



Bison à l'étouffée Cooked in crock pot

- 1 1/4 lbs (585 g) bison round steak, cut in strips**
- 1/4 tsp (1 ml) pepper**
- 1 tsp (5 ml) salt_4 tbsp (60 ml) flour**
- 1 or 2 green peppers, sliced**
- 1 large onion, sliced**
- 1 (10 oz.) can (285 ml) mushrooms**
- 1 lb (500 g) tomatoes**
- 2 tbsp (30 ml) molasses**
- 3 tbsp (45 ml) soya sauce**
- 1 (10 oz.) can (285 ml) green beans**

In crock pot, place strips of bison, flour, salt and pepper. Mix well to coat evenly. Add the rest of the ingredients. Cover and cook at high temperature for one hour, then reduce to low heat and simmer for 7 to 8 hours. Serve with rice.

Thank you and enjoy your meal !

Josee Toupin et Alain Demontigny

