

Maine Venison Stew

Yield: 8 min
Total Time: 560 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-brown-stew-gravy-recipe>

Ingredients:

- 2 pounds stew meat venison
- 8 potatoes medium, peeled and cubed
- 3 onions medium, diced
- 3 stalks celery diced
- 8 carrots large, peeled and diced
- 3 cubes beef bouillon
- 29 ounces beef broth
- 2 tablespoons browning and seasoning sauce
- 2 cups green peas frozen, optional
- 2 cups fresh mushrooms sliced, optional
- pepper
- salt
- 1/2 cup cornstarch
- 1 cup water

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 85 milligrams
4. Fat: 27 grams
5. Fiber: 10 grams
6. Protein: 28 grams
7. SaturatedFat: 11 grams
8. Sodium: 570 milligrams
9. Sugar: 10 grams

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