

BUFFALO STEW

COOK TIME: 30 MIN | SERVINGS: 2

ingredients

2 lbs ground buffalo

2 (16 ounce) cans mixed vegetables

2 (16 ounce) cans chopped tomatoes

2 cups elbow macaroni, uncooked

6 cups of water

directions

1. In a large soup pot, cook ground buffalo between low and medium heat, stir until brown.
2. Add water, macaroni, vegetables, and tomatoes. Stir ingredients together and season to taste with salt and pepper.
3. Reduce heat and simmer until macaroni is completely cooked.



Tradition and Nutrition

BUFFALO

Buffalo meat has very little fat compared to beef or pork. Buffalo meat can be expensive. Since buffalo has less fat, there is less waste when compared to other meats. Buffalo will also cook faster since it has a lower fat content. Buffalo should be cooked at lower temperatures, to keep the meat from becoming tough. When cooking buffalo, the drier the cooking method, the more tender the meat will be. Cooking methods such as broiling, roasting, and grilling are most ideal. Buffalo can be substituted for beef in recipes.

Did you know?

Buffalo is a very nutrient-dense food. It is an excellent source of protein, vitamins B12 and B6, as well as iron and zinc.

