

Venison & Root Vegetable Stew

(serves 8)

Try other vegetables you like, such as celery, mushrooms, or turnips.



Ingredients

4 strips of bacon
2 lb deer roast, cut into 1-inch pieces
2 cups cubed potatoes
2 cup cubed sweet potato (peeled)
2 cups sliced carrots
1 cup sliced parsnip
1 cup diced onion
2 cloves garlic, minced
1/4 cup all-purpose flour

Liquid

4 cups reduced-sodium beef broth
1/4 cup tomato paste
2 tsp dried oregano
2 tsp dried thyme
2 tsp dried rosemary
1 tsp ground black pepper
1 bay leaf

Directions

1. Wash hands.
2. Cook bacon according to package directions. Drain excess fat. Cut or crumble into bite-sized pieces. If desired, save some bacon to use as a topping once the stew is cooked. Refrigerate until ready to use.
3. Optional step: Heat 1 tsp oil or leftover bacon grease a medium skillet over medium-high heat. Add half of deer meat. Cook 1-2 minutes, stirring occasionally, so all sides of meat are brown. Remove from skillet. Repeat with another 1 tsp oil or bacon grease and remaining meat.
4. Add cooked bacon, deer, and vegetables to a 5- or 6-quart slow cooker.
5. Mix Liquid ingredients together and pour over meat and vegetables. Stir to combine.
6. Cook on low for 6-8 hours or on high for 3-4 hours.
7. In a small bowl, combine all-purpose flour with 1/2 cup of cooking liquid from stew until smooth. Stir mixture into slow cooker. Return lid to slow cooker, and continue to cook for 5-10 minutes or until mixture thickens. Remove bay leaf before serving.
8. Divide leftovers into small containers. Cover and refrigerate. Eat within 4 days.

Nutrition Facts per serving: 330 calories, 9g total fat (3g saturated fat), 440mg sodium, 29g carbohydrates, 4g dietary fiber, 32g protein

Recipe by Caitlin Mellendorf, MS, RD, Nutrition & Wellness Educator, 2019

The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at go.illinois.edu/dmp or find us on Facebook or Twitter @uie_DMP

Venison with Chimichurri

(serves 4)

Try meat with a potato and veggie of your choice for a full meal.



Ingredients

3 cloves garlic
1 shallot or 1/4 of a small onion
1/4 cup red wine vinegar
1/4 cup lemon juice
1 cup fresh parsley leaves
1 cup fresh cilantro (or more parsley)
1 cup olive oil
1 tsp salt
1/2 tsp ground black pepper
1/2 tsp red pepper flakes (optional)
1 lb deer steak, cut into desired sized pieces

Directions

1. Wash hands.
2. Add garlic, shallot or onion, vinegar, and lemon juice to a small food processor. Pulse until garlic and shallot are chopped in large pieces.
3. Add parsley, cilantro, salt, black pepper, and red pepper flakes (if using). Pulse again until mixture is chopped in large pieces. If preferred, continue to pulse until chopped into smaller pieces or puree until smooth.
4. Move half of chimichurri mixture to a clean bowl. Cover and refrigerate.
5. Add venison and remaining chimichurri to a glass bowl or zip-top bag. Mix to cover meat in chimichurri. Refrigerate at least 1 hour, or overnight.
6. Heat a skillet to medium-high with 1 Tbsp oil. Add venison and cook until meat reaches an internal temperature of 145°F. Serve reserved chimichurri sauce with cooked meat.
7. Divide leftovers into small containers. Cover and refrigerate. Eat within 4 days.

Nutrition Facts per serving (based on meat absorbing all of chimichurri sauce): 390 calories, 30g total fat (5g saturated fat), 360mg sodium, 2g carbohydrates, 1g dietary fiber, 27g protein

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Venison Fajitas

(serves 4)

For a less spicy fajita, reduce spices by half.



Ingredients

1 lb. deer steak or backstrap, cut into thin strips
1/4 cup lime juice
2 Tbsp olive oil, divided
1 Tbsp cumin
1 Tbsp chili powder
1 tsp paprika
1/2 tsp salt
1/2 tsp cayenne pepper
1/2 tsp black pepper

1/2 tsp dried garlic
1 red medium onion, cut into strips
1 medium red bell pepper, sliced into strips
1 medium green bell pepper, sliced into strips
8 tortillas
Toppings, such as cheese, sour cream, salsa, guacamole, cilantro

Directions

1. Wash hands.
2. In a large bowl, add deer meat, lime juice, 1 Tbsp oil, and spices. Using clean hands, combine until meat is coated. Set aside.
3. Heat a large skillet over high heat with remaining 1 Tbsp oil. Add onion and bell peppers. Stir continuously, cooking for 5 minutes or until vegetables are softened. Remove to a clean bowl.
4. In the same skillet, reduce heat to medium. Add deer meat. Stir continuously, cooking for 5-7 minutes or until cooked. Add vegetable back to pan to reheat.
5. Serve meat and vegetables with tortillas and any preferred toppings.
6. Divide leftovers into small containers. Cover and refrigerate. Eat within 4 days.

Nutrition Facts per serving (without tortillas or toppings): 230 calories, 10g total fat (2g saturated fat), 350mg sodium, 7g carbohydrates, 2g dietary fiber, 27g protein

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