

Buffalo Stew

One pound of buffalo meat (stir fry or stew meat)
2 Tbsp of olive oil
3 cloves of garlic, minced
1 large onion finely chopped
1 cup of organic carrots, chopped
1 can of organic green beans (or fresh beans)
1 cup of leeks, finely chopped
1 cup of fresh or dried mushrooms finely chopped
1 cup celery finely chopped
4 bay leaves
4 whole cloves
1 tsp thyme
¼ tsp cayenne (or to taste)
3 Tbsp of red wine vinegar
1 tsp of dried mustard
1 - 28 ounce can of tomatoes or tomato sauce of your choice

Sauté onions and garlic together in oil until golden. Add spices and raw vegetables and stir fry for a few minutes to seal in the flavour. Add buffalo meat. Cook until meat is brown. Combine all remaining ingredients in a baking dish to go into the oven. Cook, covered, slowly at 250 degrees for 2 hours.