

BISON BURGER WITH ONIONS

INGREDIENTS

- ½ lb/¼ k of minced/chopped bison/buffalo or beef**
- 1 red onion sliced**
- 1 tsp of unsalted butter** (more or less)
- ½ cup of pure revitalized or spring water** (or more if needed)
- 8 mini Roma tomatoes**
- 4 shakes of garlic powder**
- ½ tsp of Celtic seasalt** (adjust to taste)

DIRECTIONS:

Slice the red onion into a fry pan. Add the butter and half the water.

Pound the mince/chop meat with both hands into two ½" thick burgers.

Place the burger into the fry pan and sauté with the onions and garlic powder on medium heat for 3 to 5 minutes on each side. Add water as needed so the liquid sauce doesn't dry out. Flip the burgers several times to even the cooking on each side until medium rare on the inside. Do not sear, burn, or blacken the burgers or ingredients.

During the last minute of cooking, cut the mini Roma tomatoes in half and add them to the onion and liquid mixture.

Salt to taste and serve.

ENJOY this delicious dish with the the Garden Salad.

Serves 2

Use organic ingredients and 100% pasture/grass-fed meat

Suitable for O & B blood types

Bison (*Bison bison*) and buffalo are from the same Bovidae family. Bison are native to North and South America and Europe, while the other buffalo species - Cape Buffalo (*Syncerus caffer*) are native to Africa and Water Buffalo (*Bubalus bubalis*) are native Asia.

Bison were prized as an essential part of the Native American diet, but reduced in numbers by early settlers. Due to restoration of their native grazing land, smart management and breeding efforts, bison are thriving today. Purchasing bison meat helps to continue the ranching tradition that has been a way of life in the Mountain West for hundreds of years.

Most bison is 100% grass fed. It is much lower in fat, higher in protein, and richer in iron than beef. It also has higher levels of vitamins and minerals and twice as much beta-carotene than grain-fed meats. It is also a good source of omega 3 EFAs, including CLA (conjugated linoleic acid). While the taste and cooking procedures are similar to beef, bison is slightly lighter and sweeter. It also cooks faster because of its lower fat content and therefore doesn't shrink as much.

The Jackson Hole Meat Co's. site provides excellent bison facts and tips for cooking and purchasing bison: <http://www.jhbuffalomeat.com/why-buffalo/how-do-i-cook-buffalo-meat/>
The benefits and tips noted below for beef also apply to bison.

Cows were first domesticated in the regions of Eastern Mediterranean around the Tigris

and Euphrates Rivers (Mesopotamia) as early as 7000-8000 BC.

In 1493, Columbus brought cattle on his second voyage to North America. From there they were expanded into the colonies (Jamestown by 1611) and owned by European colonists throughout the 17th century.

Beef is the flesh of animals derived from the *Bovidae* family of animals; specifically to the genus called *Bos*. This includes *Bos Taurus* and *Bos indicus*.

The four types of beef in today's market place are:

Cow Beef: from mature female who had already calved at least once.

Heifer Beef: from mature female who had never calved.

Steer Beef: from mature male who had been castrated before the ability to reproduce.

Bull Beef: from mature uncastrated male who was old enough to reproduce.

Uncommon Stag Beef comes from a mature male who had been castrated after the ability to reproduce.

There are over 800 different breeds of beef cows. The most common are Angus, Aberdeen Angus, Beefmaster, Brahman (Zebu), Hereford, Whiteface), Jersey, Santa Gertrudis, Shorthorn, and Texas Longhorn.

The leanest cuts are taken from the back leg bone called round bone and include eye of round, top round, bottom round, strip, and flank steak.

The fattiest cuts come from the underbelly and include rib, ribeye, spare ribs, and brisket.

Producers of grass-fed beef are not required to comply with the USDA standards, unless they display the USDA grass-fed shield on their product. To qualify, for the shield, producers of grass-fed beef only need to make continuous access to pasture available during the growing season (between the final frost and subsequent first frost). This guideline also allows for cows to be confined the rest of the year and can also consume corn, wheat, and other grains that are foraged and/or harvested for silage in their vegetative state (before reaching mature seed stage).

The AGA (American Grassfed Assoc. and the AFA (American Food alliance), which offer alternative certification for grass-fed beef, have stricter requirements and higher standards. e.g. confinement not to exceed 30 days per year. Safety and Inspection Services (FSIS) of the USDA allows beef producers who have qualified for the AGA/AFA labels to display the USDA shield. For higher quality beef, look for their labels.

Organic 100% Grass-fed beef goes beyond organic, pasture raised, or just grass-fed beef. It ensures that the cows spent a most of their time outdoors in a pasture, feeding on grass in a natural lifestyle. This type of beef has higher nutrient quality and is not contaminated from feed. Look for meat from local farms with small flocks. www.eatwild.com and www.localharvest.org

Grass-feeding cows does a better job of increasing their antioxidant capacity, including stronger performance of enzymes like superoxide dismutase, than supplying them with antioxidant supplements.

