

## Moose stew

Preparation Time: 10 min Cooking Time: 150 min

Servings: 6

## Ingredients:

- 10 mL (2 tsp) vegetable oil
- 575 g (1 1/4 lb) moose, cubed
- 1 onion, cut into large chunks
- 3 celery stalks, chopped
- 5 carrots, peeled and chopped
- 1 L (4 cups) no salt added beef broth
- 5 yellow fleshed potatoes, peeled and diced
- 750 mL (3 cups) frozen mixed vegetables
- 2 mL (1/2 tsp) dried parsley
- 2 mL (1/2 tsp) dried thyme
- 4 bay leaves, dried
- 5 mL (1 tsp) pepper

## Steps:

- Step 1: In a large shallow saucepan or Dutch oven, heat oil over medium heat. Brown the moose meat and put aside.
- Step 2: Add the onions to the saucepan and cook for 2 to 3 minutes. Add the celery and carrots. Cook about 7 to 8 minutes, stirring frequently.
- Step 3: Add the moose meat and stir. Add in broth, potatoes, frozen vegetables, parsley, thyme, bay leaves and pepper and stir. Cover, lower heat and simmer for 2 hours. Use a digital food thermometer to check that the moose has reached an internal temperature of 74 °C (165 °F).
- Step 4: Remove whole bay leaves before serving.

## Tips:

- Tip 1: Having trouble finding moose meat? Substitute moose meat with a lean cut of beef such as round or loin.
- Tip 2: Want leftovers for lunches? Double the recipe and freeze for up to 4 months.
- Tip 3: Try sweet potatoes or squash instead of potatoes.