



## **Bison Sweet Potato Stew**

8 servings

- 1 <sup>1</sup>/<sub>2</sub> 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. Sautee 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

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the USDA.

Find more great tips, recipes and videos at food.unl.edu/nep 👎 🔽