



BISON STEW

This hearty bison stew is the perfect recipe for the cold fall nights. Enjoy with some crusty bread or crackers. Bison is one of the leanest proteins you can eat.



Prep time: **20 minutes** cook time: **2 hours** Yields: **4 servings**

Ingredients

- 1 pound bison stew meat
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 large onion, chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 2 potatoes, peeled and diced
- 2 cups beef broth
- 1 tablespoon tomato paste
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried thyme
- 1 bay leaf

Directions

In a large pot, heat the olive oil over medium-high heat. Add the bison stew meat and cook until browned on all sides.

Add the garlic, onion, carrots, celery and potatoes to the pot and cook for 5-7 minutes, or until the vegetables start to soften.

Add the beef broth, salt, pepper, tomato paste, thyme and bay leaf to the pot. Bring to a boil, then reduce heat to low and simmer for 1 1/2 to 2 hours, stirring occasionally, until the meat is tender and the vegetables are cooked through.

Nutrition Facts

4 servings per container

Serving size **1 bowl (362g)**

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 780mg **34%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 27g **54%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.