

CHIPOTLE YAK CHILI

2 T. olive oil	1 t. salt, or to taste
6 cloves garlic	1 28 oz can diced tomatoes
2 lb. ground yak	1 bay leaf
1 large onion	1 t. ground cumin
2 chipotle chilies in adobo sauce, chopped	2 t. dried oregano
½ t. black pepper	3 T. chopped fresh cilantro
1 can black beans (optional)	

Brown the garlic, onion, and ground yak in the olive oil. Add the rest of the ingredients except the cilantro. Simmer partially covered for about 45 minutes, stirring occasionally. Stir in the cilantro and simmer uncovered for 5 minutes. Add more salt and pepper to taste if necessary.

CROCK POT YAK POT ROAST

3 lb. Yak Chuck Roast	1 T. minced garlic
1 tsp. salt	¼ cup minced onion
¼ tsp. pepper	1 cup of yak bouillon (or beef bouillon)
¼ tsp. paprika	

Rub roast with salt, pepper and paprika. In slow cooking pot, combine seasoned beef with garlic, onion, and bouillon. Cover and cook on low for 8 to 10 hours or until meat is tender. Remove from pot and slice. Serves 6. The juices can be use for gravy by adding flour and heating after the meat is removed.

BARBECUED YAK AND BEANS

2 lb. yak stew meat, cut into ½ inch cubes	¾ cup beef bouillon
Salt and pepper	2 - 1lb. cans black beans
1 cup smoke-flavored barbecue sauce	

Sprinkle yak meat with salt and pepper. Place in crock pot with barbecue sauce and bouillon. Cover and cook on low for 6 to 8 hours. Add beans and cook on high for 15 to 20 minutes. Makes 6 servings.