



# Buffalo Stew

Makes 6 cups | 6 servings | **Protein** | **Vegetables**

## Ingredients

- 1 pound buffalo meat (round or chuck steak)
- 6 cups water
- 1 cup cattail stalk or roots, chopped
- 1 cup sego lily bulbs
- ½ cup wild onion
- ½ cup yampah root
- 1 cup biscuitroot meal
- ½ cup chokecherries (optional)

## Directions

1. Wash hands in warm, soapy water.
2. Place buffalo meat in 2-quart saucepan.
3. Add water to two inches above the meat.
4. Cook over medium heat for 2 hours.
5. Add cattail, sego lily, wild onion, yampah, and biscuitroot meal/flour.
6. Continue cooking, stirring regularly, until the stew is thickened (about 20-30 minutes).
7. Store in storage container, place in refrigerator or freezer.



Recipe provided by Restoring Shoshone Ancestral Foods in collaboration with the Restoring Ancestral Foods Group. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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