

Bello Bison Meatloaf

Makes 4-6 servings

1 tablespoon	olive oil
2 ½ cups	chopped crimini mushrooms (baby portabello)
2-3 cloves	garlic, minced
2 teaspoons	Italian Seasoning
1 pound	free-range ground bison (buffalo) meat
2 large	egg whites
½ cup	non-dairy beverage (i.e. rice milk) or organic skim milk
½ cup	whole wheat panko breadcrumbs (japanese breadcrumbs)
½ teaspoon	sea salt
½ teaspoon	cracked black pepper

- Preheat oven to 375 degrees F.
- Heat olive oil in a medium skillet over medium heat. Add mushrooms and garlic; sauté until mushrooms are beginning to brown, about 4 minutes. Remove from heat and mix in italian seasoning. Cool slightly.
- Mix buffalo, mushroom mixture, egg whites, “milk”, breadcrumbs, sea salt and pepper in a large bowl until well blended. Divide mixture evenly between 4 mini-loaf pans.
- Bake meatloaf approximately 25-30 minutes. Remove from oven and let rest before slicing.

Shiitake Gravy

Makes 3 cups

½ cup	chopped onion
½ cup	chopped shiitake mushrooms
1 ¾ cups	water
¼ tsp.	yeast extract (Marmite) - may substitute beef or mushroom soup base
½ tsp.	dried italian herbs
2 tbsp.	reduced-sodium tamari sauce (naturally fermented soy sauce – try San-J brand)
2 ½ tbsp.	brown rice flour

Cooking spray

- Spray a medium saucepan with cooking spray. Place over low heat and add mushrooms and onion. Cover and cook vegetables until they begin to exude moisture, about 10 minutes, stirring occasionally.
- Add water, yeast extract, herbs and tamari sauce. Cook 5 minutes, then gradually whisk in flour and simmer 5 minutes more.
- Using an immersion blender, puree mixture in the saucepan until smooth. Serve while warm.