**Quick Bear & Wild Rice Soup**

**Prep: 10 min. – Cook: 4 minutes – 4 servings**

**INGREDIENTS:**

1 lb bear steak, trimmed and cut into bite-size pieces

1/2 teaspoon freshly ground pepper, divided

4 teaspoons extra-virgin olive oil, divided

1 medium white onion, chopped

1 large stalk celery, sliced

1 large carrot, sliced

2 tablespoons tomato paste

1 tablespoon dried thyme

3/4 cup wild rice

4 cups beef broth

1 cup water

1/4 teaspoon sea salt

1-2 teaspoons red-wine vinegar

**DIRECTIONS:**

Sprinkle steak with 1/4 teaspoon pepper. Heat 2 teaspoons oil in a Dutch oven over medium heat. Add the steak and cook, stirring often, until cooked. Transfer to a bowl.

Add the remaining 2 teaspoons oil, onion and celery to the pot and cook, stirring, until beginning to soften, about 2 minutes. Add carrot and cook, stirring, for 2 minutes more. Add tomato paste and thyme and cook, stirring, until the vegetables are coated with the tomato paste and are beginning to brown, 1 to 2 minutes.

Add wild rice, broth, water, salt and the remaining 1/4 teaspoon pepper; bring to a simmer. Reduce heat to maintain a simmer; cook until the wild rice is tender, about 15 minutes. Return the bear and any accumulated juice to the pot and heat through, 1 to 2 minutes. Remove from the heat; stir in vinegar to taste.