



Moose Stew

Makes 16 child sized servings (1 per Child Sized Portion)

Preparation time: 20 minutes

Cooking time: 50 minutes

Potential allergens: wheat

Equipment List

- Large pot
- Cutting knife
- Cutting board
- Measuring cups and spoons
- Vegetable peeler
- Whisk
- Wooden spoon
- Small bowl

Nutrition Information

Energy	109 calories
Total Fat	2.4 g
Saturated Fat	0.7 g
Sodium	144 mg
Carbohydrate	10.8 g
Fibre	1.4 g
Protein	10.8 g
Sugar	3.5 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Moose Meat	1 ½ pounds	
Vegetable oil	1 tablespoon	15mL
Onion, diced	1	1
Celery, diced	2 stalks	2 stalks
Carrots, diced	3 carrots	3 carrots
Potatoes, diced	2 medium	2 medium
Turnip, diced	1 ½ cups	375mL
Water	3 ½ cups	875mL
Low sodium condensed tomato soup	1 can (10.5 ounces)	354 mL
Flour	2 tablespoons	30mL
Salt and pepper to taste		



Instructions

- 1) Wash, peel and dice onion, celery, carrots, potatoes and turnip.
- 2) In a large pot heat oil over medium heat. Add moose meat and sauté until all sides are browned.
- 3) Add onion and celery and sauté until vegetables soft, about 5 minutes.
- 4) Add 3 cups water and condensed tomato soup. Bring to a boil.
- 5) Add carrots, potatoes and turnips.
- 6) Simmer on low for 30 minutes until potatoes and carrots are soft, and longer if possible so that meat is tender.
- 7) In a small bowl, whisk together ½ cup cold water and flour until smooth.
- 8) Add flour and broth to stew pot and stir to combine. Bring to a boil and let thicken.
- 9) Add salt and pepper to taste.

Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks