



Warrior's Stew

Ingredients:

Warrior's Stew

1 pound venison or beef stew meat cut into large chunks
2 medium onions, diced
8 cups Water
2 teaspoons garlic powder
1 teaspoon dried rosemary
1 teaspoon paprika
1 teaspoon salt
3 tomatoes seeded and diced
1 bell pepper, diced
2 medium potatoes, diced
2 carrots sliced thickly, or 1/2 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
1/2 jalapeño chile seeded and minced
lemon wedges

Image not found or type

Directions:

1. Wash your hands with soap and warm water.
2. 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.
3. 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.
4. Squeeze lemon wedges over stew before serving. Serve with Whole Wheat Fry Bread or whole wheat bread.

Nutrition Facts (Per Serving)

Calories, 264; Carbohydrate, 38 g; Protein, 22 g; Total Fat, 4 g; Saturated Fat, 2 g; Trans Fat, 0 g; Cholesterol, 48 mg; Fiber, 7 g; Total Sugars, 7 g; Sodium, 480 mg; Calcium, 78 mg; Folate, 875 mcg; Iron, 3 mg; Percent Calories from Fat, 14%.

Makes 6 servings, approximately 2 cups each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

<https://www.azhealthzone.org/recipes>