



Ground Bison Breakfast Tacos with Pineapple Salsa

Savannah · 30/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

Lots of spices in this ground bison and egg omelet make for a great taco filling and the pineapple salsa with fresh cilantro is the perfect topping

Ingredients

- - 1 pound ground bison - ½ cup chopped onion - 1 teaspoon ground cumin - ½ teaspoon salt - ¼ teaspoon ground coriander - ? teaspoon cayenne pepper
- or more to taste - 2 tablespoons water - 6 eggs - ¼ cup milk - 12 corn taco shells or 6-inch corn tortillas
- heated according to package directions - ¾ cup shredded Cheddar cheese - 1 cup diced fresh pineapple - ? cup diced red bell pepper - ¼ cup chopped red onion - 2 tablespoons chopped fresh cilantro - 2 tablespoons lime juice - 1 fresh jalapeno chile pepper
- seeded and finely chopped (Optional) - ¼ teaspoon salt

Instructions

1. Cook ground bison and onion over medium heat in a large skillet until ground bison is brown and onion is tender. Drain off fat. Stir in cumin
2. salt
3. coriander
4. cayenne pepper
5. and water. Cook and stir for 2 minutes. Whisk eggs and milk in a medium bowl. Add to ground bison mixture in skillet. As the mixture sets
6. run a spatula around the edge of the skillet
7. lifting egg mixture so uncooked portion flows underneath. Continue cooking and lifting for 2 minutes or until egg mixture is almost set. Evenly divide ground bison mixture between taco shells. Sprinkle with cheese. Serve with Pineapple Salsa. Pineapple Salsa: Stir together pineapple
8. bell pepper
9. onion
10. cilantro
11. lime juice
12. jalapeno pepper (if using)
13. and salt in a medium bowl. Refrigerate for up to 24 hours. Tips *To warm
14. wrap tortillas in paper towels; microwave on 100 percent power (high) for 30 to 45 seconds or just until warmed. Note: Recipe developed and tested by the Better Homes and Gardens(R) Test Kitchen using High Plains Bison products.