

Illinois Extension



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Venison Sloppy Joes



Servings per Recipe: 4

Nutrition Facts

Calories : 350
Total Fat : 5 g
Sodium : 750 mg
Total Carbohydrate : 42 g
Dietary Fiber : 1 g
Protein : 34 g

Ingredients

- 1 pound ground venison
- 1 tablespoon oil
- 1/2 cup onion, diced
- 1/2 cup bell pepper (any color), diced
- 2/3 cup ketchup
- 1 tablespoon yellow mustard
- 1 teaspoon brown sugar
- 1/2 teaspoon ground black pepper
- 4 hamburger buns (whole grain preferred, if available)

Preparation

1. Wash hands with warm water and soap.
2. Wash bell pepper under cool, running water. Cut vegetables as directed and set aside.
3. To a 3-quart saucepan over medium heat, add ground venison and oil. Cook, breaking meat into small pieces, until meat is browned.
4. Add onion and bell pepper to skillet. Cook, stirring occasionally, for 3-5 minutes or until softened.
5. Stir in remaining ingredients, except hamburger buns. Cover skillet with lid and let mixture come to a boil.

6. Reduce heat to low. Cook, stirring occasionally, 15-20 minutes. Add water as needed to prevent meat from sticking to pot or burning.
7. Serve on hamburger buns.
8. Refrigerate leftovers within 2 hours. Eat leftovers within 4 days.

Note:

- For a less chunky texture, finely dice the onion and bell pepper with a knife or use a small food processor to cut into small pieces.
- Nutrition Facts calculated with whole wheat hamburger buns.
- 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.
- 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.