

Buffalo Minestrone

Serves 6

Ingredients

- 1 pound ground buffalo
- ¼ cup chopped prairie onions
- 1 clove garlic crushed
- 1 cup shredded cabbage
- ½ cup uncooked elbow macaroni or broken spaghetti
- 1¼ cups water
- 2 cubes beef bouillon
- 1 teaspoon Italian seasoning
- 2 stalks celery, thinly sliced (approximately 1 cup)
- 1 medium zucchini, sliced (approximately 1½ cups)
- 1 can (28 ounces) whole tomatoes, undrained
- 1 can (8 ounces) kidney beans, undrained
- 1 can (8 ounces) whole kernel corn, undrained
- Grated Parmesan cheese

Nutritional Information

Calories per serving 184

Protein 22g

Total Fat 3g

Sodium 721mg

Total Carbohydrates 19g



Instructions

Cook buffalo, onion, and garlic in Dutch oven over low to medium heat stirring occasionally until buffalo is brown; then drain. Stir in remaining ingredients except cheese, breaking up tomatoes. Bring soup to boil, reduce heat to low. Cover and simmer about 15 minutes, stirring occasionally, until macaroni is tender. Serve with Parmesan cheese.

Prairie Onion

The prairie onion can be used fresh or it can be dried and saved for later use. Plains tribes, particularly the Lakota, used prairie onions to flavor soups. The onion has more of an intense flavor the longer it is left to grow. However, they become more bitter once they begin to flower.

Did you know?

Prairie onions help with healthy cholesterol levels and also provide high anti-cancer sulfur compounds.