

BISON ITALIAN MEATBALLS

Perfect for sandwiches or spaghetti, this quick and easy meal is perfect for those weekdays when you just don't have the energy to cook a huge meal. We've provided air fryer instructions as well as stove top/oven instructions.

Ingredients:

- 3-4 (1.2oz /each) raw Bison Italian Meatballs per person suggested
- Marinara Sauce (choose your favorite or make your own)
- Italian Cheese

Meatballs:

Air Fryer- (cooking from fresh recommended)

- o From Fresh: 375°; 8-10 minutes (**best results**)
 - Rotate Meatballs halfway through
- o From Frozen: 360°; 18-20 minutes
 - Rotate Meatballs every 5-10 minutes

(be sure to leave space between meatballs to ensure even cooking)

Stove Top/Oven- (cooking from frozen recommended)

1. Preheat oven to 375°
2. Brown Meatballs in a sauté pan at medium high heat to desired exterior crusting
3. In an oven safe container mix meatballs and sauce and place in oven
4. Bake meatballs in oven safe container with sauce for 25-30 minutes from frozen or 15-20 minutes from fresh

Serving Suggestions:

- o heat rolls up w/ cheese add meatballs and marinara sauce
- o boil favorite pasta add meatballs and cheese

ENJOY!