

Buffalo Loaf



- ❖ 2 pounds ground buffalo
- ❖ 1 ½ cups soft bread crumbs (2 slices of bread) or ½ cup fine dry bread crumbs
- ❖ 1 egg
- ❖ ½ cup 1% milk
- ❖ ½ cup onion, chopped
- ❖ ½ medium green pepper, chopped
- ❖ 2 teaspoons Worcestershire sauce (optional)
- ❖ 1 teaspoon garlic powder
- ❖ ½ teaspoon salt
- ❖ ½ teaspoon ground black pepper

1. In a large bowl, mix all ingredients together.
2. Form meat mixture into a loaf or pat into a lightly greased loaf pan.
3. Bake in a 300°F oven for 45 minutes until internal temperature reaches 160°F.
4. Makes 1 loaf (about twelve servings).

| Nutrition Facts | |
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| Serving Size: 1 slice | |
| Number of Servings: 12 | |
| Calories: 88 | |
| Calories from Fat: 15 | |
| Total Fat: 2 grams | |
| Saturated Fat: 1 gram | |
| Cholesterol: 53 milligrams | |
| Sodium: 74 milligrams | |
| Carbohydrates: 3 grams | |
| Dietary Fiber: 0 grams | |
| Sugar: 0 grams | |
| Protein: 13 grams | |
| | |
| % Daily Value | |
| Vitamin A: 2% Vitamin C: 7% Iron: 10% Calcium: 3% | |

Source: U.S. Department of Agriculture, http://www.fns.usda.gov/fdd/facts/hhpfacts/hp_fdpir.htm