

# Venison For Variety

## **Target Audience:**

Adults

## **Topics:**

Planning Low-Cost Meals

*The participants will:*

- make some meals with low-cost meats or no meat at all

Quick & Tasty Cooking

*The participants will:*

- use commodity food items and other foods that they get from the food pantry

# Venison For Variety

**This lesson is intended to be used by participants who receive venison from a food bank or pantry. If meat is received directly from a hunt it should be USDA inspected or the equivalent, before being consumed. The organ meat may be especially unsafe to eat.**

## **Lesson Creators:**

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## **Purpose:**

The purpose of this lesson is for participants to prepare deer meat and to learn how to use it in ways they and their families will enjoy.

## **What The Nutrition Educator Needs To Know To Answer Questions:**

Venison is deer and elk meat. For the purpose of this lesson, it will be used to discuss deer meat.

### **Venison Nutrition**

All types of meat are good sources of protein. Protein is an important part of a healthy diet.

- Proteins make up a large part of almost every living cell and fluid in your body.
- Proteins build, repair and maintain body tissues.

Venison is a great source of protein. It is also low in fat, especially healthy fats.

Some meats are high in fat and saturated fat. Too much fat and saturated fat can cause weight gain, heart disease and high blood cholesterol levels. Meats that are low in fat, like venison, are called lean. Venison has the same amount of protein and Calories as

lean beef but much less saturated fat and total fat than the same cut of beef.<sup>1</sup> This means that most of the time if you bought a piece of beef chuck and a piece of venison chuck, both pieces of meat would have the same amount of protein and Calories, but the cut of venison would have half the fat. For these reasons, and others, venison can make a good change from beef, pork, chicken and fish.

Some data show that venison has twice the amount of iron as beef. Iron is needed for healthy blood and to prevent anemia. Anemia can occur when you do not get enough iron in your diet. The body uses iron to build red blood cells. When there is too little iron, the body is not able to make enough red blood cells. Red blood cells carry oxygen to the body. If you have fewer red blood cells, and so are anemic, you have less oxygen moving through your body. This can make you feel tired and weak. Both adults and children can be affected by anemia. If you think that you are anemic, you should see your doctor. A simple blood test can tell you if you are.

### **How Does Venison Taste?**

The taste of venison varies. Deer that have lived in the wild and have eaten only grass and shrubs tend to have a “gamey” taste and can be tough or chewy. Deer that eat corn and alfalfa crops have a milder flavor and a tender texture than those that eat acorns. The season that the deer was hunted also affects the taste. Deer hunted in the fall tend to be fatter, but more tender. When hunted in the spring, the deer’s meat is leaner, but it can also be chewy because the deer may have eaten very little food all winter. Young deer is often more tender than older deer.

Venison fat has a very strong taste. The gamey flavor is more obvious in the fat. It can leave an oily coating in your mouth. To avoid getting an oily taste in your mouth, cut off any fat that you see and serve venison either very hot or well chilled, after cooking.

### **Cooking Venison**

Since venison has very little fat in it, you need to make sure it does not dry out when cooking. You can do this by cooking it with a little fat or by cooking it in a liquid, like water or juice. Venison also cooks well in a pressure cooker or a crock-pot. Use venison the same way you would use another cut of meat. For example, mix venison with other meats in stews, sauces and chili. When making a large roast, rub it with spices before cooking it, or marinate it overnight to add flavor and moisture. Cooking in an oven bag will also help maintain moistness.

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<sup>1</sup> USDA Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Available at: <http://www.nal.usda.gov/fnic/foodcomp/search/>. Accessed: 6/09/09.

## **Marinades**

You can make any meat tender by soaking it in a marinade. A marinade is a seasoned liquid in which meat, poultry, fish or vegetables are soaked before cooking to give them more flavor and to make them more tender. You do not need to cover it your meat with marinade. Meat can be placed in a lesser amount of the marinade and turned often during the time it is marinating.

### **To Marinate Venison** (or any other meat that is not ground)

1. Put meat in a food container, like a food safe plastic bag, stainless steel or glass.
2. Pour the marinade over the meat.
3. Cover the container with an airtight lid or plastic wrap or foil.
4. Gently shake the container or turn the meat so that the marinade coats all sides.
5. Put the container into the refrigerator for at least 4 hours or until you are ready to cook it. Use the meat within 48 hours.
6. Discard marinade before cooking.

