

Caribou Stew

2 lbs	Boneless Caribou
4 small	Potatoes, quartered
1	Carrot peeled and sliced
1	Celery rib, chopped
½ cup	Parsnip or turnip, diced
1	Jalapeno Pepper, diced
2	Medium red or green peppers, chopped
1	Bay leaf
½ cup	White wine
⅛ cup	Worcestershire sauce
1 cup	Lentils
	Flour for dredging
	Salt and pepper to taste
	Oil for browning meat

Directions:

Dredge meat in seasoned flour and brown in a frying pan with a little oil add spices to taste. Transfer the meat to a large sauce pan or crock pot, add the rest of the ingredients with enough water to cover. Simmer for 2 hours on low or 10 hours in the crock pot. Add more seasoning if necessary and serve.

Yield: 8 servings