

# Buffalo~Style Bison Burgers



Be careful when you grill these burgers because bison is very lean and it overcook very quickly

Makes 4

1 pound ground bison	2t dill	salt and pepper
1/2c fresh spinach, chopped	1/2t oregano	1/2c Ranch dressing
1/2c blue cheese, crumbled	1t cumin	2t Frank's Red Hot ~ more or less to taste
1 small onion, finely diced	1 garlic clove, finely minced	

Preheat grill to medium~high heat.

Mix together bison, spinach, blue cheese, onion, dill, oregano, cumin, garlic and salt and pepper. Shape into 4 patties, place on a plate, cover with plastic wrap and refrigerate at least 30 minutes.

Spray grill grates with non~stick cooking spray. Grill burgers 5~6 minutes per side or until they register 160° internally.

Mix together Ranch dressing and Frank's Red Hot. Spread on your hamburger bun and use remaining sauce as dipping sauce.

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The Meijer logo consists of the word 'meijer' in a bold, lowercase, sans-serif font. The letters 'i' and 'j' are blue, while the other letters are red.

**Debbie Spangler ~ Certified Personal Chef**

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