Here are some marinades to try:

- French or Italian dressing
- Milk
- Fruit juice, like lemon, lime and pineapple
- Tomato sauce or tomato soup, from the can without water
- Tomato or vegetable juice
- Worcestershire sauce, steak sauce or soy sauce + pepper to taste + garlic to taste
- Any vinegar-based or citrus fruit-based mixture or dressing like:
  - 2 cups of vinegar + 2 cups water + ½ cup sugar
  - ¼ cup vinegar + ½ cup oil + ½ teaspoon pepper + ¼ teaspoon salt + 1 clove garlic minced
  - 2 cups vinegar + 2 cups water + 2 Tablespoons sugar + 3 bay leaves + 1 teaspoon salt + 10 whole cloves + 1 teaspoon allspice + 1 large onion, finely sliced
  - 2 Tablespoons vinegar + 1½ teaspoons ground ginger + 1 clove garlic, minced + 2 Tablespoons brown sugar + ½ cup soy sauce + ¾ cup vegetable oil

### **Food Safety For Working With Meat**

When handling any type of meat, food safety is important. This is because there may be germs in meat that can make you sick. Wash your hands with soap and warm running water between touching raw meat and other foods. Keep your work area and all kitchen tools clean before, during and after they touch raw meat. Germs can grow on cutting boards, surfaces, sponges and dishrags. Wash all kitchen equipment with soap and water. Then apply a bleach solution. Doing this can kill most of the germs that are growing in your house, making kitchen tools, cutting boards and counter-tops

safer. To make a bleach solution, mix ½ teaspoon of bleach with 2 cups of water.<sup>2</sup> Put this mixture in a spray bottle and spray the surface of your counters, cutting boards and kitchen tools. If you do not have a spray bottle, you can make it in a bowl or your sink and quickly soak your cleaning rag in it and use on your counters, cutting boards and kitchen tools. Leave the bleach solution on for two minutes and then rinse it off with water. **Note: A bleach solution is only good for one day. You will need to make more the next time you need it.**

Check with the USDA Meat and Poultry Hotline (1-800-674-6854, [http://www.fsis.usda.gov/Food\\_Safety\\_Education/usda\\_meat\\_&\\_poultry\\_hotline/index.asp](http://www.fsis.usda.gov/Food_Safety_Education/usda_meat_&_poultry_hotline/index.asp), or e-mail at [mpholine.fsis@usda.gov](mailto:mpholine.fsis@usda.gov)) for more information. It is best to have two cutting boards. Use one for raw meats and poultry and another one for foods like bread, cheese, fruits and raw vegetables. In some stores you can buy colored coloring boards to help you keep them separate. Be sure to discard your cutting boards when they have become worn or have deep, hard to clean grooves.<sup>2</sup>

It is important that you only eat venison that has been federally or state inspected to be sure that it does not have parasites. To be sure you should cook venison to an internal temperature of 160°.<sup>3</sup>

**If meat is received directly from a hunt it should be USDA inspected or the equivalent, before being consumed. The organ meat may be especially unsafe to eat.**

### **Using Commodity Foods And Other Foods From The Food Pantry**

Using foods from food pantries is a way to stretch your food budget. Many of the dry and canned goods you can get there are great to add to your favorite recipes, including your venison recipes. Find ways to make these foods that you and your family will enjoy!

<sup>3</sup>USDA, Food Safety and Inspection Service, [Food Safety of Farm Raised Game](http://www.fsis.usda.gov/Fact_Sheets/Farm_Raised_Game/index.asp) (April 2006) [http://www.fsis.usda.gov/Fact\\_Sheets/Farm\\_Raised\\_Game/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Farm_Raised_Game/index.asp)

### **For Additional Reading:**

North Dakota State University Extension Service. Wild Side of the Menu: No. 1—  
Care and Cookery HE-124 (revised). By Martin Marchello. May 1996. 25

<sup>2</sup> USDA, Food Safety and Inspection Service, [Food Safety Facts: Basics for Handling Food Safety](http://www.fsis.usda.gov/fact_sheets/Basics_for_Handling_Food_Safely/index.asp) (USDA, September 2006) 2. [http://www.fsis.usda.gov/fact\\_sheets/Basics\\_for\\_Handling\\_Food\\_Safely/index.asp](http://www.fsis.usda.gov/fact_sheets/Basics_for_Handling_Food_Safely/index.asp)

March 2002. Revised October 2003.

