

# Bison Stew (*tanka-me-a-lo* in the Cherokee Nation)

## Ingredients:

- 2 lbs. bison/beef stew meat
- 2 lbs. red potatoes, cubed
- 2 large carrots, diced
- 16 cups water
- 2 stalks celery, diced
- 1 can stewed tomatoes
- 1 cup barley



## Instructions:

1. Brown the bison over high heat for about three minutes. Add the water, potatoes, and carrots into a large pot bring to a boil.
2. Add celery, tomatoes, barley, and let cook for another five minutes or so. Simmer for 30 minutes.
3. Season to taste

## Nutrition Facts

Servings: 16

Amount per serving

**Calories** **269**

% Daily Value\*

**Total Fat** 10.8g **14%**

Saturated Fat 4.1g **20%**

**Cholesterol** 38mg **13%**

**Sodium** 278mg **12%**

**Total Carbohydrate** 29.5g **11%**

Dietary Fiber 5.5g **19%**

Total Sugars 5g

**Protein** 13.7g