

# Eat Smart • Move More

## Venison Steak

Prep Time: 15 minutes

Total Time: 10 hours



### Ingredients

- ½ cup all-purpose flour
- 1 teaspoon ground black pepper
- ¾ teaspoon salt
- ½ teaspoon garlic powder
- 2 pounds round venison steak, cut into 8 equal steaks
- 2 tablespoons canola oil
- 3 carrots, diced
- 1 onion, sliced
- 4 ounces fresh mushrooms (optional)
- 1 cup water
- 1 low-sodium beef bouillon cube

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 serving (234.03g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes g Added Sugars	
<b>Protein</b> 28g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 4.5mg	25%
Potassium 550mg	10%

\*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.

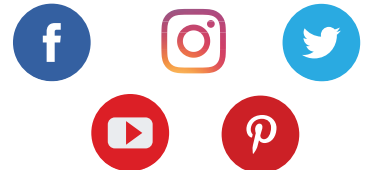
### Directions

- Combine flour, black pepper, salt, and garlic powder together in a mixing bowl. Coat steaks with the flour mixture.
- Brown each side of the steak in oil, about 2-3 minutes per side.
- Layer steak in slow cooker. Add carrots, onion, and mushrooms, if using.
- Combine water and bouillon cube to make broth. Pour beef broth over steak. Cover and cook on low 8-10 hours.

### Quick Tips

- ▶ Cook venison whole cuts, such as steaks or roasts, to internal temperature of 145°F.
- ▶ Marinades with acidic ingredients, like lemon juice or vinegar, can tenderize deer meat and make it more flavorful.
- ▶ Always follow food safety guidelines to keep you from getting sick from food borne illness.

### Follow us | Like us



[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

 **Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from: Venison Recipe Collection, Compiled by Becky Nash, Extension Agent for Family and Consumer Sciences.)

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)