<http://www.ext.nodak.edu/extpubs/yf/foods/he124w.htm>>.

North Dakota State University Extension Service. Wild Side of the Menu: No. 2—  
Field to Freezer HE-125 (revised). By Martin Marchello. February 1993. 25  
March 2002. Revised October 2003. <

<http://www.ext.nodak.edu/extpubs/yf/foods/he125w.htm>>.

North Dakota State University Extension Service. A Pocket Guide to Care and  
Handling of deer from Field to Table NCR 525. April 1994. 25 March 2002.

Revised July 2003. <<http://www.ext.nodak.edu/extpubs/yf/foods/ncr525w.htm>>.

# Venison For Variety

## Main Themes:

Nutrition & Diet

Cooking & Food Storage

Shopping

Budgeting

Safety & Sanitation

## Materials Needed:

### Activity 1

Pot of chili made ahead of time

Food thermometer

Crock-pot or electric skillet to keep the chili at 140°F during class

Stirring spoon

### Handout:

Marinades in Minutes – 1 per participant

### Activity 2

Pot of chili made ahead of time

Venison roasts, steaks or cutlets

Sharp knife

Fork to hold roast while cutting

Cutting board

Spray bottle of bleach solution (1 teaspoon bleach + 4 cups of water)

Plastic bowls and spoons or forks

Plastic bags

### Handouts:

Chili Recipe – 1 per participant

Assorted recipes – enough copies for people to pick more than one

## Preparation Needed Prior To Lesson:

### Activity 1 and 2

Prepare chili ahead of time, following these directions.

Time: 1 hour

1 large onion, diced

1 green pepper, chopped  
1 pound of ground venison or chunks of venison  
3 Tablespoons of oil  
1 can tomatoes (28 ounces), with liquid  
Salt and pepper to taste  
2 Tablespoons chili powder  
½ teaspoon paprika, coriander, cumin, nutmeg, cinnamon, or any other spice you like  
1 can kidney beans (15 ounces) or 1 cup dry beans soaked

**NOTE:**

Before starting your chili recipe, if using dry beans, soak dry beans over-night. Rinse them well and get rid of the water in which they were soaked. Cover them with fresh water and cook them for about 2 hours or until soft. Drain.

1. Wash hands well with soap and warm running water.
2. In large pot, over medium heat, brown the onion, green pepper and meat in oil.
3. Add tomatoes, salt, pepper, chili powder, other spices, if using, and mix using the stirring spoon.
4. Cook mixture for 30 minutes, stirring often.
5. Add canned beans. Mix in.
6. Cover pan. Heat mixture over low heat, until the beans are heated through, about 10 more minutes.

**Time The Activity Is Expected To Take:**

Before You Begin: 2 - 5 minutes

Activity 1: 10 - 15 minutes

Activity 2: 25 - 40 minutes

Next Week's Goals: 5 minutes

# Venison For Variety

## Lesson Plan:

### Before You Begin: (2 - 5 minutes)

1. Be sure to ask the participants if they worked on their goals from the last lesson. Ask them which goals they worked on and how or what they did. Try to get several people to tell the class what they did. If they did not work on the goals, remind them to work on them before the next class.
2. Tell the participants what the objectives are for today's lessons.

### Activity 1: "What Is Venison?" (15 minutes)

1. Before class begins, heat the pre-made chili to 165°F. Let the class watch as you use a food thermometer to check the temperature. Keep it hot in a crock-pot or covered electric skillet until it is served in Activity 2. Stir often enough to keep the chili from burning.
2. Begin the class by telling participants that today's class will be about ways to cook deer meat, which is called venison. Let participants know that people hunt deer at different times of the year in different places. Tell the participants that no matter when the deer is hunted or they receive it, they can always freeze some of the meat and eat at other times of the year. Begin a short discussion. Use the questions below to help get the participants talking:

- Who has eaten venison before?

### Questions to ask if some participants have tried venison:

- What did you think of it?
- Do you think that venison is healthy for you?

