



BUFFALO STEW

1 Round or Chuck Roast cut-up
2 Cups Vegetable Broth = 1 package Au Jus Gravy Mix
2-3 Tbsp Tomato Paste
Dash Worcestershire Sauce
½ Tbsp Italian Seasoning
½ Tsp Celery Flakes
1 Tbsp Vegetable Flakes
3 or 4 Medium Potatoes Quartered
3 or 4 Carrots Sliced
1 Medium Onion Sliced
1 Cup Frozen Peas
Ground Pepper to Taste

Combine veggie broth, au jus gravy mix, tomato paste, Italian seasoning, celery flakes, veggie flakes & dash Worcestershire sauce in sauce pan.

Bring to a boil stirring constantly. Then simmer for 1 or 2 minutes.

Slice a medium onion & place in bottom of crock pot along with a layer of potatoes.

Then add the meat & remaining vegetables to the pot.

Pour gravy mixture over all of it & cook on low 9 – 10 hours.

If you have a favorite buffalo recipe you would like to share, please submit it to info@promisefmbuffalo.com