



### Venison Soup

- |                  |                 |            |
|------------------|-----------------|------------|
| 3 lbs. venison   | 2 cups tomatoes | 1 bay leaf |
| 1 2/2 qts. Water | 2 tbsp. salt    |            |
| 8 carrots        | 3 onions        |            |
| 6 celery stalks  | 3 potatoes      |            |

Simmer meat in salted water for several hours. Then cool and collect fat off broth. Add all vegetables and cook for at least 2 hours.

Oneida Nation Member, Ruth Buffalo



### Wild Rice Casserole

- |                               |                  |                  |
|-------------------------------|------------------|------------------|
| 2 cups wild rice              | 1 cup hominy     | 1 lb ground beef |
| 1 can string beans            | 1 can cream corn | 1 can carrots    |
| 1/4 lb salt pork, diced       | 1 can whole corn |                  |
| 2 cans cream of mushroom soup |                  |                  |

Soak wild rice in hot water for 1/2 hour. Then rinse about 2 or 3 times. Then put rice in 3 qt sauce pan. Add salt pork and enough water to cover the rice. Simmer for about 1/2 hour then put in casserole dish adding other ingredients. Bake at 350°F for 1 hour. Add a little water and butter if needed.

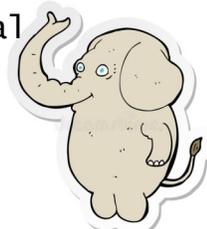
Mole Lake Member, Sarah Fox

## Indigenous Recipes



### Elephant Stew

- |                          |                     |
|--------------------------|---------------------|
| 1 elephant medium size   | 2 rabbits, optional |
| Salt and pepper to taste |                     |
| Lots of brown gravy      |                     |



Cut elephant into small pieces, bite size. This should take 2 months. Cook over kerosene fire for 4 months.

This serves 3,000 people. If more come, add 2 rabbits. Only if necessary as most people do not like to find "hare" in their stew.

LCO Member, Marcella Guibord

HA HA HA!



## Stuffed Squash with Wild Rice by Chef Terry

12 lbs ground turkey      12 small onions      Salt & Pepper  
25 Delicata squash      12 garlic cloves  
2 tbsp sage - dried      3/4 cup dried cranberries  
4 tbsp olive oil      4 cups wild rice - cooked

SERVES: 50

1. Heat oven to 350\* F
2. Slice the squash in half and remove seeds
3. Brush cut side of the butternut squash with olive oil, then place cut side down on sheet tray lined with parchment paper.
4. Bake in the oven until fork tender. (About 30 mins)
5. Dice onion, garlic, and cranberries
6. Begin to brown turkey. Add onion and garlic.
7. Sautee until onion is translucent and turkey is cooked through.
8. Remove turkey-mixture from heat. Add cranberries, sage and wild rice.
9. Remove squash from oven and allow to cool until comfortable to touch gently remove squash (keeping the shell to refill).
10. Add removed squash to the turkey mixture and combine.
11. Refill squash shells and place back in the oven until heated through (about 20 mins) to 165°F

Continued



**Kemānceqtaq**  
Harvest of the Moon

### Menominee Harvest of the Moon Program

A great opportunity for interactive Cultural Nutrition Education. They have similar materials for each month that could be incorporated into annual nutrition education plan.

[Harvest of the Moon toolkit](#)