

Illinois Extension



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Venison Burger Bowl



Servings per Recipe: 4

Nutrition Facts

Calories : 510
Fat : 24 g
Sodium : 1050 mg
Total carbohydrate : 41
Fiber : 2 g
Protein : 34 g

Ingredients

- Half of a 32-ounce bag frozen French fries
- 1 large tomato
- 1 large pickle
- Half of a medium red onion
- 1 pound ground venison
- 1 tablespoon oil
- 4 cups chopped romaine lettuce
- 1/2 cup shredded cheese
- Sauce - 1/4 cup ketchup
- Sauce - 1/4 cup mayonnaise
- Sauce - 1 teaspoon yellow mustard
- Sauce - 1 teaspoon pickle juice
- Sauce - 1 teaspoon hot sauce (optional)

Preparation

1. Wash hands with soap and water.
2. Cook frozen French fries according to package directions. Once cooked, keep warm until ready to assemble salad bowls.
3. In a small bowl, add all sauce ingredients. With a spoon, mix until combined. Set aside.
4. Gently rub produce under cold running water. Cut tomato into quarters and remove seeds. Dice tomato and pickle. Cut off ends of whole red onion and remove peel. Using half of onion, cut into thin slices (see note below).
5. In a small pot or skillet over medium heat, add ground venison and oil (see note below). Wash

hands with soap and water. Cook, breaking r
into small pieces, until meat is browned.

6. Divide ingredients among four bowls or plates and
top with sauce.

Note:

- Add leftover onion to a container with lid.
Refrigerate and use within 1 week.
- 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.
- Salt: To reduce sodium, make homemade fries
with salt-free seasoning or buy reduced-sodium
pickles and no-salt-added ketchup