

CARIBOU STEW



Ingredients:

1-2 lbs caribou, cubed
3 potatoes, diced or quartered
3-4 carrots, sliced thickly
1 celery, cut diagonally
1 onion, chopped
1 bay leaf
2 tbsp paprika
2 garlic cloves, minced
2 tbsp soy sauce
2-3 cups beef broth
1 cup water
14 ozs tomato soup (optional, may be replaced with 1 cup of water)
1 tbsp ground pepper
¼ cup cornstarch (water mixture for thickening to your liking)

Combine all ingredients except cornstarch and water mixture for thickening, in slow cooker or dutch oven.

Stir favorably.

Cook on high for 5 hrs. Reduce to low and cook for 3 hrs.

Last half hour when desired texture is reached, add cornstarch and water mixture to thicken. Continue to cook for ½ hour to 1 hour.