

BIRCH- FLAVOURED MOOSE AND BEAN CHOWDER



PREP TIME: 20 MIN | COOK TIME: 75 MIN | SERVINGS: 6

Soups are a great way to use up any vegetables you have on hand, while boosting your vegetable intake. Birch syrup's unique scent and flavour add an earthy touch, but you can use molasses as a substitute if you don't have any.



ABOUT THE CHEF

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



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INGREDIENTS

- 1 tbsp (15 mL) olive oil
- 1 lb (454 g) ground moose meat
(or ground beef)
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) dried thyme
- 1 tsp (5 mL) dried basil
- ½ tsp (2.5 mL) salt, divided
- ½ tsp (2.5 mL) ground black pepper, divided
- 1 large onion, diced
- 1 carrot, diced
- ½ rutabaga (or 3 white turnips
or potatoes), diced
- 1 small green pepper, diced
- 1 can (28 oz/796 mL) diced tomatoes,
with juice
- 5 cups (1.2 L) beef broth
- 1 can (19 oz/540 mL) white kidney
(or cannellini) beans, rinsed
- 2 tbsp (30 mL) birch syrup
(or molasses)

DIRECTIONS

1. Heat oil in a medium size pot over medium heat. Add the meat, breaking it up with a spoon.
2. Add the garlic powder, thyme, basil, ¼ tsp (1 mL) of salt, and ¼ tsp (1 mL) of pepper and brown meat for 5 to 6 minutes, stirring frequently.
3. Add the onion and continue to cook for 3 minutes.
4. Add the carrot, rutabaga and green pepper and cook for 2 minutes.
5. Add the tomatoes (and juice), beef broth, and the remaining salt and pepper, and bring to a simmer. Cook chowder for 45 minutes over low heat.
6. Add the beans and continue cooking for 15 minutes.
7. Stir in birch syrup and serve immediately.

TIPS

- » Chill leftover chowder for up to 3 days in the fridge.
- » To freeze, let it cool, then transfer chowder to food safe containers, removing all excess air, and freeze for up to 3 months. When ready to use, thaw in fridge overnight and heat to serving temperature 74°C (165°F) or higher.