Recipe post
Copy: The buffalo (Tatanka) is native to the prairie and is a nutrient-dense, healthy protein source that can be substituted for beef in most recipes.

Read more about buffalo and try your hand at this recipe for buffalo stew.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:

**Quick Buffalo Stew**

**INGREDIENTS:**
- 2 lbs ground buffalo
- 2 (16 ounce) cans mixed vegetables
- 2 (16 ounce) cans chopped tomatoes
- 2 cups elbow macaroni, uncooked
- 6 cups of water

**Instructions:** In a large soup pot, cook ground buffalo between low and medium heat, stirring until brown. Add water, macaroni, vegetables, and tomatoes. Stir ingredients together and season to taste with salt and pepper. Reduce heat and simmer until macaroni is completely cooked.

**Nutritional Information:** Calories per serving: 167, protein 22g, total fat 2g, sodium 206g, total carbohydrates 14g.
Recipe post

Copy: The buffalo (Tatanka) is native to the prairie and is a nutrient-dense, healthy protein source that can be substituted for beef in most recipes.

Read more about buffalo and try this recipe for buffalo roast with veggies.

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**BUFFALO**

Over one million Native Americans shared the land of North America with the buffalo. The buffalo were very important to Native Americans and to their survival. Native Americans used every part of the buffalo. They did not waste anything. They used the buffalo as a source of food, clothing, and shelter. Native Americans treated the buffalo with respect, and the buffalo was very sacred to them. There were many traditional uses for the buffalo. Native Americans use buffalo bones for arrowheads, eating utensils, knives, shears, and war clubs. Buffalo fat was used for soaps, tallow, and hair greases, among other things. Buffalo hair was used for braided ropes, headbands, pailow filters, and mattress lining. Buffalo hides were used to make blankets, hats and medicine. Buffalo meat was traditionally used primarily for consumption. Buffalo meat can be immediately consumed, dried into a jerky, or used to make tallow (butterfat). Source: http://abouthistory.com/rsvat/0

**Nutritional Value of Buffalo**

**Calories**

A 100 grams serving of brown meat — about 3.5 ounces, or about 1/4 pounds — contains about 148 calories. This makes it one of the least-caloric meats. A similar serving of lean beef contains about 170 calories, while pork contains about 216 calories and turkey contains about 149 calories.

**Fat and Cholesterol**

One serving of buffalo meat contains 7.21 grams of fat, and about 55 mg of cholesterol. To put that in perspective, the same size serving of 90 percent lean beef contains about 10 grams of fat, and about 65 milligrams of the cholesterol.

**Quick Roast with Veggies**

**INGREDIENTS:**

- 4 lb Buffalo roast
- 1 onion diced
- 5 carrots sliced 1/4 inch thick
- 5-7 medium potatoes squares
- 5 sticks of celery sliced
- 1/4 inch thick
- 1 tbsp. beef base

**Instructions:** Preheat oven to 325°F. Place buffalo roast in roaster with oil. Place 1 inch of water in the bottom of the roast. Sprinkle roast with black pepper and place diced onions over the top of the roast and in the water. Add beef base to water. After the roast has cooked for 3 1/2 hours, place carrots, potatoes, and celery in the water and cook for another hour, until the roast is completely cooked.

**Nutritional Information:** Calories per serving: 250, protein 32g, total fat 8g, sodium 10 mg, total carbohydrates 22g. Serves 12.
Recipe post
Copy: Chokecherries are high in vitamins A and C and quite versatile. They are typically harvested in the fall and can be used as food or medicinally.

Read more about these heart healthy berries, their many uses, and the making of chokecherry patties!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

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**CHOKECHERRIES**

Traditionally, chokecherries were a very important part of the Native Americans’ diet. Chokecherries are collected in the fall when the berries ripen. The berries are high in vitamins A and C. There are many uses for the chokecherries. Chokecherries can be dried into pomes and consumed later. Chokecherries are also used in the making of wine or pemmican. Chokecherries can also be used to make syrups, jams, and jellies. The bark was mainly used for medicinal purposes.

**Did you know?**

Chokecherries have a medicinal use. Chokecherries can be used as an astringent for coughs and colds and can also be used to treat digestive problems.

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**Chokecherry Patties**

**INGREDIENTS:**
Ripe Chokecherries

**Instructions:** Grind whole chokecherries, including pits until it is a fine consistency. Using about 1/4 cup of chokecherries, shape into a round, thin patty. Place the patties in a dehydrator; leaving 1/2 inch space between patties. Chokecherry patties take 12-16 hours to dry. Flip patties every 2-3 hours to ensure even drying.

**Nutritional Information:** Calories per serving 97, protein 1.8g, total fat 1g, sodium 3g, total carbohydrates 20.2g.
Recipe post
Copy: Wasna (pemmican) is a traditional recipe made up of dried buffalo, dried berries, and fat or bone marrow. A mere 4 ounces of Wasna provides more protein than a half dozen eggs! Make your own following the recipe below!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

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**WASNA**

The Lakota diet was high in protein and often the tribe either had much food to eat, such as after they killed a buffalo, or very little. One of the traditional recipes that the Lakota have passed through the generations is wasna. Wasna derives from “was” meaning “anything” and the “-na” meaning ground up. Non-Lakota people sometimes refer to it as pemmican. This dish consists of dried buffalo, dried berries, and fat or bone marrow. Early Lakotas would grind the ingredients together with a pounding stone. Wasna is a very good source of protein and the Lakota value the traditional recipe not only as a food, but also as a healing instrument. Wasna is often seen as a sacred food and was often used in ceremonies and rituals. It also has less cholesterol, yet a mere four ounces provides more protein than a half dozen eggs. Wasna, because of the protein it contains, can raise a person’s iron level within 15 minutes. Today, Lakota people believe their ancestors did not suffer from diabetes, heart disease, or cancer due to the healing powers of Wasna.

