



Bison Osso Bucco

Ingredients

Amount

Bison Osso Bucco	1 piece (~8 oz)
Worcester Sauce	3-4 TBS
Granulated garlic	1 TBS
Black pepper	1 tsp
Coriander powder	½ tsp

Preparation:

- Preheat the oven to 250 F
- Place the Osso Bucco in a Dutch oven
- Coat with Worcester sauce on all sides
- Add spices to coat both sides well
- Cover and slow bake in the oven for 1.5 hrs.
- Flip the Osso Bucco add small amount of water to avoid burning/ drying.
- Depending on the weight of the piece you are cooking, you may need to cook an additional 30 minutes.
- When the bone separates from the meat easily, the meat is tender and ready to serve.

Nutrition Facts

Servings 2.0

Amount Per Serving

calories 167

% Daily Value *

Total Fat 7 g **11 %**

Saturated Fat 2 g **11 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 32 mg **11 %**

Sodium 260 mg **11 %**

Potassium 52 mg **1 %**

Total

Carbohydrate 6 g **2 %**

Dietary Fiber 3 g **11 %**

Sugars 3 g

Protein 18 g **35 %**

Vitamin A **5 %**

Vitamin C **3 %**

Calcium **10 %**

Iron **18 %**