

Eat Smart • Move More

BBQ Venison Meatballs

Prep Time: 10 minutes

Total Time: 1 hour & 30 minutes



Ingredients

- ¾ cup rolled oats
- ½ cup 1% milk
- 1 pound ground venison
- ¾ onion, minced and divided
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper, divided
- ½ teaspoon smoked paprika
- ½ cup ketchup
- ½ cup water
- 10 teaspoons brown sugar
- 2 tablespoons distilled vinegar

Directions

- Combine oats and milk in a bowl. Allow to soak for 10 minutes.
- Meanwhile, combine venison, half of onion, garlic powder, ¼ teaspoon black pepper, and smoked paprika in a separate mixing bowl. Combine well. Mix in oats and remaining milk.
- Shape meat mixture into 12 balls, approximately 1-inch, and place in a shallow baking pan. Cover with foil and bake for 30 minutes at 350°F.
- Drain any grease and juices that may have baked out into the pan.
- Meanwhile, combine all remaining ingredients in a saucepan and stir well. Bring sauce to a simmer.
- Pour sauce over meatballs. Bake uncovered for an additional 30 minutes, turning once.

Nutrition Facts

4 servings per container	
Serving size	1 serving
	(311.63g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 380mg	17%
Total Carbohydrate 42g	15%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 7g Added Sugars	14%
Protein 32g	
Vitamin D 0.4mcg	2%
Calcium 90mg	6%
Iron 5.1mg	30%
Potassium 730mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Meatballs can be served along with whole grain noodles, as kabobs, or as an appetizer.
- ▶ Cook ground venison until the internal temperature reaches 160°F.
- ▶ Venison may also be referred to as deer meat.

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(Recipe adapted from: "Fish & Game Cookbook", Bonnie Scott, 2013.)

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