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## RACKS Recipes: Bear

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### Bear Stew with Dumplings

1 lb. Bear cubed into bite size pieces  
1 lb. (about 3 med.) fresh zucchini, sliced  
1 (1 lb.) can stewed tomatoes  
1 (1 lb.) can wax beans, undrained  
1 (4 oz.) can sliced mushrooms, undrained  
2 tbsp. dehydrated green pepper flakes  
2 tbsp. dehydrated onion flakes  
1 tbsp. dehydrated parsley flakes  
1/2 tsp. salt  
3 tbsp. chilli seasoning mix  
1 beef bouillon cube, crushed  
Hearty dumplings:  
2 cups flour  
4 teaspoons baking powder  
1/2 teaspoon salt  
2 teaspoons butter  
3/4 cup milk

In large pot brown beef. Stir in vegetables and seasonings; bring to simmer. Cook for 1 hr on low heat or in Dutch oven 350 degrees for 1 1/2 hrs. Drop rounded tablespoonfuls of dumplings onto simmering stew. Cover and steam 10 minutes. Uncover and cook 5 minutes longer. Serve at once.