

### Shepherd's Pie

Servings: 4

#### Ingredients:

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

#### Directions:

1. Preheat the oven to 400°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.

#### Cooking Tip:

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



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## Mama Patty's Deer Loaf

Servings: 4

### Ingredients:

- 1 pound ground venison
- $\frac{1}{2}$  to  $\frac{3}{4}$  pound ground pork sausage
- 1 egg
- 1 medium onion, finely chopped
- 18 to 24 club crackers, crushed
- $\frac{1}{8}$  cup milk
- 1 tablespoon horseradish (optional)
- Salt and pepper

### Topping:

- $\frac{1}{2}$  cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon horseradish (optional)
- 2 tablespoons mustard

### Directions:

1. Preheat the oven to 375°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 9x13-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 it reaches 160°F in the center.
5. Enjoy! Refrigerate leftovers immediately.

### Measurement Equivalents:

3 teaspoons	= 1 tablespoon
4 tablespoons	= $\frac{1}{4}$ cup
5 $\frac{1}{8}$ tablespoons	= $\frac{1}{3}$ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

### Health Facts about Venison:

- $\frac{2}{3}$  less fat than beef
- 3 times less cholesterol than beef
- Venison is slightly higher in iron than beef
- Venison is lower in fat and lower in calories than beef

### Additional Information:

Want to know more about cooking with other cuts of venison and how long you can store it, checkout these websites:

<http://www.foodsafety.gov/keep/types/meat/>

<http://tinyurl.com/nba6l9p>

<http://missourifamilies.org/features/foodsafetyarticles/fdsfty85.htm>

## Zippy Venison Cheese Skillet

Servings: 4

### Ingredients:

- 1 pound ground venison
- 1 can (10.5-ounce) condensed beef broth
- 1  $\frac{1}{3}$  cups water
- 2 cups uncooked medium shell pasta
- 1 can (10.5-ounce) condensed Cheddar cheese soup
- 1 can (14.5-ounce) salsa of choice

### Directions:

1. Wash hands and surfaces.
2. Brown ground venison in a large skillet.
3. Stir in 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.



## Venison Enchiladas

Servings: 4

### Ingredients:

- 1 pound ground venison
- $\frac{1}{2}$  cup chopped onion
- 2 cups shredded, reduced-fat Cheddar cheese, divided
- 1 can (20-ounce) enchilada sauce, divided
- 8 flour tortillas

### Directions:

1. Preheat the oven to 350°F. Wash hands and surfaces.
2. Brown meat and onion in large skillet.
3. Add 1 cup enchilada sauce and 1 cup cheese. Mix well.
4. Put meat-filling along center of each tortilla. Roll up and place seam-side down in a greased 9x13-inch pan.
5. Pour remaining sauce over enchiladas and sprinkle remaining cheese on top.
6. Bake for about 30 minutes until cheese is bubbly.
7. Enjoy! Refrigerate leftovers immediately.



## Cowboy Nachos

Servings: 4

### Ingredients:

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

### 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 meat.
3. Add tomatoes, cheese soup and pinto beans 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.

### Funded in part by USDA SNAP.

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Each caller will receive a free healthy gift!

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## COOKING TERMS:

**BOIL:** To heat a liquid until bubbles break continually on the surface

**CHOP:** To cut solids into pieces with a sharp knife or other chopping device

• **FINELY CHOP:** chopping solids into smaller pieces

**DICE:** To cut food into small cubes of uniform size and shape

**DIVIDED:** to use a particular ingredient more than once in the same recipe

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