

# ThreeSistersVenisonStew

4-6 servings

## Ingredients

Vegetable oil  
1 lb venison  
½ onion  
½ butternut squash  
Garlic 1 tbsp  
14.5 oz diced tomatoes  
1 cup corn  
1 cup green beans  
Basil  
Sage  
Oregano  
Chipotle powder  
Salt  
5 cup unsalted venison broth

## Directions

Heat oil over medium high heat in a large saute pan..

Add meat, sear on two sides for 2-3 minutes, add onions and squash, cook for additional 5-10 minutes. Add garlic in at the end. (Add more oil if needed).

Once meat is seared, onions are translucent and you can smell the garlic, add diced tomatoes with juice and stir to deglaze the pan. Add the remaining vegetables, spices and stock (or water).

Bring to a boil, drop to simmer and cook until meat is tender and vegetables are cooked through. Check for doneness after 20 minutes, could take up to an hour). **Internal temperature of 155 °F or higher must be reached for at least 15 seconds.**

**Allergens:** none, unless there is soybean or nut oil in oil used for cooking

Recipe developed by NATIFs