**Make Your Own Wasna!**

**INGREDIENTS:**

- 2 c. shredded beef or bison jerky
- 3 c. chopped tart berries (cherries, cranberries)
- 6 T. beef fat or vegetable shortening

**Instructions:** Shred the jerky and berries in a food processor. Mix in the fat or shortening and stir until well incorporated. Form the mixture into patties and dry in a dehydrator or refrigerator and eat within 3 days.

**Nutritional Information:**

- Calories per serving 855
- Total Fat 53g
- Cholesterol 200mg
- Sodium 160mg
- Potassium 545mg
- Total Carbohydrates 0g
Recipe post

Copy: Prairie onions provide high anti-cancer sulfur compounds and can be used fresh or dried and saved for later use. They have traditionally been used by the Lakota to flavor soups.

Buffalo, another traditional ingredient, is a great complement to the prairie onion. See our recipe for Buffalo Minestrone below!

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**Buffalo Minestrone**

**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 or broken spaghetti
- 1 3/4 cups water
- 2 cups beef broth
- 1 tsp Italian seasoning
- 2 stalks celery, thinly sliced (1/2"
- 1 medium zucchini, sliced (1/2"
- 1 can (28 oz) whole tomatoes, undrained
- 1 can (15 oz) kidney beans, undrained
- 1 can (15 oz) whole kernel corn, undrained
- Grated Parmesan cheese

**Instructions:** Cook buffalo, onion, and garlic in Dutch oven over low to medium heat, stirring occasionally, until buffalo is browned. Stir in remaining ingredients except cheese, breaking up tomatoes. Bring soup to boil. Reduce heat to low. Cover and simmer about 1 1/2 hours, stirring occasionally, until noodles is tender. Serve with parmesan cheese.

**Nutritional Information:**
- Calories per serving 194, Protein 22g, Total Fat 8g, Sodium 721 mg, Total Carbohydrates 13g, Serves 6
Recipe post
Copy: Did you know the chokecherry is a nutrient powerhouse?! This little berry contains the highest amount of anthocyanin, an antioxidant that has been shown to reduce the severity of colon cancer by 90%! Additionally, chokecherries are great for cardiovascular disorders, anti-inflammatory responses, and diverse degenerative diseases.

Wojapi is a traditional food that has a pudding-like texture and utilizes ground chokecherries as its main ingredient.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:
Recipe post
Copy: Wild turnips (or tinpsila) are gathered each summer and are an important part of the Native American diet. Traditionally, tinpsila is used to make many things, one being papa soup.

See the other ingredients that accompany tinpsila in our recipe for Papa Soup (Dried Meat Soup)!

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Media:

**Papa Soup (Dried Meat Soup)**

**INGREDIENTS:**
- 6 Pieces of Papa (dried meat)
- 1/2 string of tinpsila (turnips)
- 2 cups of dried corn
- 1 onion diced
- 6 potatoes diced
- 5 quarts of water
- Salt and pepper to taste

**Instructions:** Soak tinpsila and corn in water the night before. Boil 4 quarts of water. Add Papa, tinpsila, and corn. Cook until turnips are soft. Add onion and potatoes. Cook until potatoes are done. Add salt and pepper to taste.

**Nutritional Information:** Calories per serving 172, protein 21.5g, total fat 1.0g, sodium 40g, total carbohydrates 33.8g. Yields 8 servings.
Portions post
Copy: It can be hard to remember which food options are the healthiest or how many servings of each food group you should have on a daily basis. Here are 8 portions to try and remember for healthier eating.

Check out the infographic for recommended portion sizes for fruit, meat/fish, pasta or rice, salad dressing, cheese, vegetables, butter or oil, and grains and beans.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:
Portions post
Copy: Eating healthy doesn’t have to be difficult. Here are portion recommendations for things like fruit, meat/fish, pasta or rice, salad dressing, cheese, vegetables, butter or oil, and grains and beans.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:
**SS beverages video post**
Copy: Discover 4 ways consuming too many sugary drinks can directly affect your health in this video from the Great Plains Tribal Chairmen’s Health Board.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:  
https://youtu.be/uTvvWfxIoyU

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**SS beverages video post**
Copy: Too many sugary drinks can put you at risk for cavities, obesity, heart disease, and diabetes. See what to look for on nutrition labels to help protect you and your family from the harmful effects of added sugars in this video from the Great Plains Tribal Chairmen's Health Board.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:  
https://youtu.be/PmJ6aAP5yzQ

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**SS beverages video post**
Copy: Many of us consume tons of added sugars from sugary drinks like soda pop, lemonade, fruit-flavored drinks, and sports drinks. Find out how to FLAVORIZE your water with exciting variations in this video from the Great Plains Tribal Chairmen’s Health Board!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:  
https://youtu.be/Y2TQi-xSAi8
SS beverages infographic post

Copy: Water is a vital component to our overall health and can aid in things like weight loss. Try adding mint or fresh fruit to your water to keep your added sugar intake down. Your heart will thank you for it!

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media:
Did you know our bodies break down natural sugar and added sugar differently? Read on for the shocking details.

Hashtags: #HeartHealthy #TraditionandNutrition #FeedYourDNA

Media: