
Sodium 310mg	13%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	2%
Sugars 6g	
Protein 15g	30%
Vitamin A 4% • Vitamin C 14%	
Calcium 2% • Iron 13%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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