

Eat Smart • Move More

Slow Cooker Venison Steak

Prep Time: 15 minutes

Total Time: 10 hours



Ingredients

- ½ cup all-purpose flour
- ½ 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
- 16 oz. canned no salt added stewed tomatoes
- 1 onion, sliced
- ½ teaspoon dried marjoram
- ½ teaspoon dried basil
- 1 cup water
- 1 low-sodium beef bouillon cube

Directions

- Combine flour, black pepper, salt, and garlic powder together in a mixing bowl. Coat steaks with the flour mixture.
- Heat oil in skillet. Brown each side of the steak in hot oil, about 2-3 minutes per side.
- Layer steak in slow cooker. Add tomatoes, onion, marjoram and basil.
- Bring water to a boil. Combine boiling water and bouillon cube to make broth. Pour broth over steak. Cover and cook on low 8-10 hours.

Nutrition Facts

| | |
|-------------------------------|---------------|
| 8 servings per container | |
| Serving size | (204g) |
| Amount per serving | |
| Calories | 220 |
| % Daily Value* | |
| Total Fat 6g | 8% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 95mg | 32% |
| Sodium 440mg | 19% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 2g | 7% |
| Total Sugars 4g | |
| Includes 1g Added Sugars | 2% |
| Protein 28g | |
| Vitamin D 0mcg | 0% |
| Calcium 54mg | 4% |
| Iron 5mg | 30% |
| Potassium 557mg | 10% |

*The % Daily Value 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

- ▶ 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 venison and make it more flavorful.
- ▶ Always follow food safety guidelines to prevent food borne illness.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material is partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and the Expanded Food and Nutrition Education Program (EFNEP).



Virginia Tech • Virginia State University

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.