

Crock Pot Elk Stew

A RECIPE BY AMERICAN INDIAN HEALTH & DIET PROJECT

ingredients

- 3 tablespoons of vegetable oil
- 1 pound elk meat cut into small cubes or slices
- 1 chopped green bell pepper
- 1 chopped bunch of green onions
- 1-2 inches of green stems
- 5 cups cooked pinto beans (beans prepared in a crock pot are best; if you use canned beans, rinse well)
- 3 cups game broth, or low sodium chicken broth
- Salt and pepper to taste

Optional:

- One clove garlic
- One bunch chopped celery with leaves (leaves are key!)
- Carrot or parsnips add depth of flavor
- 1 cup cooked hominy
- 1-3 chopped jalapenos

directions

- Heat 3 tsp. oil over medium heat. When hot (6-8 minutes) add vegetables and elk to pan.
- Season with pepper (and salt if you like). Sautee elk, bell pepper, onions, jalapeno, spices with three tablespoons of vegetable oil.
- After meat is browned and vegetables are soft, place in crock pot with beans and chicken broth.
- Slow cook on high for eight hours. Longer is better. Check every few hours to see if you need to add more liquid.
- Then switch to low cook for at least two hours.
- You can prepare this stew in the morning and it will be ready for dinner. It tastes best after 10 hours of cooking.