

Illinois Extension



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Venison Biscuits and Gravy



Servings per Recipe: 6

Nutrition Facts

Calories : 410
Total Fat : 16 g
Sodium : 640 mg
Total Carbohydrate : 38 g
Dietary Fiber : 0 g
Protein : 26 g

Ingredients

- 1 pound ground venison
- 1 tablespoon oil
- 1/3 cup all-purpose flour
- 3 cups 2% milk
- 1 tablespoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 6 biscuits

Preparation

1. Wash hands with warm water and soap.
2. To a 3-quart pot or 10-inch skillet over medium heat, add ground venison and oil. Cook, breaking meat into small pieces, until meat is browned.
3. Add flour and stir until flour coats meat. Continue to cook, stirring occasionally, for one minute to “cook out” raw flour taste.
4. Stir in milk, Italian seasoning, salt, and ground black pepper. Continue to cook, stirring occasionally, until mixture starts to simmer or bubble.
5. Reduce heat to medium-low. Cook, stirring occasionally, for 10 minutes or until mixture thickens.

6. Meanwhile, make biscuits, such as from dry refrigerated dough, or homemade.
7. Serve venison gravy over biscuits.
8. Refrigerate leftover gravy within 2 hours. Eat leftovers within 4 days.

Note:

- If venison is ground with added fat, do not use oil in recipe. If a lot of fat is released from the cooked meat, drain the fat and return the meat to the pan.
- Nutrition Facts calculated with 2½-inch round biscuit.
- 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.