

## Wild Bison Meatballs

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**Preparation Time:** 30

**Cooking time:** 35

**Servings:** 28

**Calories per serving:** 63

These meatballs are great for pasta dishes, appetizers, or simply on their own. They have an amazing flavor, with less fat and fewer calories than traditional beef meatballs.

### Ingredients:

- 1/3 cup plain bread crumbs
- 1/2 cup milk (whole, 2%, or 1% is fine)
- 2 tablespoons olive oil
- 1 purple onion, finely diced
- 1/4 bunch fresh parsley, chopped
- 4 cloves garlic, crushed
- 1 teaspoon salt
- 2 teaspoons [Wild Bison Blend](#) (or your favorite spice blend)
- 2 tablespoons grated Parmesan Cheese
- 2 pounds ground bison
- 2 eggs

### Instructions:

1. Use a non-stick baking sheet (or cover one in foil and spray with cooking spray).
2. In a small container soak bread crumbs in milk for 15 minutes.
3. Heat olive oil in a pan over medium heat. Cook onions until they start to turn translucent, about 15 minutes.
4. Place ground bison in a large mixing bowl. Stir eggs, parsley, garlic, salt, Wild Bison Blend (or your favorite spice blend), cooked onions, Parmesan cheese and soaked bread crumb mixture into the meat.
5. Preheat oven to 425 degrees F.
6. Wet hands, then form mixture into balls about 1 1/2 inches in size. Layout on prepared baking sheet.
7. Bake in preheated oven until browned and fully cooked, approximately 15 to 20 minutes.