

Illinois Extension



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Cabbage and Lentil Soup with Venison



Servings per Recipe: 6

Nutrition Facts
Calories : 110
Fat : 1 g
Sodium : 310 mg
Total carbohydrate : 12 g
Fiber : 4 g
Protein : 12 g

Ingredients

- ½ pound ground venison
- ½ Tablespoon oil
- ¼ cup diced onion
- ¼ cup diced carrots
- ¼ cup diced celery
- 1 clove garlic, minced
- 1 (15-oz) can diced tomatoes
- 1 (15-oz) can reduced-sodium beef broth
- ¼ cup dry brown lentils
- 1 teaspoon Italian seasoning
- ½ teaspoon ground black pepper
- 2 cups shredded cabbage

Preparation

1. Wash hands with soap and water.
2. Gently rub produce under cold running water. Cut and prepare vegetables according to each ingredient's instructions.
3. To a 3-quart pot over medium heat, add ground venison, oil, and onion. Cook, breaking meat into small pieces, until meat is browned.
4. Add carrots, celery, and garlic. Cook, stirring occasionally, for 2-3 minutes.
5. Stir in tomatoes (with juices), broth, lentils, Italian seasoning, and black pepper.

6. Bring to a boil. Add lid and reduce heat to a simmer.
Cook 15-20 minutes or until lentils are almost tender, stirring occasionally.
7. Stir in cabbage. Cover pot with lid and simmer 5-10 minutes, or until cabbage and lentils are tender.
8. Refrigerate leftovers within 2 hours. Eat leftovers within 4 days.

Note:

- If venison is ground with added fat, do not add oil in recipe. Drain any excess fat and return meat to pan.
- Recipe can be prepared with ground turkey, chicken, pork, beef, or meatless crumbles if venison is not available.
- Recipe developed and shared by Hunters Feeding Illinois.