



## WILD GAME RECIPES 1\*



### Venison Stroganoff

2 pounds steak cut 1/2-inch thick  
 2 cups mushrooms, chopped (canned  
 or chopped fresh)  
 1 cup finely chopped onion  
 1/4 cup butter or shortening  
 3 beef bouillon cubes  
 4 cups cooked rice

1 cup boiling water  
 2 Tbsp. tomato paste  
 1 tsp. dry mustard  
 1/2 tsp. salt  
 2 Tbsp. flour  
 1 cup dairy sour cream  
 1/2 cup cold water

Cut steak into strips about 2 1/4 inches long. In a large skillet, sauté fresh mushrooms and onion in 3 tablespoons butter until golden brown. Remove and set aside. Brown meat on all sides (15 minutes). Dissolve bouillon cubes in boiling water; pour over meat. Add tomato paste, mustard, and salt. Simmer 45 minutes or until meat is tender. Combine flour and water. Slowly stir into meat mixture. Cook, stirring constantly, until the mixture comes to a boil. Reduce heat. Add mushrooms, onions, and sour cream. Heat but do not boil. Serve over hot rice or noodles.

Serves 4 to 6.

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### Quick Chili

1 pound rabbit or venison, ground  
 1 Tbsp. butter, margarine, or  
 chopped beef suet  
 1 can (10 oz.) of condensed cream  
 of tomato soup  
 2 Tbsp. instant minced onions

2 tsp. salt  
 2 to 4 tsp. chili powder (to taste)  
 1/2 tsp. tarragon leaves (**optional**)  
 1/8 tsp. ground black pepper  
 2 cups red kidney beans  
 1/4 to 1/2 tsp. red pepper (to taste)

Brown the meat in the fat. Stir in the soup, onions, salt, chili powder, tarragon leaves, pepper, kidney beans, and red pepper. Simmer 20 minutes. Serve hot over rice. Serves 6.

**Note: Be sure that the meat is used immediately after thawing. Ground game meat, because of its high bacterial content, often spoils faster than other ground meat. Cook meat thoroughly!**

\*Adapted from "Safe Handling of Wild Game" by Susan Brewer, Ph.D. and Charles Stites, M.S., The University of Illinois, 1995



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The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food & Nutrition Service of the U.S. Department of Agriculture.