

Roast with Veggies

Ingredients

- 4 pounds buffalo roast
- 1 onion, diced
- 5 carrots, sliced ¼ inch thick
- 5-7 medium potato, chopped in squares
- 5 stalks of celery, sliced 1/3 inch thick
- 1 Tablespoon beef base

Nutritional Information

Calories per serving 250

Protein 33g

Total fat 3g

Sodium 103mg

Total carbohydrates 22g

Serves 13

Nutritional Value of a Buffalo

Prairie onions help with healthy cholesterol levels and Calories-A 100 grams serving of bison meat- about 3.5 ounces, or about ¼

pound contains about 146 calories. This makes it one of the lowest calorie meats. A similar serving of lean beef contains about 176 calories, while pork contains about 218 calories and turkey contains about 149 calories.

Fat and Cholesterol-One serving of buffalo meat contains 7.21 grams of fat, and about 55 milligrams of cholesterol. To put that in perspective, the same size serving of 90 percent lean beef contains about 10 grams of fat and about 65 milligrams of cholesterol.

Instructions

Preheat oven to 325 degrees F. Place buffalo roast in roaster with lid. Place 1 inch of water in the bottom of the roaster. Sprinkle roast with black pepper and place diced onions over the top of the roast and in the water. Add beef base to water after the roast has cooked for 1 ½ hours, place carrots, potatoes, and celery in the water and cook for another hour, until roast is completely cooked.

Buffalo

Over 1 million Native Americans shared the land of North America with the buffalo. The buffalo were very important to Native Americans and to their survival. Native Americans used every part of the buffalo as a source of food, clothing, and shelter. Native Americans treated the buffalo with respect, and the buffalo was very sacred to them. There were many traditional uses for the buffalo. Native Americans use buffalo bones for arrowheads, eating utensil, knives, shovels, and war clubs. Buffalo fat was used for soaps, tallow, and hair grease, among other things. Buffalo hair was used for braided ropes, headdresses, pillow fillers, and moccasin lining. Buffalo tails were used as fly swatters, knife sheaths, whips, and medicine. Buffalo meat was traditionally used primarily for consumption. Buffalo meat can be immediately consumed, dried into a jerky, or used to make Wasna (pemmican).

