

# Caribou Stew with Barley

Served with bannock and water.

**Serves 8 to 10 people.** About 30 minutes to prepare and 1½ hours to cook.



This is a good dish for feeding a hungry crowd.

# Ingredients



2 tablespoons  
oil



1½ kilograms (3 pounds)  
stew meat, cut into chunks



2 onions and 1  
rutabaga, chopped



6 carrots,  
chopped



The vegetables should  
be chopped about  
this size



1 cup barley  
(pearl or pot)



6 cups  
water



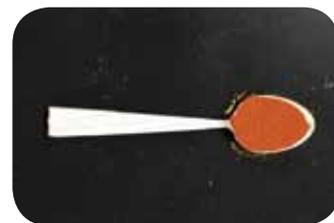
1 tablespoon  
salt



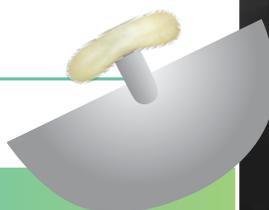
1 teaspoon  
pepper

## TIP

Chili powder tastes great in this recipe.  
Try adding 1 or 2 tablespoons when you  
add the salt and pepper.



# Kitchen Supplies



Large pot (5 litres or 20 cups) with cover  
Cutting board | Knife and/or ulu  
Measuring spoons | Measuring cup



# Step-by-Step



1 Heat oil on medium-high. Add meat and onions and cook until brown.



2 Stir in the carrots, rutabaga, barley, water, salt and pepper.



3 Turn up the heat and bring the stew to a boil.



4 Turn the heat down, cover and let simmer for 1 to 1½ hours. Stir occasionally.



## TIP

You can use 4 cups of frozen mixed vegetables, instead of the fresh vegetables in this recipe. Frozen vegetables don't take as long to cook, so add them about 30 minutes before the end of cooking.





**ENJOY GOOD FOOD  
WITH FAMILY!**



## **FREEZE IT!**

This stew freezes well. Freeze the leftovers and have a quick meal ready for another day.



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health and nutrition visit

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