

Buffalo Meatloaf

Serves 6

- 2 pounds lean ground buffalo/bison meat
- 1 egg
- 1 onion, chopped
- 2 tbsp Dijon mustard
- 1 tbsp Worcestershire sauce
- 3 tbsp tomato paste
- 1/3 cup ground flax seed or cracker crumbs

Preheat oven to 350° F (175° C).

Mix meat and all ingredients in large bowl. Blend well. Place mix in a greased pan. Top with 2 tbsp tomato paste or organic ketchup.

Bake for 30-40 minutes. Serve with salad on the side.

Clean Count

Per serving

Calories: 258

Protein: 36 g

Fat: 18 g (5 g sat)

Cholesterol: 42 mg

Sodium: 160 mg

Carbs: 7g

Fibre: 4 g

