

HEALTHY KANGAROO STEW RECIPE



☰ Prep: 10 mins
🕒 Cook: 75 mins
🍴 Serves: 6
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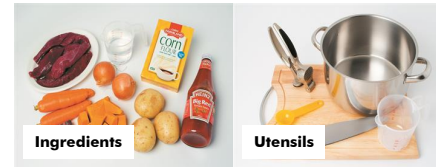
Ingredients

- ▲ 600 g kangaroo meat, diced
- ▲ 3 potatoes , diced
- ▲ 1 1/2 large onions, diced
- ▲ 3 carrots, diced
- ▲ 1/2 pumpkin, diced
- ▲ 2 cloves garlic, crushed
- ▲ 3 tbs oyster sauce
- ▲ 3 tbs salt-reduced tomato sauce
- ▲ 3 beef stock cubes
- ▲ 3 1/2 cups water
- ▲ cornflour, to thicken

Method

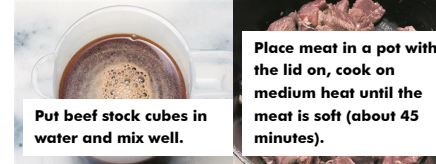
1. Put beef stock cubes in water and mix well.
2. Put the roo pieces in a pot with the lid on, cook in own juices on moderate heat until the meat is soft (about 45 minutes).
3. Add potatoes, carrots, onions and pumpkin. Add tomato sauce, oyster sauce and beef stock. Mix together and add enough water to cover the meat. Simmer for 10 – 15 minutes.
4. Mix a little cornflour with water to a paste and add to pot. Cook for a further 10 – 15 minutes. Continue cooking until meat and vegies are tender.

Recipe from Deadly Tucker cookbook (Aboriginal & Torres Strait Islander-FOODcents manual, 2006), North Metropolitan Health Service, Department of Health WA, reproduced with permission.



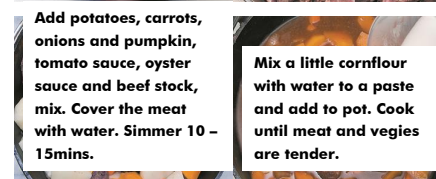
Ingredients

Utensils



Put beef stock cubes in water and mix well.

Place meat in a pot with the lid on, cook on medium heat until the meat is soft (about 45 minutes).



Add potatoes, carrots, onions and pumpkin, tomato sauce, oyster sauce and beef stock, mix. Cover the meat with water. Simmer 10 – 15mins.

Mix a little cornflour with water to a paste and add to pot. Cook until meat and vegies are tender.

Serving Suggestion: Serve with rice, pasta or bread

Nutrition Information

| | per serving | per 100g |
|--------------|-------------|----------|
| Energy | 1842 kJ | 255 kJ |
| Protein | 44.5 g | 6.2 g |
| Fat, total | 3.8 g | 0.5 g |
| — saturated | 1 g | 0.1 g |
| Carbohydrate | 50.4 g | 7 g |
| — sugars | 30.1 g | 4.2 g |
| Sodium | 1568.7 mg | 217.8 mg |