*Answers will vary. Make sure it is said that venison is a great source of protein. It is also low in fat. Venison has more iron than beef. In fact, some data show that venison has twice the amount of iron as beef.*

- How was it prepared?

- Have you ever needed to prepare venison and not known how?
- What did you end up doing with the meat?
- If you have prepared venison, have you had problems making it? What were they? Were you able to solve your problem(s)? How?

*Answers may vary. One problem with cooking venison is that it may dry out because it has very little fat in it. You can make it tender by cooking it with a little fat or liquid. Venison also cooks well in a pressure cooker or a crock-pot. Use venison the same way you would use another type of meat or mix venison with other meats in stews, sauces and chili.*

*You can make any meat tender by soaking it in a marinade. A marinade is a seasoned liquid in which meat, poultry, fish or vegetables are soaked before cooking to give them more flavor and to make them more tender.*

- For those people who have cooked venison, what other tips could you share?
- Why do you think some people like venison and others do not?

*Answers may vary. Some people do not like the taste of venison. Venison fat has a very strong taste. It can leave an oily coating in your mouth. The taste of venison depends on what the deer eat, when they are hunted and their age.*

- *If the deer have lived in the wild and have eaten only grass and shrubs, the meat may have a gamey taste and can be tough or chewy.*
- *If the deer eat corn and alfalfa crops, the meat will tend to have a mild flavor and a tender texture.*
- *If the deer are hunted in the fall, the meat will tend to be fatter, but also more tender.*
- *If the deer are hunted in the spring, the meat will tend to be leaner, but it can be chewy because the deer may have eaten very little food all winter.*
- *Young deer meat is often more tender than older deer meat.*

*To make venison taste less strong, mix it with other meats or marinate it. Venison can be mixed with beef, pork, chicken or lamb in a stew or chili. Tell participants that later in this lesson you will be giving them ideas for different marinades.*

**Questions to ask if no participants have tried venison:**

- Have you ever been offered venison?

**If meat is received directly from a hunt it should be USDA inspected or the equivalent, before being consumed. The organ meat may be especially unsafe to eat.**

- If so, was the meat that you were offered ready-to-eat or were you going to have to cook it?
- If you did not try it, why not?

*Answers may vary. Some people do not like the taste of venison. Venison fat has a very strong taste. It can leave an oily coating in your mouth. Other people may not have tried it because they did not know how to prepare it.*

- Why do you think some people like venison and others do not?

*Answers may vary. The taste of venison depends on what the deer eat, when they are hunted and their age.*

- *If the deer have lived in the wild and have eaten only grass and shrubs, the meat will tend to have a gamey taste and can be tough or chewy.*
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- *Young deer meat is often more tender than older deer meat.*

*To make venison taste less strong mix it with other meats or marinate it. Venison can be mixed with beef, pork, chicken or lamb in a stew or chili. Tell participants that later in this lesson you will be giving them ideas for different marinades.*

- Do you think that venison is healthy for you?

*Venison is a great source of protein. It is also low in fat. Venison has more iron than beef. In fact, venison has twice the amount of iron as beef.*

- If you were given some venison, what do you think that you would do with it?

*Answers may vary. Do not be surprised if some participants say that they would throw it out.*

3. Make sure the class talks about marinades. If the class does not mention marinating venison in the discussion, ask the class if they ever use marinades. Ask them what types they use. Tell them it is good to use a marinade with venison because venison tends to dry out when cooking. Be sure to tell participants that marinades should never be reused because that could allow germs to grow and possibly cause illness. Pass out the **Marinades in Minutes** handout to each participant. Tell them that you are giving them the handout so that they can use it at home. Ask participants to look over the handout as they receive it and to ask any questions.
4. Thank the class for sharing their information. Tell them that in the rest of today's lesson they will be talking about some common and not so common ways to cook venison. The goal of the lesson is to prepare venison and to think of ways that they and their families would like it.

