



BISON & SWEET POTATO STEW

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ONE BATCH SERVES 12.

INGREDIENTS	X1	X2	X3	X4
Bison steak, cut into 3/4" cubes	2 lbs	4 lbs	6 lbs	8 lbs
Sweet potatoes, peeled, cut into 3/4" cubes	4 lbs	8 lbs	12 lbs	16 lbs
White button mushrooms, quartered	1 lb	2 lb	3 lb	4 lb
Shallots, peeled and quartered	12	24	36	48
Cloves garlic, peeled	8	16	24	32
Dry red wine	2 cup	4 cup	6 cup	8 cup
Canned crushed tomatoes	28 oz	56 oz	84 oz	112 oz
Finely minced fresh rosemary	4 t (or 1 t dried)	8 t (or 2 dried)	3 T (or 1 T)	5 T + 1 t (or 4 t dried)
Salt	1 t	2 t	1 T	4 t
Freshly ground pepper	1 t	2 t	1 T	4 t
Red wine vinegar	3 T	6 T	9 T	3/4 cup
Fresh parsley, snipped	1/2 cup	1 cup	1 1/2 c	2 cup

Place bison, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving stir in vinegar and parsley.

To freeze: Put all ingredients for one batch into a gallon-sized zip sealed freezer bag. In a small freezer bag package vinegar and parsley. Remove as much air as possible from both bags, seal, package together, label and freeze.

To serve: Thaw. Put contents of bag into slow cooker and stir. Cover with lid and cook on low 5 hours. Before serving stir in vinegar and parsley. Serve over rice or pasta and add a side salad.