100% Grass-fed beef contains larger amounts of carotenoids, such as beta-carotene, lutein, vitamin E, and two to three times greater CLA (Conjugated linoleic acid) than conventional beef. CLA is associated with immune and anti-inflammatory system support, improved bone mass, blood sugar regulation, reduced body fat, and maintenance of lean body mass. The vaccenic fatty acid from grass-fed beef can be converted into CLA adding to its benefit. The omega-3 content varies widely depending on the variety of forage crops in pastures. Most comes on the form of ALA (alpha-linolenic acid) with moderate amounts of EPA and DHA. It is also a rich source of protein, vitamins B12, 3, 6, selenium, zinc, potassium, phosphorus, and a moderate source of choline, pantothenic acid and iron.

The yellowish color of fat in the grass-fed beef determines the extent to which the animals have been pasture-fed. It also has 22-39% less cholesterol.

Check the 'sell-by-date' when selecting meat. Fresh meat should be red or purplish color; not brown. The brown color indicates the meat has been exposed to oxygen and is spoiled. When possible, select certified organic, 100% grass-fed beef, which is much less likely to contain pesticides, antibiotics, or hormones residues. It is also illegal to certify organic beef that has been GM or irradiated.

When shopping, purchase raw meats last and keep them separate from other items to avoid contamination. Also, do not keep raw meat out of the fridge or ice chest more than an hour. When home, immediately put it into the fridge or freezer.

Wrap all met tightly with paper and/or plastic when stored. Ground beef will only keep in the fridge for about one to two days and in the freezer for two to three months. Steaks will keep in the fridge for two to three days, and in the freezer for up to six months. Roast will keep in the fridge for three to four days and in the freezer for up to 6 months.

Native to Asia and the Middle East, **onions** have been cultivated for over five thousand years. They were valued both for their culinary use and their therapeutic properties. Onions were popular in ancient Greece and Rome and used as medicine in India. Egyptians valued them so highly, they used them as currency and placed them in the tombs of kings. Their use in European cuisine dates back to the Middle Ages. Christopher Columbus brought onions to the West Indies where their cultivation spread throughout the Western Hemisphere.

Onions, come in many varieties such as white, yellow, and red. Smaller varieties are green, scallion, and pearl. The red, Maui and Bermuda varieties are mild and sweet. The red variety is higher in flavonoids. Like garlic, the onion is a member of the Allium family. Its sulfur compounds called sulfides, are responsible for its pungent odor and taste. Additionally, they provide benefits for the body's cardiovascular system and connective tissues.

The onion also contains vitamin C, biotin, B6, B1, folate, copper, manganese, phosphorus, potassium, and fiber. These nutrients along with onion's compounds help prevent tumor growth and lower blood pressure and triglycerides.

Frequent consumption of onions can help increase bone density and provide benefits to the connective tissues. The onion is also rich in polyphenols including quercetin and flavanoids, which have anti-cholesterol, anticancer, antibacterial, antioxidant, and anti-inflammatory healing properties.

Select organic onions that are free of mold, well shaped, and firm. To maintain their benefits do not over peel or over cook onions. Store them alone in a cool dry, dark pantry or basket separated from other produce. Once cut, store in a sealed container, refrigerate, and then consume within a few days.

Native to South America's western countries, the **tomato** is actually a berry since it is formed from a single ovary. However, it is prepared and served as a vegetable because of its taste. It was first cultivated in Mexico by the Aztecs, and brought to Italy and the rest of Europe in the 1500s.

When it comes to phytonutrient and antioxidant benefits, the tomato is a treasure trove. It contains significant amounts of vitamins C, K, A, B (biotin in particular), E, molybdenum, potassium, copper, manganese, phosphorus and other minerals, flavonones, flavonols, (rutin, quercetin), hydroxycinnamic acids, carotenoids (beta-carotene, lycopene, lutein, zeaxanthin, beta-carotene), glycosides, and fatty acid derivatives. Its carotenoid lycopene, along with other antioxidants help lower LDL cholesterol and triglycerides, and regulate fats in the bloodstream, making the tomato an excellent heart-healthy food. Lycopene and its antioxidant properties also promotes bone health, which in turn helps to prevent osteoporosis.

The tomato is also a good anti-cancer food because of its ability to reduce oxidative stress and inflammation. In a South American study of 26 vegetables, tomatoes and green beans came out best in their anti-aggregation properties.

The Roma or Italian plum tomato is an open pollinated variety rather than a hybrid and the most tasty for sauce. In Italy it is often referred to as "pomodoro." Mini Romas are great in salads.

Select darkly colored, well shaped, firm tomatoes. Store them in a cool place or in the fridge when they start to ripen too much.