



"The Kił-li-hun (deer) ultimate sacrifice to us is its body. Our ultimate honor in return is to make regalia so the deer's spirit may dance forever."

– Mary Campbell (Hupa)

DEER MEAT STEW

INGREDIENTS

- ½ pound ground deer meat (venison)
- 1 medium onion
- 1 teaspoon pepper
- 1 10 oz can tomato sauce
- 1 10 oz can water
- 6 medium carrots
- 2 medium potatoes
- 2 medium zucchinis

INSTRUCTIONS

1. In a large pot, brown meat and onions. Drain fat.
2. Add remaining ingredients to pot.
3. Bring to a boil, then simmer, covered, about 25 minutes.
4. Remove from heat, cover for 10 minutes to thicken.



MAKES: 4 servings. 1 cup per serving

PREP TIME: 10 minutes

COOK TIME: 55 minutes

COST PER SERVING: \$1.29

TOTAL COST: \$5.16



NUTRITION INFORMATION PER SERVING

Calories 234 | Carbohydrate 34 g | Dietary Fiber 7 g | Protein 17 g
Total Fat 5 g | Saturated Fat 2 g | Trans Fat 0 g | Cholesterol 46 mg
Sodium 469 mg

