

ELK / VENISON STEW

Pat and Amber Casey

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**Feel free to contact Pat and Amber for any questions you have regarding their recipes*

INGREDIENTS:

- 1.5-2 lbs cubed meat
- ½ cup chopped onion
- 3-4 cloves of garlic (minced)
- 1 cup chopped carrots
- 2ish cups of chopped red potatoes
- 1 ½ - 2 cups diced mushrooms
- Beef Broth (enough to cover your ingredients)
- Salt and pepper to taste
- 1 container of Swanson's beef stock
- Salt and pepper to taste
- Flour (enough to thicken your stew)



DIRECTIONS:

- In a frying pan sauté onion and garlic in olive oil
- Add cubed meat into frying pan and season with salt and pepper. Cook until browned.
- Add carrots, mushrooms and potatoes to a crockpot or Dutch oven.
- Add browned meat, onions and garlic to crockpot/Dutch oven.
- Add beef broth to crockpot/Dutch oven. Enough to cover your ingredients within an inch or two.



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- Cook in crockpot for 8-10 hours on low. In Dutch oven cook in oven for 5-6 hours at 300 degrees.
- After cooking time mix flour and water together in a small bowl. (Mixture should be a little bit thinner than the consistency of honey)
- Pour the flour/water mixture into the stew to thicken the liquid, stirring as you go. Stop when you reach a consistency that you enjoy.

