

Illinois Extension



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Venison Porcupine Meatballs



Servings per Recipe: 6

Nutrition Facts

Calories : 370
Total Fat : 7 g
Sodium : 360 mg
Total Carbohydrate : 52 g
Dietary Fiber : 1 g
Protein : 22 g

Ingredients

- 1 pound ground venison
- 1/4 cup long grain white rice, uncooked
- 1 egg
- 1/4 cup onion, finely chopped or 1 Tablespoon dried minced onion
- 1 tsp dried parsley
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 (10.75 ounces) can condensed tomato soup
- 1/2 cup water

Preparation

1. Wash hands with soap and water.
2. In a medium bowl, add meat, rice, egg, onion, parsley, salt, and pepper. With clean hands, mix thoroughly. Shape into about 20 meatballs.
3. Heat a 12-inch skillet over medium heat. (If venison is not ground with fat, add 1 Tbsp oil to skillet.) Add meatballs and cook 1-2 minutes or until brown on one side.
4. Flip each meatball and brown for 1-2 minutes on other side. Meatballs do not need to be cooked all the way.
5. In a small bowl, mix tomato soup and water. Once meatballs are browned, pour soup mixture over

meatballs. Spoon some of soup mixture over meatballs. f

6. Add lid to skillet. Reduce heat to medium-low and simmer for 30 minutes, or until meatballs reach 165°F and rice is tender. If sauce begins to dry up, add 1/4 cup of water at a time as needed.
7. While meatballs cook, prepare white rice according to package directions.
8. Serve meatballs and sauce over cooked rice.
9. Refrigerate leftover meatballs in a food-safe container for up to 4 days.

Note:

- Nutrition Facts calculated includes 1 Tablespoon sauce and 1/4 cup cooked white rice.
- Recipe developed and shared by Hunters Feeding Illinois.
- Recipe can be prepared with ground turkey, chicken, pork, beef, or meatless crumbles if venison is not available.