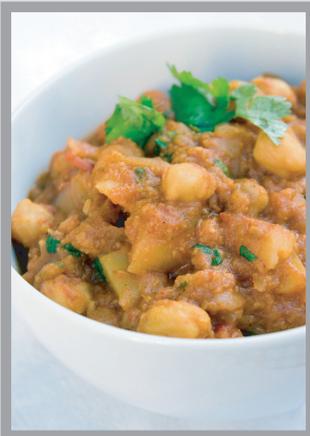


## Available Now...

### Elk

Elk meat is low in fat and is a good source of protein, iron and phosphorus.



Look for Colorado elk at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit

[www.coloradoagriculture.com](http://www.coloradoagriculture.com)  
for a complete list of recipes.

## Caribbean Elk Stew

*Chef Jason K. Morse, C.E.C., Valley Country Club, Aurora, Colo.*

Serves 6

- 1-1/2 lbs. Elk Loin, diced large
- 1 Tbsp. Olive Oil
- 1 Red Onion, medium dice
- 4 cloves Fresh Garlic, chopped
- 1 tsp. Dried Oregano
- 1 tsp. Dried Mint
- 1 tsp. Garam Masala, ground
- 1/4 tsp. Allspice, ground
- 1-1/2 14 oz. Cans Diced Tomato
- 1 Zucchini, medium dice
- 1 Yellow Squash, medium dice
- 2 cups Garbanzo Beans, cooked (1 cup pureed, 1 cup whole)
- 2 cups No Salt Chicken Broth
- 2 cups Israeli Cous Cous, cooked in no sodium chicken broth
- 1 Tbsp. Jerk Paste
- 1/2 tsp. Black Ground Pepper
- 3 Tbsp. Fresh Cilantro, chopped with no stem

Heat large sauté pan, add olive oil and bring to temperature. Add elk meat in batches and brown, remove and repeat until all elk is browned. Add onions and repeat the same process as above. Add the zucchini and yellow squash and repeat the same process as above. Add the jerk seasoning, garlic, and spices and sauté. Deglaze with 1/2 of the chicken broth. Add back the elk, vegetables and all spices. Add the tomato puree and puree of garbanzo beans and stir well. Add the whole garbanzo beans, then bring to a boil and reduce to a simmer. Season with black pepper. Finish with one serving of cous cous per bowl and garnish with chopped cilantro.

Enjoy with a Colorado wine, such as a glass of Syrah/Cabernet Sauvignon blend, from Bethlehem Cellars, located in Paonia, Colorado.

## Next Month... Dairy Products