



WILD GAME RECIPES 4



TACO CASSEROLE

1 pound ground beef or venison
 1 (15 ounce) can tomato sauce
 1 envelope taco seasoning mix

1 can (16 oz.) refried beans
 2 1/2 cups corn chips
 1/2 cup cheddar cheese, grated

Brown meat in a skillet until done. Drain off fat. Combine meat with tomato sauce, taco seasoning, and refried beans. Place 2 cups of corn chips in a 1 1/2 quart casserole. Spoon meat mixture over chips. Cook in 350°F oven until hot, about 30 minutes. Crush remaining corn chips and sprinkle on casserole. Sprinkle with grated cheese. Heat for another 5 minutes or until cheese is melted.

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!

MEAT “HELPER” — HOME STYLE*

3/4 pound ground beef or venison
 1 Tbsp. chopped onion
 1/2 tsp. salt
 1/4 tsp. pepper
 1/2 cup chopped celery, optional

1 1/2 tsp. brown sugar
 1 can (8 oz.) tomato sauce
 1 cup noodles, dry
 3/4 cup water
 1/2 cup shredded Colby or cheddar cheese OR
 1/3 cup grated Parmesan cheese

Brown ground meat and onion in a large skillet. Drain fat. Add salt, pepper, celery, brown sugar, tomato sauce or chopped tomatoes, noodles and water to the ground meat and onions. Stir. Bring to a boil, then cover. Reduce heat to low and cook for 15-20 minutes, until noodles are tender. Stir once or twice. Sprinkle the shredded cheese over all. Simmer 10 minutes, until cheese is melted. Serve. Makes 4 servings.

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 “Creative Cooking”, Wisconsin Cooperative Service EFNEP Program



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