



# Nohwike' Bágowa Museum White Mountain Apache Tribe, Fort Apache

HOST OF KEY INGREDIENTS: *America by Food*  
May 7 through June 19, 2011

## BEEF AND SQUASH STEW (Be'ilkan Bitoo')

*Courtesy of the Nohwike' Bágowa (House of Our Footprints) Museum, the White Mountain Apache Tribe's center for cultural interpretation and heritage perpetuation.*



- 2 pounds stew meat
- 6 or 7 small squash, any variety
- 1 cup ground acorn meal

### **Preparation**

Boil the meat for one hour, then add halved squash and continue to boil for an additional 1/2 hour. Add the acorn meal right before serving. Use wooden or plastic spoons or forks, and fix the stew in an intact enamelware cooking pot. (If the pot has a chip or crack, the stew will turn a green color.) Serves 12.

### **Key Ingredient: Acorn Meal**

Acorns were an important part of the Western Apache traditional diet, and even in recent decades families kept a container of acorn meal on the kitchen table to be used like salt and pepper. Gathered in the fall from oak trees, acorns are a good source of protein, minerals, fiber, and complex carbohydrates, which help control blood sugar levels. Acorn stew, made with beef, squash, or homemade dumplings, continues to be considered a special food for many Apache people.

