

Illinois Extension



[Eat](#) [Move](#) [Save](#) [Grocery Store Tour](#) [Find Food IL](#) [Meal Kits](#)

EAT.MOVE.SAVE.

Venison Noodle Skillet



Servings per Recipe: 6

Nutrition Facts

Calories : 290
Total Fat : 6 g
Sodium : 460 mg
Total Carbohydrate : 35 g
Dietary Fiber : 4 g
Protein : 25 g

Ingredients

- 1 pound (16 ounces) ground venison
- 1 Tablespoon oil (see Tip 1)
- 1/2 cup onion, diced
- 1/2 cup celery, diced
- 1/2 cup bell pepper (any color), diced
- 1 can (8 ounces) sliced mushrooms, drained
- 1 can (15 ounces) no salt added diced tomatoes (do not drain)
- 2 cups reduced sodium beef broth
- 4 cups dry egg noodles (see Tip 3)
- 1 Tablespoon Italian seasoning (or 1/2 Tablespoon dried basil and 1/2 Tablespoon dried oregano)
- 1 teaspoon garlic powder
- 1/2 teaspoon salt (see Tip 2)
- 1/4 teaspoon black pepper

Preparation

1. Wash hands with soap and water.
2. Add ground venison and oil to a 12-inch skillet over medium heat (Tip 1). Cook, breaking meat into small pieces, until meat is browned.
3. Add onion, celery, and bell pepper. Stir to mix in. Cover with a lid and cook for 5 minutes, stirring occasionally,
4. Stir in mushrooms, tomatoes with their juices, broth, Italian seasoning, garlic powder, salt (Tip 2), and black pepper. Cover with lid and cook 5 minutes, stirring occasionally.
5. Stir in egg noodles. Cover with lid and cook 10 minutes, until noodles are tender and most of broth

is absorbed.

6. 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.
- If using diced tomatoes with salt added, do not add salt in Step 4. Wait until the end of cooking to add salt based on taste.
- For more fiber, choose whole-wheat egg noodles, if available.
- 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.