

Venison

Venison is a lean meat that has many different uses!

- Venison is a lean meat made from deer. Ground venison can be used in place of ground beef for a variety of recipes!
- When cooking venison, be sure it reaches an internal temperature of 160°F.
- Because venison is so lean, additional fat like oil or butter may be needed to prevent the meat from sticking to the pan or cooking surface.
- Ground venison does not taste as game-y as steaks. However, if you are concerned about the taste, try mixing Italian sausage into the meat in an 80/20 ratio. (80% ground venison, 20% ground Italian sausage).
- Try seasoning with onion powder, garlic powder, and garlic salt! Seasonings and sauces can add lots of flavor!

Try venison...

- Folded into tacos
- Rolled into meatballs
- Formed into burgers
- Stirred into chili
- Baked into meatloaf

Award-Winning Venison Chili

Ingredients

1 Tbsp. olive oil	1 orange, juiced	2 tbsp chili powder
1 yellow onion, diced	1 lime, juiced	1 Tbsp cumin
2 green bell peppers, diced	1 and 1/2 cups of venison stock	1 tsp paprika
1 lb. ground venison	28 oz. diced tomatoes, drained	1/2 tsp cinnamon (optional)
4-5 garlic cloves, minced	15 oz. black beans, drained and rinsed	1 and 1/2 tsp salt
3 Tbsp. tomato paste	15 oz. kidney beans, drained and rinsed	1/2 tsp pepper
1 tsp Worcestershire sauce		

1. Begin by heating the olive oil in a large pot over medium heat.
2. Add the onion and peppers and cook until the onions start to brown on the edges, about 5-7 minutes. Then, add the venison and brown.
3. Once the venison is browned add the garlic, chili powder, cumin, paprika, cinnamon, salt, and pepper. Saute for 1-2 minutes and then add the tomato paste. Cook for an additional minute, incorporating the tomato paste.
4. Then, deglaze the pot with Worcestershire sauce, orange juice, and lime juice. Scrape the bottom of the pot and add the stock, tomatoes, and beans.
5. Stir well and bring the chili to a boil. Once boiling, reduce the heat to low, cover partially with a lid and let the pot simmer for at least 30 minutes but up to all day. If you're cooking longer than an hour, be sure to cover the chili fully with a lid so all of the liquid doesn't evaporate.
6. Ladle up generous portions, top with your favorite chili toppings, and serve.

