



# Venison (Deer Meat)

Venison is low in fat and high in nutrients and is a great choice for people who love red meat, but who need to watch their cholesterol and fat intake! It is a very good source of vitamin B12 (60% of the daily value), as well as good or very good amounts of several other of the B vitamins, including riboflavin (40%), niacin (38%), and vitamin B6 (21.5%). Venison can be substituted for beef in many recipes including stews, pot roasts, chili and marinated steaks.

Preparation is key for cooking venison, as well as cooking it at low temperatures for longer amounts of time so it does not get tough or dried out. Be sure to cut off all visible fat, silverskin, and connecting tissue because it changes the flavor of the meat. Some people soak venison in milk, vinegar or brine water for up to 24 hours in the refrigerator to make the meat even more flavorful and tender.

## Slow Cooker Venison Chili - Serves 8

30 ounces black beans, canned, drained and rinsed  
15 1/2 ounces low sodium tomatoes, canned  
2 pounds ground venison, browned (or hamburger)  
2 medium onions, coarsely chopped  
1 green bell pepper, coarsely chopped  
2 garlic cloves, crushed  
3 tablespoons chili powder (or less, to taste)  
1 teaspoon pepper  
1 teaspoon cumin  
2 celery stalks, chopped

Open beans and pour into colander. Rinse to remove sodium and add to slow cooker. Add remaining ingredients and stir. Cover and cook on low for 8 hours.

To make on a stove, add ingredients to a large stock pot. After brining ingredients to a boil, cover and simmer on low heat for 2 hours, stirring frequently to prevent burning on the bottom.

*Per Serving: 275 Calories; 4g Fat (13.3% calories from fat); 34g Protein; 29g Carbohydrate; 8g Dietary Fiber; 96mg Cholesterol; 480mg Sodium.*

## Venison Stew – Serves 8

2 tablespoons vegetable oil  
2 pounds venison, cut into bite-sized pieces  
3 onions, chopped  
1/4 teaspoon garlic powder  
1 tablespoon Worcestershire sauce  
1 teaspoon oregano, dried  
1 teaspoon salt or salt-free seasoning  
3 cups water  
4 potatoes, peeled and chopped in large pieces  
1 pound carrots, sliced  
1/4 cup all-purpose flour  
1/4 cup water

Heat oil in large nonstick skillet to medium. Add venison in batches and brown on all sides. Move to a plate once venison has browned.

Once venison is done, add back to skillet. Add onions, garlic powder, Worcestershire sauce, oregano, salt, and water. Cover and bring to a boil, then turn down low to cook for 30-60 minutes, or until meat is tender.

Add potatoes and carrots; cook until tender, about another 30 minutes.

Combine flour and water and mix until no longer lumpy. Stir into the stew and stir, until juices are thickened. Serve.

*Per Serving: 268 Calories; 6g Fat (21.8% calories from fat); 29g Protein; 23g Carbohydrate; 3g Dietary Fiber; 96mg Cholesterol; 389mg Sodium.*

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