

Illinois Extension



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Venison Spaghetti Sauce



Servings per Recipe: 6

Nutrition Facts

Calories : 310
Total Fat : 10 g
Sodium : 550 mg
Total Carbohydrate : 37 g
Dietary Fiber : 1 g
Protein : 23 g

Ingredients

- 1 pound ground venison
- 1 (24-oz) jar marinara sauce
- 8 ounces dry pasta or noodles

Preparation

1. Wash hands with soap and water.
2. Add ground venison and 1 tablespoon oil (Tip 1) to a 3- or 4-quart pot over medium heat. Cook, breaking meat into small pieces, until meat is browned.
3. Stir in marinara sauce once meat is browned. Cover with lid. Cook over medium heat, stirring occasionally, until sauce is hot and bubbling.
4. Cook pasta or noodles according to package directions. Serve with sauce.
5. Refrigerate sauce in a food-safe container for up to 4 days or freeze for longer storage.

Note:

- Tip 1: If venison is ground with added fat, use oil in recipe. If a lot of fat is released from the cooked meat, drain the fat, and return meat to pan.
- 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.