



## Iowa Tribe of Oklahoma

# BUFFALO MEAT COOKING CLASS

The **Natural Resources Division** would like to invite all tribal youth and their parents out to participate in a **FREE** Buffalo meat-specific cooking class. We will be sharing some ideas about recipes, cooking tips, bison/buffalo information, as well as preparing a take-home meal for every attendee! Dinner and refreshments are provided.

**THURSDAY October 20, 2016**

**(5:30-6:30 p.m.) in the Whitecloud Bldg**

Space is limited, so please **RSVP** by contacting Taylor McClellan at (405)547-2402, Ext. 365 no later than November 1, Thank You!



WHAT'S ON THE MENU?

### **BUFFALO STEW**

**Ingredients:** *Buffalo meat, potatoes, carrots, chopped tomatoes, and salt and pepper to taste.*

**Nutritional Information:**  
*Calories per serving 188, Protein 21g, Total Fat 4g, Sodium 514mg, Total Carbohydrates 17g.*