

Illinois Extension



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Venison Taco Meat



Servings per Recipe: 6

Nutrition Facts

Calories : 150
Total Fat : 8 g
Sodium : 290 mg
Total Carbohydrate : 3 g
Dietary Fiber : 1 g
Protein : 17 g

Ingredients

- 1 pound ground venison
- 1 tablespoon chili powder (see Note, Tip 2)
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup tomato sauce (see Note, Tip 3) or water

Preparation

1. Wash hands with soap and water.
2. To a 3- or 4-quart pot over medium heat, add ground venison and 1 tablespoon oil (Tip 1). Cook, breaking meat into small pieces, until meat is browned.
3. Once meat is browned, stir in spices (Tip 2) and tomato sauce. Reduce heat to medium-low, cover with lid, and cook for 10-15 minutes, stirring occasionally, until hot.
4. Serve taco meat in corn or flour tortillas and top with cheese, lettuce, avocado, onion, tomato, lime wedges, cilantro, or your other favorite toppings.

5. Refrigerate leftover taco meat in a food-safe container for up to 4 days or freeze for long-term storage.

Note:

- Nutrition Facts calculated using spices listed in ingredients list. It does not include tortillas or toppings.
- 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 all spices (chili powder, cumin, paprika, oregano leaves, garlic powder, onion, powder, salt, and pepper) with a 1-ounce taco seasoning packet.
- If measuring from an 8-ounce (or larger) can of tomato sauce, you will have leftover tomato sauce. Refrigerator the extra in a food-safe container for 3-4 days and use in another recipe. Or freeze in ice cube trays and transfer to a freezer-safe container for longer storage.
- 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.