### **Activity 2: Taking The Chill Off Of Chilly Nights (25 - 40 minutes)**

1. Tell participants that you will now be making a common recipe using venison in place of beef. Let them know that any cut of venison can be ground or cut into small cubes and used to make chili. Once they have tasted the recipe, you will be giving them a copy of it. Let them know that they can change the ingredients to fit their or their families' tastes. Many of the chili ingredients are low-cost and can be found in local pantries.
2. Ask all participants to wash their hands with soap and warm running water. If you have a roast or a large piece of meat, have a volunteer use a clean cutting board and sharp knife to cut it. Have the volunteer cut the meat into ½ inch chunks or strips. More than one participant can cut up the meat. Or, you can have stations that are different surface or counter areas, where the participants cut the meat into smaller pieces. As the meat is being cut, explain:
  - Just because the meat is in steaks or larger roasts does not mean it has to be eaten that way. You can cut larger pieces of meat into smaller chunks to make it go farther or to use in recipes in place of ground meat.
  - When cutting meat, you should have two cutting boards. Use one for raw meats and poultry and another one for foods like bread, cheese, fruits and raw vegetables.
  - If the roast has a bone in it, cut the bone out. Trim as close to the bone as you can.
3. After cutting the meat into chunks, tell participants that this is how venison would be cut for use in a chili recipe. Put the meat in plastic bags.

- If you have access to a refrigerator at the site, put the plastic bags with the meat in the refrigerator right away, until the end of class.
  - If the participants will be going home right after class, it is not too hot outside and they want the meat, let them take the meat home with them.
  - If participants do not want the meat and you have access to a freezer, you can store it there and use it for the next time you teach this lesson. Use foil, plastic wrap, plastic bags or airtight containers designed for freezer storage. Make sure your freezer is set at 0°F or lower.
  - If there is no place for the meat to be stored, throw it away.
4. Wash the cutting boards, countertops and knives with soap and water. Tell the class that next you are using a bleach solution to clean. Tell participants:
- the bleach solution is made up of ½ teaspoon of bleach and 2 cups of water;
  - to apply bleach solution and let sit for two minutes before rinsing with water;
  - the bleach solution is only good for one day, so they should make small amounts and make it often;
  - all cooking surfaces, cutting boards and kitchen tools should be cleaned with a bleach solution after every use.

Have the volunteers wash their hands again with soap and warm, running water.

5. Ask the class if they know why we cleaned everything as we did.

*It is important to clean everything that touches raw meat. Raw meat may contain germs that can make people sick. Cleaning the cutting board and cooking tools prevents germs inside the uncooked meat from getting into other foods.*

6. Once the meat is cut, ask the participants to share other ways they would use the cut-up meat.

*Answers may vary. Venison can be used in stews, stir-fries, kabobs, soups, tacos, casseroles, meatloaf and pasta dishes. Remind them to think of everyday recipes where they could replace chopped or ground meat with small cut pieces of venison roasts or steaks.*

7. Tell participants that one place they could use cut meat is in chili. Today, they are going to try it to see how it tastes. Serve the chili. Ask participants what they think of the taste. Do not be surprised if some participants are unwilling to taste it.
8. Pass out the **Chili Recipe** handout. Go through the recipe with the class. Ask if there are any questions. Ask participants if they will make it at home.

9. In order to save money, ask each participant to name a way that he or she will use meat that was cut into smaller pieces.

*Answers may vary. Cutting meat into smaller pieces can stretch a meal to get more servings if you add the pieces to meals like chili, soups or casseroles.*

10. Ask participants what other ingredients from the food pantry they could combine with the venison to make a meal they think they would eat.

*Answers will vary. Some ingredients that could be combined with venison are potatoes, pasta and canned vegetables.*

11. Display copies of the recipes that use venison. Have the class choose recipes that they are willing to try at home. If there is time, have the participants tell the class the recipe(s) that they chose and why they chose it. If they did not find a recipe that they would like to try and they are taking meat home, ask the participants what they will do with the meat.

### **Next Week's Goals: (5 minutes)**

1. Ask the participants to name one thing that they learned in today's class that they will use. Make sure that each learning objective is mentioned, and if not, be sure to re-state that objective. Ask them to choose a goal to work on during the week. Let them know that they will be asked to share their progress at the next class.
2. Invite comments, suggestions or questions.
3. Thank the participants for coming and tell them what the next lesson will be about.

### **For The Teacher: What Makes This Lesson Behaviorally Focused?**

- Activity 1 opens up a discussion about the problems that participants may have with cooking and eating venison. The lesson is behaviorally focused in that the participants work together to solve problems they have had or think they may have preparing and/or eating venison.
- Activity 2 is behaviorally focused because participants think of dishes they are willing to make using venison. Participants also think about ways that they will

use smaller cuts of meat to save money and about other foods from the food pantry they can use to make good tasting meals with venison.

