

## Buffalo/Bison/Beef (Gluten-Free) Meatloaf or Burgers

By

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### Ingredients:

1 lb. buffalo or other ground wild meat (venison also works well)

1 lb. Trader Joe's organic ground beef in 85%-15% meat-fat ratio

Half a bag of organic baby spinach

1 small box of organic cremini mushrooms

1 large sweet onion

[Sea salt](#)

### Procedure:

#### Preheat oven to 350

1. Peel onion and cut into chunks for the food processor.
2. Wash mushrooms and let drain while you go back to the food processor and buzz onion until very fine.
3. Put mushrooms into food processor and pulse until they are in little chunks the size of rice grains. Add a half of a bag of fresh baby spinach.
4. Put both packages of ground meat together and, with latex gloves on, thoroughly mix meat together. (Squish them with your gloved hands – that's why you are wearing them). Empty out the food processor into the bowl with the meat mixture and add a teaspoon of salt to the meat mixture.
5. When all is thoroughly mixed, take a small piece of the meat and veggie mixture (no bigger than the size of a quarter) and put it into a small skillet.
6. Heat meat round until brown on one side and then turn over and cook the other side until done to your liking.

NOTE: This step will enable you (by then eating that small piece of the cooked meat) to test out whether or not the meat is seasoned enough. If you are happy with the taste, proceed to the next step. If you feel the meat-veggie mixture "needs something"-whether it's additional salt or perhaps some other favorite spice(s), add to taste and do another taste piece using the same procedure. This will save your making an entire meatloaf and then finding it tasteless (or too

salty) without recourse as to how to correct it. You can always add salt; you can't take it out once you've mixed the meat.

11. Put some parchment paper on a cookie sheet. Scoop out a ball of the meat mixture big enough to make a couple of burgers from it.

12. Make patties the size you want and put them on the parchment paper. Put the cookie sheet in the freezer to "flash-freeze" for a quick other meal. (I often do this for my breakfast protein). Even if you forget to take the patty out the night before, you can defrost it when cooking it. The fastest way to do that is to put a pan lid over the burger to increase steam intensity while it cooks. Turn over on the other side and cook until inside temp reaches an inside temperature of 155 for fifteen seconds and it is the degree of doneness you like.

13. Take remaining meat and put into a 5x9 inch loaf pan.

14. Pat the meat into the pan so that it is all evenly spread all around to the sides of the loaf pan.

15. Bake for about 35 minutes and check for doneness. Inside temperature should be a minimum of 155 for 15 seconds.

16. Meatloaf will continue to cook while still in the loaf pan so you'll have to decide how much more done you want the meat after it has reached the safe 155 degree inside temp for 15 seconds.

17. There will also be quite a bit of liquid (fat and water and broth) around all sides of the loaf pan. When I slice the meatloaf I do so while it is still in the pan so that some of that juice will soak back into the meat.

18. If you prefer, take it out of the pan, let rest, slice, and place on a serving platter.

I slice the whole loaf at once and put the leftover meat on a tray or platter to cool it down quickly. Then I put the portions I want for one meal in a sandwich bag and put flat on a cookie sheet to flash freeze. I label each bag using a Sharpie before I put all of them into the freezer. Once frozen, I put the labeled bags upright into my "meat file", which is actually a plastic shoe box in which the sandwich bag fits perfectly and stays in my freezer with all of my meats in alphabetical order. It is an easy way to keep track of what you have and to make sure you are using the "first in, first out" principle.