



## Autumn Cranberry Wild Game Stew

3 pounds of wild game (Elk, Venison, Bison, Etc.) trimmed and cut into 2 inch cubes  
1 tsp dried thyme  
½ tsp salt  
½ tsp ground pepper  
1 cup of chopped onions (red or white, your choice)  
1 cup of fat-free beef broth  
2 bay leaves  
Guinness Stout, 12 ounce bottle  
10 ounce package of frozen pearl onions, thawed  
8 ounce package of button mushrooms, quartered  
¼ cup water  
2 tablespoons flour  
¾ cup of whole-berry cranberry sauce  
8 cups cooked egg noodles

Combine first three ingredients in a small bowl and sprinkle over game to be cooked. Coat a dutch oven with cooking spray and heat over medium high heat. Add game and cook approximately six minutes, turning to brown on all sides.

Add chopped onions, beef broth, bay leaves, and stout. Bring to boil, cover and reduce heat to simmer, stirring occasionally. Cook stew for approximately two hours until game is tender. Stir in pearl onions and mushrooms and cook for an additional 15 minutes.

Combine water and flour in a small bowl and add to stew along with cranberry sauce. Cook another five minutes. Discard bay leaves.

Serve stew over cooked noodles garnished with your favorite spices.