

Elk and Root Vegetable Casserole

with Spiced Blood Orange Tea

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| 2 lbs Elk stew meat (cubed) | 2 C Beef broth |
| 1/2 C Crispy bacon (chopped) | 1 C Red wine |
| 1 C Carrots (sliced) | 1 † Rosemary |
| 1 C Parsnips (sliced) | 1 † Thyme |
| 1 C Potatoes (cubed) | Salt and pepper to taste |
| 1 C Onion (chopped) | 1/2 C Spiced Blood Orange Tea (brewed and cooled) |
| 2 cloves Garlic (minced) | |
| 1/4 C Flour | |

PREHEAT your oven to 350°F and grease a 9x13-inch baking dish.

DREDGE elk stew meat in flour, shaking off excess.

BROWN the elk in a large skillet over medium heat, then transfer to the baking dish.

SAUTÉ carrots, parsnips, potatoes, onion, and garlic in the same skillet until tender.

ADD beef broth, red wine, brewed Spiced Blood Orange Tea, rosemary, thyme, salt, and pepper. Bring to a boil.

STIR IN crispy bacon.

POUR the mixture over the elk in the baking dish.

COVER and bake for 1 1/2 to 2 hours, or until the elk is tender.

NOTE: Elk meat can be purchased online from reputable sources such as [Blackwing Meats](#) and [Fossil Farms](#)

If you cannot find elk meat locally or online, you may need to know a hunter to obtain it.