

What to do with... **Venison**



General nutrition information:

- Venison can be used as a ground meat, steak, roast, or canned.
- Ground venison can be substituted in other ground meat recipes.
- Cook ground meat to internal temp of 165°F and whole cuts (steak or roast) to 145°F.
- Venison is a good source of lean protein, iron, zinc, and vitamin B-12.



- Can be frozen for 3-4 months for best quality.
To thaw:
 - Place in the refrigerator for 24 hours/pound; or
 - Microwave and cook immediately; or
 - Submerge under cool running water and cook immediately.
- Venison usually refers to deer or elk meat.
- Some people think venison has a gamey flavor.
Gamey flavors can best be described as earthy, mineral-like, and stronger than beef. Deer and elk eat wild plants, so the flavor is different than beef. Venison is also lean because wild animals have a much more active lifestyle.
- Prepare venison by marinating with an acidic base, like lemon juice or vinegar, which can lessen the gamey taste.



Recipes Venison

Nutrition information for 3 ounces:

100 calories
Protein = 20g
Iron = 15% DV
Potassium = 6% DV

Venison Steak

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

Instructions:

- 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.



Nutrition Facts

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

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

Venison Meatballs

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

Instructions:

- Combine oats and milk in a bowl. Allow to soak for 10 minutes.
- Meanwhile, combine venison, half of onion, garlic powder, 1/4 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.

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

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