

Bison Sweet Potato Stew

8 servings

- 1 ½ Tablespoon oil (divided)
- 1 pound of bison or beef stew meat, trimmed
- 2 parsnips, scrubbed with clean vegetable brush under running water, chopped
- 2 carrots, scrubbed clean with clean vegetable brush under running water, chopped
- 2 poblano peppers, scrubbed with clean vegetable brush under running water, seeds removed and chopped
- 2 sweet potatoes, scrubbed with clean vegetable brush under running water, peeled and chopped
- 1 teaspoon paprika
- 1 teaspoon thyme
- 1 teaspoon chili powder
- ½ teaspoon salt
- ½ cup masa
- 4 cups of low-sodium beef, bison, or vegetable broth
- 1 cup of water



1. Wash hands with soap and water.
2. In a large saucepan, heat 1 tablespoon of oil over medium heat. Add meat chunks in small batches and cook for 1-2 minutes or until the meat is browned on the outside. Set aside and keep warm.
3. Return the saucepan to medium heat. Add ½ tablespoon oil. Add parsnips, carrots, poblano pepper, and sweet potatoes. Sauté for 5 minutes.
4. Add paprika, thyme, chili powder, salt, and masa and stir until combined.
5. Add meat and 4 cups of broth, 2 cups of water and stir.
6. Bring to a boil and then lower to simmer and cook for 45 minutes to an hour, or until meat and vegetables are tender and broth is thickened.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/8 of recipe): Calories 190, Total Fat 4.5 g, Saturated Fat 1g, Cholesterol 35mg, Sodium 410mg, Total Carbohydrates 21g, Fiber 4g, Total Sugars 5g, includes 0g Added Sugars, Protein 17g, Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%.

Recipe Source: Indigi Kitchen