- In Next Week's Goals, the participants are invited to name one thing that they learned during the class that they will use. They choose the behaviors that they will work on during the coming week.



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## Marinade in Minutes

Marinades give meats extra flavor and make them more tender. Marinating meats can be as easy as 1,2,3!

1. Make a marinade using a recipe of your own or one of those listed below. You need only enough marinade to coat the meat, not totally cover it.
2. To begin, put the meat in a container and pour the marinade mixture over the meat. Turn the meat so that all sides are coated.
3. Cover the container with an airtight top and refrigerate it for at least 4 hours. Shake or turn the meat often in the marinade. Use within 48 hours.



**Never reuse marinades!**

### Try these tasty marinades:

- French or Italian dressing
- Milk
- Fruit juice (examples: lemon, lime and pineapple)
- Tomato sauce or tomato soup (from the can without water)
- Tomato or vegetable juice
- Worcestershire sauce, steak sauce, or soy sauce + pepper and garlic to taste
- Any vinegar-based or citrus fruit-based mixture or dressing like:
  - 2 cups of vinegar + 2 cups water + ½ cup sugar
  - ¼ cup vinegar + ½ cup oil + ½ teaspoon pepper + ¼ teaspoon garlic salt
  - 2 cups vinegar + 2 cups water + 2 Tablespoons sugar + 4 bay leaves + 1 teaspoon salt + 12 whole cloves + 1 teaspoon allspice + 1 large onion, sliced
  - 2 Tablespoons vinegar + 1½ teaspoons ground ginger + 1 clove garlic, minced + 2 Tablespoons brown sugar + ½ cup soy sauce + ¾ cup vegetable oil

**Bleach solution:** ½ teaspoon of bleach + 2 cups of water.

Always wash items that touch raw meat with warm, soapy water. Then spray or wipe cutting boards and counters with a bleach solution. Let the solution sit for 2 minutes and then rinse it clean with water. Bleach solution is only good for 1 day. Make a fresh solution each time you need to clean.



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# Venison Chili

Serves 4 to 6

Preparation time: 10 minutes (over-night, if soaking beans)

Cooking time: 45 minutes

## NOTE:

If you plan to use dried beans, you must cook the beans first. Leave time for the cooking method you use. Soak dry beans over-night. Get rid of the water and rinse them well. Cook them in fresh

1 large onion, diced  
1 green pepper, chopped  
1 pound venison, ground or cut into small chunks  
1 Tablespoon vegetable oil  
1 can tomatoes, with juice (28 ounces)  
salt and pepper to taste  
2 Tablespoons chili powder  
½ teaspoon paprika, coriander, cumin, nutmeg, cinnamon or any other spice you like  
1 can kidney beans, drained and rinsed (15 ounces) or 1 cup dry beans soaked

1. Wash hands well with soap and warm running water.
2. In large pot, over medium heat, brown the onion, green pepper and meat in oil.
3. Add tomatoes, salt, pepper, chili powder and any other spices you may be using.
4. Cook meat mixture for 30 minutes.
5. Add beans.
6. Cover pan. Heat mixture over low heat, until the beans are heated through, about 10 more minutes. Use a food thermometer to make sure that the internal temperature is at least 165°F.

**Note:** Make your chili your own! You can add different spices or more vegetables and/or beans.

This chili can be eaten as soup, or served over pasta or rice, or with soft tortillas.



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# Venison Meat Balls

Serves 4

Preparation time: 10 minutes + 20 minutes for mixture to chill

Cooking time: 30 minutes

3 slices soft bread  
1½ pounds ground venison  
1 small onion, finely chopped  
¼ cup green pepper, finely chopped  
salt and pepper, to taste  
1/8 teaspoon parsley (if you like)  
1 whole egg  
2 Tablespoons vegetable oil

1. Wash hands well with soap and warm running water.
2. Put 1 Tablespoon of the vegetable oil in a small frying pan. Heat up. Add the onion and green pepper. Cook over medium heat for 2 minutes. Stir often.
3. Break bread into small pieces and combine with ground venison, cooked onion and green pepper, salt, pepper, parsley and egg. Mix well.
4. Chill mixture for 15 to 20 minutes.
5. Shape mixture into small balls, about 1-inch wide.
6. Brown meatballs in 1 Tablespoon of oil over medium heat, turning often.
7. Turn heat to low and cover pan. Cook for 20 minutes. Use a food thermometer to make sure that the internal temperature is at least 165°F.
8. Serve warm. You can put them over pasta or rice or on a sandwich.



