

Elk Tepary Wild Rice Stew

**pressure cooker recipe*



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INDIGI KITCHEN



INGREDIENTS

- 1 lb elk stew meat (or other lean meat)
- 1/3 cup tepary beans
- 2/3 cup wild rice
- 1 medium onion
- 2 cloves of garlic
- 2 carrots
- 2 Tbsp olive oil
- 1 Tbsp cedar smoked salt
- Water

HOW TO COOK

1. Peel and chop onion. Mince garlic. Peel and cut carrot into disks.
2. Heat oil in pressure cooker and sauté vegetables until onions are translucent. Add meat to brown.
3. Add tepary beans, wild rice, and salt with enough water to cover everything by 1 inch.
4. Seal pressure cooker and cook on high pressure for at 20-30 minutes.
5. When timer is up, quick release pressure and enjoy warm stew.