

# Warrior's Stew

Budget-friendly recipe

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Serves: 6

Ready in: 3 hours 0 mins.

*A special stew that celebrates the return of successful hunters, this can be made with venison or beef.*



Warrior's Stew

## Ingredients

- 1 pound venison or beef stew meat *cut into large chunks*
- 2 Medium onions *diced*
- 8 cups Water
- 6 Cloves garlic *minced, or 2 teaspoons garlic powder*
- 1 teaspoon fresh or dried rosemary *minced*
- 1 teaspoon Paprika
- 1 teaspoon Salt
- 3 Tomatoes *seeded and diced, or 1 ½ (15 oz.) cans low-sodium diced tomatoes*
- 1 Bell pepper *seeded and diced*
- 2 Medium potatoes *diced*
- 2 Carrots *sliced thickly, or ½ cup baby carrots*
- 1 cup fresh or frozen okra
- 1 cup Fresh or frozen corn kernels
- 1 stalk celery *chopped*
- 2 tablespoons Parsley *chopped*
- 2 teaspoons Ground black pepper
- ½ jalapeño chile *seeded and minced*
- Lemon Wedges

## What You'll Need

- Measuring spoons
- Measuring cups
- Cutting board
- Chef knife
- Heavy soup pot with lid
- Large spoon

## Directions

1. In a heavy soup pot, combine the meat, onions, water, garlic, rosemary, paprika and salt. Bring to a boil over high heat. Reduce heat to very low, cover and simmer gently for 1 1/2 hours.
2. Stir in vegetables, parsley, chile and black pepper. Simmer, partially covered for 1 hour, or until meat is tender. If using frozen okra and/or corn, add to the pot during the last 15 minutes.
3. Squeeze lemon wedges over stew before serving. Serve with Whole Wheat Fry Bread or whole wheat bread.

## Chef Tips

[Whole Wheat Fry Bread recipe\(<http://eatfresh.org/recipe/side-dish/whole-wheat-fry-bread>\)](http://eatfresh.org/recipe/side-dish/whole-wheat-fry-bread)

### **Nutrition Info and more**

Serving size: 2 cups

Total calories: 275 Total fat: 9.1 g Saturated fat: 3.3 g Carbohydrates: 25.9 g Protein: 24 g Fiber: 5.9 g Sodium: 580 mg