

Recipes

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

Directions

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- 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.

Equipment:

Soup pot or fry pan Knife and cutting board Measuring spoons

Number of Servings: 6 Prep Time: 20 minutes Total time: 1 hour For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts

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

Amount Per Serving		
Calories 200	Ca	alories from Fat 25
		% Daily Value
Total Fat 3g		5%
Saturated Fat	1g	5%
Trans Fat Og		
Cholesterol 65m	ng	22%
Sodium 280mg		12%
Total Carbohydr	ate	24g 8%
Dietary Fiber 4	1g	16%
Sugars 9g		
Protein 20g		
		1/1
Vitamin A 210%		Vitamin C 30%
Calcium 4%	•	Iron 20%
* Percent Daily Values a diet.	are ba	ased on a 2,000 calorie

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