



## Grilled Bison Burger

AUTHOR: [SYLVIA FOUNTAINE](#) | [FEASTING AT HOME](#) PREP TIME: 15

COOK TIME: 15 TOTAL TIME: 30 MINUTES YIELD: 3 1X

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### DESCRIPTION

How to make the most delicious Bison Burger- a healthy alternative to beef because they are lower in fat and calories, and full of minerals and micronutrients. A lighter, leaner burger, that tastes amazing!

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### INGREDIENTS

1 pound Ground Bison

3/4 teaspoon **salt**

1/2 teaspoon pepper

1/4 cup finely chopped onion or shallot

1–2 fat clove garlic cloves, finely minced

2 teaspoons stone-ground or **dijon mustard**

1 tablespoon fresh thyme (or 1 teaspoon **dried thyme**– or sub dried Italian herbs)

1 tablespoon **olive oil** , optional, but adds moisture.

Optional Smoky Aioli:

3 tablespoons **Mayo**

2 teaspoons stone-ground or **dijon mustard**

1/2 teaspoon **smoked paprika**

Burger Ingredients (optional): Serve with your favorite fixings- grilled onions, **buns**, **mayo**, mustard, bbq sauce, tomato, lettuce, fermented pickles, **pickled onions**, melted

cheese, etc.

Serve as a Burger in a Bowl- see this [Healthy Burger Bowls](#) post for ideas.

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## INSTRUCTIONS

1. Preheat grill to Medium-High heat.
  2. Place the ground bison in a bowl and pull it apart with a fork.
  3. Sprinkle with **salt**, pepper, add the onion, garlic, mustard, thyme and **olive oil**, and mix until thoroughly combined.
  4. With damp hands, form into 3 or 4 patties, 3/4 inch thick, that are slightly thinner in the middle. (At this point you could wrap in **parchment** and refrigerate for later.)
  5. Grease the grill grate well. Place the patties on the hot grill, along with onions ( if grilling). Cover and give them a good sear, 3-4 minutes on each side, rotating halfway though, to give them crosshatch grill marks. Use a thin **metal spatula** to flip over.
  6. Cook to desired temperate. Burgers are cooked to medium-rare when they reach an internal temp of 140F-145F, cooked to medium at 150F, and cooked to well done at 155F-160F. Let rest 10 minutes, covered in foil.
  7. To make the Smoky Aioli, simply stir the ingredients together in a small bowl.
  8. Assemble your burgers as desired, grilling the **buns** if you like.
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## NOTES

If you don't have a grill, the bison burgers can also be cooked in a greased skillet or **grill pan** on the stovetop.

Because Bison burgers are lower in fat, try not to overcook or they can become dry.

## NUTRITION

**Serving Size:** 1 patty **Calories:** 339 **Sugar:** 1 g **Sodium:** 782.5 mg

**Fat:** 15.9 g **Saturated Fat:** 5.1 g **Carbohydrates:** 16.7 g **Fiber:** 1.4 g

**Protein:** 33.8 g **Cholesterol:** 83.3 mg

*Find it online: <https://www.feastingathome.com/bison-burger/>*

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