



Warrior's Stew

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## 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

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## 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.

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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.

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