

Meat Stew Recipe

INGREDIENTS:

- 8 pounds of meat -cubed (deer, moose, elk or beef)
- 2 cups of carrots - sliced
- 1 large turnip - cubed
- 2 cups of potatoes - cubed
- 2 cups of celery - sliced
- 1 large onion - diced
- 3 cups of flour
- Salt and pepper (any other desired seasonings)
- 1 litre of beef stock
- ½ cup ketchup

INSTRUCTIONS:

- In a large bowl mix flour, salt, pepper and any other desired seasonings.
- Flour the cubed meat, then brown in cooking oil in a frying pan.
- Transfer the meat to a roast pan and add carrots, turnips, and potatoes.
- Bake at 350 for one hour. You may need to add a little more cooking oil if desired.
- Then add celery, onions, beef stock, and ketchup. Continue to bake for another 30 minutes. Serve and enjoy!

