

# BUFFALO MINESTRONE

COOK TIME: 45 MIN | SERVINGS: 4

## *ingredients*

1 lb. ground buffalo  
1/4 cup chopped prairie onions  
1 clove garlic, crushed  
1 cup shredded cabbage  
1/2 cup uncooked elbow macaroni  
1 1/4 cups water  
2 cubes beef bouillon  
1 tsp Italian seasoning  
2 stalks celery, thinly sliced (1C)  
1 medium zucchini, sliced (1 1/2C)  
1 can (28 oz.) whole tomatoes, undrained  
1 can (8 oz.) kidney beans, undrained  
1 can (8 oz.) whole kernel corn, undrained  
Grated Parmesan Cheese



## *directions*

1. Cook buffalo, onion, and garlic in a Dutch oven over low to medium heat, stirring occasionally until buffalo is brown; drain.
2. Stir in remaining ingredients except for cheese, breaking up tomatoes.
3. Bring soup to boil; reduce heat to low.
4. Cover and simmer about 15 minutes, stirring occasionally, until macaroni is tender.
5. Serve with parmesan cheese.

# Tradition and Nutrition

## PRAIRIE ONION

The prairie onion can be used fresh or it can be dried and saved for later use. Plains tribes, particularly the Lakota, used prairie onions to flavor soups. The onion has more of an intense flavor the longer it is left to grow. However, they become more bitter once they begin to flower.

### Did you know?

Prairie onions help with healthy cholesterol levels and also provide high anti-cancer sulfur compounds.

