

Illinois Extension



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Venison Stovetop Chili



Servings per Recipe: 6

Nutrition Facts

Calories : 230
Total Fat : 5 g
Sodium : 270 mg
Total Carbohydrate : 23 g
Dietary Fiber : 5 g
Protein : 23 g

Ingredients

- 1 pound ground venison
- 1 Tablespoon oil (Tip 1)
- 4 cups low-sodium tomato or vegetable juice
- 4 ounces dry small red beans (about ½ cup dry beans) or 1 (15 ounce) can red beans (Tip 2)
- 1 cup diced onion (about one medium onion)
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 tablespoon chili powder
- 1 tablespoon cumin
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Preparation

1. Wash hands with soap and water.
2. Prepare dry red beans the night before making chili. Measure out beans and remove any wrinkled or soft beans. To a medium bowl, add beans and cover with water by 2 inches. Cover container and refrigerate for at least 8 hours.
3. When ready to make chili, wash hands with soap and water.
4. Add ground venison and oil (Tip 1) to a 3- or 4-quart pot over medium heat. Cook, breaking meat into small pieces, until meat is browned. Meanwhile, chop onion and garlic and drain liquid from soaked beans; set aside.

5. Once meat is browned, add chopped onion + pot and stir to combine. Add lid and let cook minutes, stir occasionally, until onion becomes slightly translucent.
6. Add tomato juice, drained beans, garlic, and spices. Stir to combine. Add lid, reduce heat to low, and simmer chili for 2 hours, stirring occasionally, until beans are cooked.

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.
- Replace soaked beans with one 15-ounce can of red beans. Drain liquid from beans and rinse under cool water before adding in Step 6.
- 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.