

Back to Roots Venison Stew



DIRECTIONS

In a skillet, deeply brown the meat in oil.

Add onion, garlic, Worcestershire sauce, sage, and water.

Simmer, covered, for 90 minutes to 2 hours, or until meat is tender.

Add potatoes, corn, beans, mushrooms, squash and carrots; cook until tender.

Combine flour and water. Stir into the stew to thicken.

Serve hot.

INGREDIENTS

1 Tablespoon vegetable oil
3 to 4 pounds of venison meat, cut into 1 inch cubes
1 onion
3 cloves garlic
4 tablespoon of Worcestershire sauce
1 teaspoon sage
2 cups hot water
1 pound potatoes
1-1/2 cups corn
1 cup beans
1 pound white mushrooms sliced
1 medium acorn squash, sliced and peeled
1 pound carrots

Back to Roots: Traditional Cycle of Foods and Accompanying Recipes was created for Napanee & Area Community Health Centre by Lindsay Keuning Rutherford and Thalia Ottaviano.

Back to Roots highlights Indigenous foods for each season of the medicine wheel. As summer gives way to autumn this recipe incorporates the summer foods of beans and corn with the autumn foods of venison and squash.