Warrior’s Stew

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

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.
Whole Wheat Fry Bread recipe(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