



## Make Elk Stew

Younger kids will need parental help with this project.

### **Ingredients**

Elk steak (can substitute with beef)

1 can tomatoes

1 medium onion

1 ½ cups nopalitos (cactus pads; can substitute green peppers or green beans)

½ teaspoon chile powder

4 teaspoons flour

¼ teaspoon salt

### **Directions**

1) Cut steak into ½ inch pieces

2) Dice onion

3) Add oil to frying pan

4) Put flour in a bowl or dish and roll the steak in the flour until coated.

5) Put the steak chunks and diced onions into the heated pan.

6) Cook until the steak is browned and the onions soften.

7) Add Nopalitos, tomatoes, chile powder and salt

8) Simmer until it bubbles

9) Serve