



Bison Stew

Savannah · 30/09/2024



Prep Time

1 hr 45 mins

Difficult

Medium

Servings

6

Description

This bison stew is great tasting and easy to make. Bison is lower in fat, calories, and cholesterol than most other meats. It's great for a heart-healthy diet.

Ingredients

- 3 tablespoons canola oil
- divided - 2 pounds bison meat
- cut into 1-inch cubes - 1 cup minced yellow onion - ½ cup minced celery - 2 cloves garlic
- minced - 2 tablespoons flour - 4 cups low-sodium chicken broth - 1 (8 ounce) can tomato sauce - 1 cup water - 2 tablespoons white wine - 2 tablespoons chopped fresh parsley - 1 teaspoon salt (Optional) - ½ teaspoon ground black pepper - 3 whole cloves - ¼ teaspoon ground thyme

Instructions

1. Heat 2 tablespoons oil in a Dutch oven over medium-high heat; brown bison in hot oil
2. 2 to 3 minutes per side; remove bison and set aside. Pour remaining 1 tablespoon oil into the Dutch oven; cook and stir onion and celery in hot oil until soft
3. about 5 minutes. Add garlic; cook and stir 2 to 3 more minutes. Sprinkle with flour and stir to coat. Stir in broth
4. tomato sauce
5. water
6. wine
7. parsley
8. salt
9. pepper
10. cloves
11. and thyme; bring to a boil. Return bison to the pot and stir through. Reduce heat; cover and simmer until meat is fork tender
12. about 1 hour.