



Simple Bison Stew with Gravy

by Sandy Pleasant

Ingredients:

1 lb. bison stew meat

1 onion chopped

1 can cream of mushroom soup

Salt & pepper to taste

1 tablespoon browning sauce (I used Kitchen Bouquet Browning & Seasoning Sauce)

Directions:

Sauté onions in olive oil just until transparent and add the stew meat and lightly brown. Put in a crock pot on low setting. Mix a can of water or beef (bison) stock with the mushroom soup and add the tablespoon of browning sauce creating a golden brown sauce. Pour the soup mixture over the meat. Slow cook for about 4 to 5 hours and serve over rice, noodles, or mashed potatoes.