

# Can-Do VENISON



## *Cowboy Nachos*

Servings: 4

### Ingredients

- 1 pound ground venison
- 1 can (14.5 ounces) diced tomatoes with jalapenos, drained
- 1 can (15 ounces) pinto beans, drained and rinsed
- 1 can (10.75 ounces) condensed cheddar cheese soup
- 5 ounces (about 4 dozen medium) unsalted tortilla chips

### Directions

1. Wash hands and surfaces.
2. Cook the venison in a 10-inch skillet over medium-high heat until the meat is well browned, stirring often to separate.
3. Add tomatoes, pinto beans and cheese soup to browned meat. Heat until the mixture is hot and bubbling, stirring often.
4. Spoon the meat mixture over chips. Serve immediately.
5. Refrigerate leftovers.

### Cooking tip

You can use venison any way you would use ground beef. It's especially good in spicy foods like chili, tacos or spaghetti. The spice helps cover some of the gamey flavor.

### Health facts about venison

- Two-thirds less fat than beef
- Slightly higher in iron than beef
- Lower in calories than beef



## ***Shepherd's Pie***

Servings: 4

### **Ingredients**

- 1 pound ground venison
- ½ cup chopped onion
- 1 can (10.5 ounces) condensed cream of mushroom soup
- 1 tablespoon ketchup
- ⅛ teaspoon ground black pepper
- 1 can (15 ounces) of mixed vegetables, drained or 1 (12 ounce) package frozen mixed vegetables
- 2 ½ cups milk
- ¼ cup (½ stick) butter
- 2 cups instant mashed potato flakes or buds
- 1 cup cheddar cheese, shredded (optional)

### **Directions**

1. Preheat the oven to 400 degrees F. Wash hands and surfaces.
2. Cook the venison and onion in a 10-inch skillet over medium-high heat until the meat is well browned, stirring often to separate meat.
3. Add soup, ketchup, black pepper and mixed vegetables in the skillet. Pour meat mixture into 9-inch pie pan.
4. Heat milk and butter in 2-quart saucepan over medium-high heat to a boil. Remove from heat. Stir in the flakes or buds with fork until potatoes are stiff. Spread potatoes over the meat mixture and sprinkle with cheddar cheese, if desired.
5. Bake for 15 minutes or until the potatoes are lightly browned.
6. Enjoy! Refrigerate leftovers immediately.

## *Mama Patty's Deer Loaf*

Servings: 4

### Ingredients

- 1 pound ground venison
- ½ to ¾ pound ground pork sausage
- 1 egg
- 1 medium onion, finely chopped
- 18 to 24 crackers, crushed
- ⅛ cup milk
- 1 tablespoon horseradish (optional)
- Salt and pepper

### Topping

- ½ cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon horseradish (optional)
- 2 tablespoons mustard

### Directions

1. Preheat the oven to 375 degrees F. Wash hands and surfaces.
2. In a large bowl, mix together venison, pork, egg, onion, crackers, milk and horseradish, with salt and pepper to taste. Shape into a log and place in lightly greased 9-by-13-inch baking dish.
3. In a separate small bowl, combine ketchup, brown sugar, horseradish and mustard. Mix well and pour over the loaf.
4. Bake for 1 hour, until loaf reaches 160 degrees F in the center. Enjoy; refrigerate leftovers immediately.



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## ***Zippy Venison Cheese Skillet***

Servings: 4

### **Ingredients**

- 1 pound ground venison
- 1 can (10.5 ounces) condensed beef broth
- 1 ½ cups water
- 2 cups uncooked medium shell pasta
- 1 can (10.5 ounces) condensed cheddar cheese soup
- 1 can (14.5 ounces) salsa of choice

### **Directions**

1. Wash hands and surfaces.
2. Brown ground venison in a large skillet.
3. Stir broth and water into skillet and heat to a boil. Stir in the pasta. Reduce the heat to medium and cook for 10 minutes or until the pasta is tender, stirring often.
4. Stir in the soup and salsa and cook until mixture is hot and bubbling.
5. Enjoy! Refrigerate leftovers immediately.

### **Cooking tip**

Add extra nutrition by adding veggies to this dish. Try chopped onions and peppers or mixed vegetables of your choice.