

### YAK AND GREEN CHILI STEW

2 lb yak roast, cut into $\frac{3}{4}$ " cubes	2 t. dried oregano leaves
1 onion, chopped	1 t. ground cumin
2 or 3 cloves garlic, minced	$\frac{1}{2}$ t. ground red pepper
2 -14 $\frac{1}{2}$ oz cans diced tomatoes with juice	2 T. yellow corn meal
7 oz can diced green chiles	shredded cheddar cheese
8.5 oz can whole-kernel corn, undrained	

Mix all ingredients except the corn meal and cheese in a 3  $\frac{1}{2}$  qt. slow cooker. Cover and cook on low 7 to 8 hours. Turn to high and stir in cornmeal. Cook on high for 20 minutes. Serve topped with shredded cheddar cheese.

### YAKBURGER CASHEW

1 onion, chopped	1 can cream of mushroom soup
2 T. butter	$\frac{1}{2}$ c. milk
1 lb. ground yak	$\frac{1}{2}$ t. salt
8 oz. egg noodles, cooked	$\frac{1}{2}$ t. pepper
4 oz. can mushrooms	$\frac{1}{2}$ c. cashews
$\frac{1}{2}$ c. stuffed green olives, sliced	$\frac{1}{2}$ c. chow mein noodles
$\frac{1}{2}$ lb cheddar cheese, sliced	

In an ovenproof dish, brown onion in butter, then add yak meat and brown. Add cheese and let it barely melt. Mix rest of ingredients except cashews and chow mein noodles, and pour over meat and cheese. Bake uncovered at 375 degrees for 35 minutes. Top with cashews and chow mein noodles, and bake 15 minutes more.

### YAK-STUFFED PEPPERS

6 green peppers	1 lb ground yak
6 T. onion, finely chopped	1 c. tomato puree
4 T. celery, finely chopped	$\frac{1}{4}$ t. pepper
2 cloves garlic, minced	$\frac{1}{2}$ t. salt
2 T oil	2 T. parmesan cheese

Slice tops from peppers. Chop and reserve tops. Scoop out seeds and membranes from peppers. In skillet, cook onion, pepper tops, celery, and garlic in hot oil until tender. Add meat and brown. Stir in tomato puree, salt, and pepper. Fill peppers, sprinkle with cheese, and place in a baking dish. Bake uncovered at 350 degrees for 35 minutes.