

Illinois Extension



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Venison Breakfast Casserole



Servings per Recipe: 8

Nutrition Facts
Calories : 320
Total Fat : 13 g
Sodium : 390 mg
Total Carbohydrate : 21 g
Dietary Fiber : 0 g
Protein : 27 g

Ingredients

- 1 pound ground venison
- 1 tablespoon oil
- 8 large eggs
- 2 cups 2% milk
- 6 cups cubed bread (about 8 slices; whole-wheat if available)
- 1 cup cheddar cheese, shredded (about 4 ounces)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon ground black pepper

Preparation

1. Preheat oven to 350°F. Grease a 13x9-inch baking dish with oil. Set aside.
2. Wash hands with soap and warm water.
3. Add ground venison and oil to a 10-inch skillet over medium heat. Cook, breaking meat into small pieces, until meat is browned. Set aside.
4. Crack eggs and add to a large bowl. Using a whisk or fork, blend eggs until smooth. Add in milk, Italian seasoning, and black pepper. Stir to combine.
5. Add bread cubes and cooked venison to greased baking dish. Pour in egg and milk mixture. Sprinkle with cheese.

6. Cover baking dish with foil. Bake for 30-45 minutes or until set. Dish should reach 165°F when tested with a food thermometer.
7. Refrigerate leftovers 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 meat to pan.
- Add your favorite vegetables for color and extra nutrition. For veggies with lots of water, like mushrooms and spinach, cook before adding in step 5.
- 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.