

Healthy Foods, Healthy Recipes: One-Pot Caribou Soup

Caribou is an excellent source of protein and iron and it is low in saturated fat and sodium.



ONE-POT CARIBOU SOUP

INGREDIENTS

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| 1 gallon storage bag caribou meat | 1 tablespoon parsley |
| 3-4 tablespoons cooking oil | Garlic salt to taste |
| Onions, chopped | Onion salt to taste |
| Carrots, chopped | Salt to taste |
| Celery, chopped | Pepper to taste (optional) |
| Potatoes, cubed | 1 tablespoon curry (optional) |
| 1 cup rice | 2½ quarts water |
| 1 cup macaroni/noodles | |

PREPARATION

1. Cut the caribou meat into bite-size pieces. You can use ribs, backbones or any pieces of meat with bones.
2. Sauté meat in pot with cooking oil. Tip: Sprinkle a little bit of meat tenderizer if needed.
3. Add salt, garlic salt, onion salt, and parsley flakes. Pepper and curry are optional.
4. Add onion, celery, and carrots to pot with meat and continue to sauté in oil.
5. Cook until meat is brown.
6. Add 2 ½ quarts water to cover meat and vegetables and boil for one hour; stir occasionally to prevent sticking. Add salt to taste.
7. Add potatoes, rice, and macaroni; cook another half hour on low simmer.

Caribou live in the tundra, muskeg and forests. Herds of 350,000 animals can travel up to 900 miles during the summer from calving areas to wintering grounds.

Considered an important food of the Alaska Native people, almost all the parts of the caribou are eaten. The liver, tongue, brain, blood and kidneys are delicacies that add valuable nutrients to their diet.

Our vision is that Alaska Native people are the healthiest people in the world. Learn more at www.anthc.org.



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