

Frozen Bison Stew Meat



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



Bison tastes similar to beef but is lower in fat and cholesterol. It is a good source of lean protein.

How To Use It

Bison stew meat can be used in place of beef stew meat and is best when cooked at low heat for several hours.

How To Store It

Keep bison frozen until ready to thaw and use. Thaw in the refrigerator overnight or use the defrost setting on the microwave. Do not thaw on the countertop at room temperature.

Why Eat It?

Eating a diet that contains healthy proteins like bison provides the building blocks for healthy bones, muscles, skin, and blood.

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Cranberry Bison Stew

Makes 6 servings



Ingredients

- 2 pounds bison stew meat, thawed, cut into 1-inch cubes
- ½ cup all-purpose flour, divided
- 3 tablespoons vegetable oil
- 32 ounces beef broth
- 2 cups cranberry juice
- 1 ½ cup fresh or frozen cranberries
- 1 onion, chopped
- ¼ teaspoon salt
- ⅓ teaspoon black pepper
- 2 cups frozen peas
- 3 carrots, sliced
- 1 celery stalk, sliced

Recipe adapted from [High Plains Bison](#).

Directions

Wash hands with soap and water.

- 1.** Place ¼ cup of the flour in a resealable plastic bag and add bison cubes, shaking to coat.
- 2.** Heat oil over medium-high in a Dutch oven or pot, add the coated bison stew meat, and cook until browned on all sides.
- 3.** Stir in broth, cranberry juice, cranberries, onion, spices, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 1 hour.
- 4.** Stir in peas, carrots, and celery. Simmer, covered, for 1 more hour.
- 5.** Stir the remaining ¼ cup flour with ½ cup water in a small bowl until smooth; stir into stew.
- 6.** Cook and stir until desired thickness is reached.

Remember to cook bison stew meat to a safe minimum internal temperature of 145 °F as measured with a food thermometer before removing food from the heat source.



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