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# Venison Meat Loaf

Serves 8

Preparation time: 10 minutes

Cooking time: 45 minutes to 1 hour

4 slices of bread  
½ cup water or 1% milk or non-fat milk  
2 pounds ground venison  
1 medium onion, finely chopped  
2 cloves garlic, finely chopped  
2 eggs  
salt and pepper to taste  
½ cup barbecue sauce or ketchup  
1 can of cream of mushroom soup or any cream soup

1. Wash hands well with soap and warm running water.
2. Soak bread in water or milk in large mixing bowl.
3. Add ground venison, onion, garlic, eggs, salt, pepper and ½ cup barbecue sauce or ketchup. Mix well.
4. Form mixture into 1 or 2 loaves. Place in greased baking dish. To grease a baking dish, rub the pan's sides and bottom with a thin layer of margarine or butter, or spray with non-stick cooking spray.
5. Wash hands well with soap and warm running water.
6. Bake at 375°F for 30 minutes.
7. Cover loaves with cream soup.
8. Cook 15 to 30 minutes more until center of each loaf is 165°F. Use a food thermometer to read temperature.



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# Creamy Venison

Adapted from North Dakota State University Extension Service: Wild Side of the Menu

2 pounds venison, cut into pieces ½ inch thick and 2 inches long. (Do not use ground venison.)

2 cups mushrooms, fresh or canned, chopped

1 cup onion, finely chopped

2 Tablespoons vegetable oil

1 cup water

3 Tablespoons tomato sauce

1 Tablespoon mustard

2 teaspoons flour

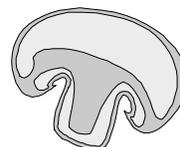
1 cup non-fat sour cream or ½ cup 1% or non-fat milk

4 cups cooked rice or noodles

Serves 4 to 6

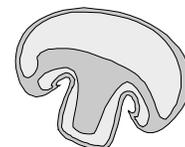
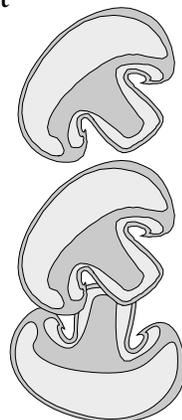
Preparation time: 15 minutes

Cooking time: 45 minutes



**THINK AHEAD!** Decide if you will use rice or noodles with your meal. Make sure your rice or noodles are done cooking at the same time as the meat.

1. Wash hands well with soap and warm running water.
2. In a large skillet, cook mushrooms and onions in 1 Tablespoon oil over medium heat until the onions are a medium brown color.
3. Take the mushrooms and onions out of the skillet and place on a plate.
4. Add 1 Tablespoon oil to skillet and cook the venison pieces, turning so that all sides are brown.
5. Add ½ cup water, tomato sauce and mustard to the skillet, and mix. Bring the mixture to a boil. Lower heat. Cook over low heat until the venison is tender, about 45 minutes.
6. Mix flour and ½ cup water together in a separate bowl. Add to the meat.
7. Raise heat. Bring mixture to a boil, stirring the whole time.
8. Lower heat. Add mushrooms, onions and sour cream or milk. Cover the pan. Heat on low for 5 minutes. Use a food thermometer to make sure that the internal temperature is at least 165°F.
9. Serve over hot rice or noodles.



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# Venison Steak, Philly Style

Serves 4

Preparation time: 15 minutes

Cooking time: 30 minutes to 1 hour

4 venison steaks, sliced into chunks

¼ cup flour

2 Tablespoons vegetable oil

½ medium onion, sliced

1 green pepper, cut in strips

1 can chopped or crushed tomatoes with juice (16 ounce)

salt and pepper to taste

4 slices of any type of cheese you like  
hoagie or hero buns

1. Wash hands well with soap and warm running water.
2. Coat meat chunks in flour.
3. Add oil to a large skillet. Heat oil on medium heat. Cook onions until slightly browned.
4. Add meat. Cover pan. Check the meat after 3 minutes, and if brown, turn it over. Cook until both sides are brown.
5. Add green pepper and tomatoes to the skillet.
6. Lower heat. Cover pan and simmer 30 minutes to 1 hour on low heat. Use a food thermometer to make sure that the internal temperature is at least 165°F.
7. Put the meat mixture on a bun.
8. Add cheese and serve.



