



Bison and Barley Soup

Source: Montana Team Nutrition Harvesting Montana Recipes Contest

Original Source: Marsha Wartick, Ronan Schools, MT

Servings

6

Ingredients

1 lb Ground bison, raw	1/3 cup Green beans, canned, drained
1 tsp Vegetable oil	1/2 cup Carrots, diced, frozen
1/2 tsp Salt	1/2 cup Potatoes, diced, frozen
3 oz Barley	1 1/2 tsp Beef base, low sodium
5 3/4 cups Water	1/2 tsp Black pepper
1/2 cup Onion, fresh, diced	1 tsp Onion powder
1/2 cup Green bell pepper, fresh, diced	1/2 tsp Celery seed
3 Tbsp Celery, fresh, diced	Pinch Red pepper flakes, dried
5/8 cup Tomatoes, diced, canned, low sodium	1/2 cup Green cabbage, fresh, raw, shredded
5/8 cup Tomato sauce, canned, low sodium	

Preparation

1. Combine bison, oil, and salt in large pot. Cook bison until fully browned.
2. Add the barley and the water to the cooked bison in the pot. Cook until barley starts to become tender (about 1 hour).
3. Add the rest of the ingredients (except for the cabbage). Keep cooking until the vegetables become tender. Add more water as needed. Continue cooking for 1-2 hours until the barley is tender.
4. Add the cabbage.
5. Portion into soup bowls for serving.

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Bison



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