

VENISON STEW

*Recipe by allrecipes.com*

PAIR WITH:

"MCGRATH VINEYARD"  
CABERNET SAUVIGNON



INGREDIENTS

- 2 tablespoons vegetable oil
- 2 pounds venison stew meat
- 3 medium onions, chopped
- 2 cloves garlic, minced
- 3 cups water
- 1 tablespoon Worcestershire sauce
- 1 tablespoon salt
- ½ teaspoon dried oregano
- 1 large bay leaf
- 7 small potatoes, peeled and quartered
- 1 pound carrots, cut into 1 inch pieces
- ¼ cup all-purpose flour
- ¼ cup water

PREPARATION

**STEP 1**

- Heat oil in a large, heavy pot over medium heat. Add venison; cook and stir until well browned, 5 to 7 minutes.
- Add onions and garlic; cook and stir until translucent, about 5 minutes.
- Stir in water, Worcestershire sauce, salt, oregano, and bay leaf.
- Cover and simmer until venison is tender, 1 1/2 to 2 hours.

**STEP 2**

- Stir in potatoes and carrots; cook until tender, 15 to 20 minutes.

**STEP 3**

- Stir flour and water together in a small bowl; pour into stew and cook until thick, 5 to 10 minutes.
- Remove bay leaf before serving.