

Illinois Extension



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Venison Shepherd's Pie



Servings per Recipe: 6

Nutrition Facts

Calories : 300
Total Fat : 8 g
Sodium : 720 mg
Total Carbohydrate : 31 g
Dietary Fiber : 6 g
Protein : 24 g

Ingredients

- 1 pound (16 ounces) ground venison
- 1 Tablespoon oil
- 1/2 cup onion, diced (about half of a medium onion)
- 1/2 cup celery, diced (about one large stalk of celery)
- 2 Tablespoons cornstarch or all-purpose flour
- 1/2 cup reduced-sodium beef broth
- 1 can (15-ounces) mixed vegetables, drained
- 1 teaspoon garlic powder
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cans (15 ounces) whole or sliced potatoes, drained
- 1/2 cup 2% milk

Preparation

1. Preheat oven to 375°F. Grease an 8x8-inch square oven-safe baking dish (or another 2-quart dish).
2. Wash hands with soap and water.
3. Add ground venison and oil to a 12-inch skillet over medium heat. Cook, breaking meat into small pieces, until meat is browned.
4. Reduce heat to medium-low. Add onion and celery. Stir to mix in. Cover with a lid and cook for 5 minutes, stirring occasionally,
5. Sprinkle cornstarch or flour over meat mixture and stir to coat meat. Cook 1 minute, stirring occasionally.

- ½ cup cheddar cheese, shredded (about 2 ounces of a block cheese)
6. Pour in broth and stir to mix in. Mixture will thicken.
 7. Add canned vegetables, garlic powder, thyme, salt, and pepper. Stir to mix in. Set aside.
 8. Add potatoes to a medium bowl. Mash with a fork or potato masher. Gently stir in mix. Mixture will seem soupy but will thicken after cooking.
 9. Add venison-vegetable mixture to prepared baking dish. Spread mashed potatoes over top. Sprinkle evenly with cheese.
 10. Bake uncovered for 30 minutes.
 11. 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.
- Instead of canned vegetables, use 1 ½ cups frozen mixed vegetables. There is no need to thaw first.
- 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.