

Quick & Easy Venison Recipes



Pizza Casserole

Serves 6

- 1 pound ground venison
- 1 32-oz. jar spaghetti sauce
- 1½ teaspoon oregano (or Italian seasoning)
- 2 cups rotini, uncooked
- 1 cup low-fat shredded mozzarella cheese

Directions

1. Cook ground venison until well done. Meat should not be pink, and juices should run clear.
2. Drain off fat.
3. In a microwave-safe, 2-quart covered casserole dish, stir together cooked venison and other ingredients EXCEPT cheese. (If mixture is too thick, add some water.)
4. Cover and microwave on HIGH for 15 to 17 minutes, stirring every 3 or 4 minutes. Cook until noodles are tender.
4. Sprinkle cheese on top and cover with lid.
5. Microwave 1 minute or until cheese melts.

Crockpot Venison Stew

Makes 6 servings

- 1 pound venison, cubed
- 1/3 cup flour
- Commercial beef stew seasoning mix
- 5 to 6 potatoes, washed and cut in large pieces
- 5 carrots, peeled and cut in thick slices (or use 1/2 to 3/4 pound of pre-cut baby carrots)
- 1 small onion, minced
- 3 cups water

Directions

1. Put cubed meat in crockpot.
2. Add flour. Stir until flour coats meat.
3. Add chopped vegetables.
4. Add stew seasoning mix and water.
5. Stir well.
6. Cover and cook on High until temperature reaches 140°F—about 1 hour. Then, continue on High for 4 to 6 hours **OR** turn to Low for 8 to 10 hours.



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Venison Stroganoff

Serves 6

1 pound venison loin
Olive oil or vegetable oil
Minced garlic (to taste)
1 small onion, diced
1 cup fresh mushrooms, chopped
1 10-oz. can low-fat cream of mushroom soup
1 cup skim milk
8 ounces low-fat sour cream
Egg noodles or wild rice, cooked—enough for 6 servings

Directions

1. Slice venison into strips about 1/4 inch thick.
2. Heat oil in a large skillet.
3. Add venison, garlic, onion and mushrooms.
4. Cook until meat is well done (no pinkness, juices run clear) and the vegetables are tender.
5. In a bowl, whisk together soup, milk, and sour cream.
6. Pour soup mixture over ingredients in skillet and heat until sauce is hot and bubbly.
7. Serve over cooked noodles or wild rice.

Frugal Fillets

Makes 8 servings

2 pounds ground venison
1/2 cup quick oats
2 tablespoons barbecue sauce
2 tablespoons brown sugar
2 eggs, beaten
1 teaspoon garlic powder
Bacon (optional)

1. Combine all ingredients except bacon and stir until thoroughly mixed.
2. Form meat mixture into 8 small, thick patties.
3. Wrap each patty with a slice of bacon and secure with toothpicks (bacon wraps are optional).
4. Can be cooked three ways:

Grill—until well done and 165°F.

Oven—325°F for 30 – 45 minutes or until well done.

Microwave—at 50% power for 8 to 10 minutes. Then flip and cook an additional 8 to 10 minutes or until well done.



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