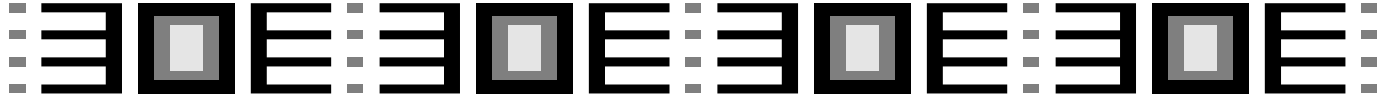


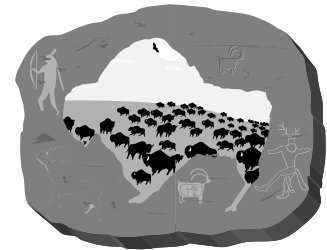
Stew



Most tribes make a version of vegetable stew. Traditionally, fresh or dried squash, pumpkin, turnips, radishes, cucumbers, or wild roots and plants were often used. After commodities were introduced, canned vegetables were used more frequently.

Lakota tribes used dried meat (deer, buffalo, elk) as the soup base. Wild turnips, "Timsila", and potatoes were the most commonly used vegetables. This dried meat soup is called "Bapa".

- ❖ 2 pounds buffalo stew meat, cut into 1 ½ inch cubes, browned (Deer can also be used.)
- ❖ 1 large turnip, peeled and cubed
- ❖ ¼ cup tapioca
- ❖ 1 16-ounce can green beans (do not drain)
- ❖ 1 ½ cup onion, diced
- ❖ 2 tablespoons beef soup base or bouillon
- ❖ ½ teaspoon pepper
- ❖ 3 cups medium to large potatoes, peeled and cubed
- ❖ 2 cups carrots, peeled and chopped
- ❖ 1 ½ cups celery, chopped
- ❖ 3 cups water



1. Brown cubed stew meat.
2. Combine vegetables and meat; put into oven, roaster, or crock pot.
3. Cover.

Cook at 275°F for about 6 hours.

Nutrition Facts: Serving Size: 1 cup, Number of Servings: 12, Calories: 200, Total Fat: 3 grams, Carbohydrates: 20 grams