**Bison meatballs**

***Makes 4 servings***

• 1 lb ground bison• 1/2 cup white onion, diced• 2 tbsp black olives, diced• 1/4 cup green bell pepper, diced• 2 large garlic cloves, diced• 1 tbsp Dijon mustard• 1 tsp basil• Sea salt and pepper, to taste• 1 tbsp olive oil• 1 jar (24 oz) unsalted tomato sauce (organic, if possible)

**1.** In a mixing bowl, combine all ingredients. Mix together with your hands.

**2.** In a large, deep frying pan, heat oil on medium heat. While oil is warming, form golf-ball size meatballs.

**3.** Put the meatballs into the pan, cook for 2 to 3 minutes, then flip. Turn them every 2 to 3 minutes to brown the sides.

**4.** Lower heat to medium, pour sauce over meatballs and cover. Cook for an additional 5 to 10 minutes stirring occasionally until thoroughly cooked.

**NUTRIENTS PER SERVING:**Calories: 380, Total Fats: 22 g, Saturated Fat: 8 g, Trans Fat: 0 g, Cholesterol: 80 mg, Sodium: 220 mg, Total Carbohydrates: 19 g, Dietary Fiber: 3 g, Sugars: 9 g, Protein: 24 g, Iron: 4 mg