

# Caribou Stew

## RECIPE NAME

### Caribou Stew & Barley



## INGREDIENTS

- 2 tablespoons oil
- 1½ kilograms (3 pounds) stew meat, cut into chunks
- 2 onions and 1 rutabaga, chopped
- 6 carrots, chopped
- 1 cup barley (pearl or pot)
- 6 cups water
- 1 tablespoon salt
- 1 teaspoon pepper
- \*1-2 tablespoons of chili powder (optional)

## PROCEDURE

1. Heat oil on medium-high. Add meat and onions and cook until brown.
2. Stir in the carrots, rutabaga, barley, water, salt and pepper.
3. Turn up the heat and bring the stew to a boil.
4. Turn the heat down, cover and let simmer for 1 to 1½ hours. Stir occasionally.