



REINDEER BEAN SOUP

INGREDIENTS:

*2 tablespoons vegetable oil
 *1 medium red onion, chopped
 *5 carrots, sliced
 *5 celery stalks, diced
 *1 pound reindeer meat, cubed
 4 quarts beef broth
 *4 cans of beans, your choice
 *1 can diced tomatoes
 *5 cups potatoes, chopped
 2 teaspoons garlic powder, or to taste
 Salt and pepper, to taste

DIRECTIONS:

1. Open canned beans and rinse.
2. Preheat vegetable oil in large pot on medium-high heat.
3. Sear reindeer meat until all sides caramelize.
4. Add all remaining ingredients.
5. Bring to a boil, reduce heat to low, simmer for 1-3 hours.

BEYOND

- Substitute reindeer with your favorite meat such as moose, caribou, venison, *bison or *beef.
- Add canned or frozen *mixed vegetables, Indian potato, *yellow/white onion, beach greens, dandelion greens, wild chives, chickweed or fiddleheads.
- Experiment with dried beans instead of canned beans. NOTE: Dry beans must be soaked and cooked before using.
- Replace potatoes with *rice or *pasta noodles. Add them during the last hour of cooking.
- Create your own broth by boiling bones or vegetables to use as a base.

* INDICATES FDPIR FOOD



This recipe is from the 2018-2019 Basics and Beyond calendar for Food Distribution Program on Indian Reservations (FDPIR) participants and eligible families, created by ANTHC's Health Promotion Program. Every recipe in the calendar includes a "beyond" section that provides tips on how to transform and enhance basic recipes by adding more fruits and vegetables, traditional foods and other healthy FDPIR food options to create delicious, flavorful meals, snacks, condiments and more.

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