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# Venison Stew

Serves 4

Preparation time: 15 minutes

Cooking time: 1 hour and 40 minutes

1½ pounds venison  
½ cup flour  
salt and pepper to taste  
3 Tablespoons vegetable oil  
2 large onions, chopped  
2 large garlic cloves, finely chopped  
½ teaspoon fresh or dried tarragon, chopped  
2 cups bouillon (any type) or water  
3 medium potatoes, cut into chunks  
3 carrots, cut into chunks  
3 stalks of celery, cut into chunks

Note: You can add more or different vegetables to make the stew your own.



1. Wash hands well with soap and warm running water.
2. Cut meat into 1 inch cubes.
3. Coat meat with flour, salt and pepper.
4. Heat oil on medium heat. Brown meat on all sides in oil.
5. Add onions and garlic and cook until onions are see-through. Stir constantly.
6. Add tarragon and bouillon.
7. Add potatoes, carrots and celery.
8. Bring to a boil, cover pan and reduce heat to low. Stir once in a while.
9. Simmer for about 1½ hours, or until meat is tender. Use a food thermometer to make sure that the internal temperature is at least 165°F.



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# Venison Noodle Casserole

Serves 4

Preparation time: 15 minutes

Cooking time: 30 minutes

- ½ pound ground venison
- 2 Tablespoons vegetable oil
- salt and pepper to taste
- 1 onion, chopped
- 1 green pepper, chopped
- 1 teaspoon crushed red pepper
- 1 teaspoon garlic powder
- 1 teaspoon cumin (if you like)
- 2 cups uncooked noodles
- 3½ cups tomato juice or 1 can whole peeled tomatoes (28 ounces)
- 4 Tablespoons grated Parmesan cheese

## NOTE:

If you use canned whole tomatoes, you may need to add 1-2 cups of water, while the dish is cooking, to keep it from burning. The dish should always have some liquid in it.

1. Wash hands well with soap and warm running water.
2. Heat oil in a large pot over medium heat and brown meat.
3. Add salt, pepper, onion, green pepper, red pepper, garlic powder and cumin. Heat well.
4. Add uncooked noodles and tomato juice or tomatoes. Mix gently.
5. Bring to a boil, then cover pan and reduce heat to low.
6. Cook for about 15 to 20 minutes or until noodles are tender, stirring often. Use a food thermometer to make sure that the internal temperature is at least 165°F.
7. Let casserole sit for 5 minutes before serving.
8. Serve with grated Parmesan cheese.



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# Venison Pot Roast

Serves 4

Preparation time: 30 minutes

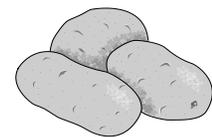
Cooking time: 1 hour

- 1½ pounds venison shoulder roast
- ¼ cup all-purpose flour
- 1½ Tablespoons vegetable oil
- 1 cup water
- 1 medium-sized onion, cut into chunks
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 1 bay leaf, if you like
- 4 medium carrots, peeled and cut into chunks
- 4 medium potatoes, peeled and cut into chunks
- ½ pound bag frozen or canned green beans

## NOTE:

Canned, frozen or fresh carrots, potatoes and green beans can be used. If you use canned vegetables, cook the roast until it is tender and then add the vegetables. Cook the canned vegetables for only 10 minutes.

1. Preheat oven to 375° F.
2. Wash hands well with soap and warm running water.
3. Trim extra fat from meat and coat the meat with flour.
4. Put oil into large pot with lid. Add meat and cook over medium heat until fully browned on all sides.
5. Put the meat in a roasting pan and add 1 cup water, onion, salt, pepper and bay leaf, if using.
6. Add carrots, potatoes and beans to pan and place in oven.
7. Cook for 1 hour. Check roast after 30 minutes. Add water if almost dry. Using a meat thermometer, measure the temperature of the meat. The roast will be done when it is 145° F. If it has not reached this temperature, continue cooking.



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