



Celebrating Food, Art & Culture



BUFFALO STEW (TANKA-ME-A-LO)

Servings: 8

Ingredients

- 2 pounds buffalo or beef, cut into 1-inch cubes
- 1 cup diced celery
- 1 cup diced carrots
- 1 cup diced onion
- 8 pieces whole allspice
- 8 sprigs fresh thyme
- 1 cup canned diced tomatoes
- 4 quarts low sodium beef stock
- 4 cups diced potato
- 2 tablespoons canola oil

Directions

- Heat stock pot over medium heat and add canola oil. Place diced buffalo or beef into pot. Sear on all sides for 6 to 7 minutes.
- Remove buffalo from pot and add carrots, celery, onion and allspice. Cook until vegetables are golden brown, stirring occasionally.
- Add diced tomato and thyme. Bring to a simmer and stir pot. Add seared buffalo to pot along with beef stock. Bring to a simmer, and reduce heat to low. Let cook for 1 hour.
- Add potato, return to a simmer and let cook for 20 minutes or until buffalo and potato are tender. Taste and adjust seasoning as necessary. Keep hot until ready to serve.

Side dishes

- Barley Pilaf
- Roasted Root Vegetables