

## Easy Venison Stew

### Ingredients:

- 1 pound ground or cubed venison  
(can use beef as well)
- 1 teaspoon oil (if needed)
- 1/4 teaspoon pepper (optional)
- 1 can tomato soup, condensed  
(10 3/4 ounce)
- Water, 1 soup can full
- 6 carrots (diced or sliced)
- 2 potatoes (diced or sliced)
- 1 cup onions (diced)
- 1 teaspoon salt-free seasoning or herbs like oregano,  
rosemary, and thyme

### Equipment:

- Soup pot or fry pan
  - Knife and cutting board
  - Measuring spoons
- Number of Servings: 6  
 Prep Time: 20 minutes  
 Total time: 1 hour

### Directions

1. On medium heat, brown meat using a small amount of oil if meat is very lean. Drain when meat is cooked. Season lightly with pepper (optional).
2. Add soup and 1 can of water to pan. Add carrots, potatoes, and onions.
3. Bring to a boil, then simmer, covered for about 20 minutes or until vegetables are tender.
4. Remove from heat, cover and let stand for 10 minutes to thicken.
5. Serve. Refrigerate leftovers.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and  
 follow us on Twitter  
[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size 1 cup (264.81g)  
 Servings Per Container 6

Amount Per Serving

**Calories 200**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 65mg**      **22%**

**Sodium 280mg**      **12%**

**Total Carbohydrate 24g**      **8%**

Dietary Fiber 4g      **16%**

Sugars 9g

**Protein 20g**

Vitamin A 210%      •      Vitamin C 30%

Calcium 4%      •      Iron 20%

\* Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.