

Illinois Extension



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Venison Tater

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Prep: 15 minutes

Cook: 30-35 minutes

Servings per Recipe: 6

Nutrition Facts

Calories : 350

Total Fat : 17 g

Sodium : 900 mg

Total Carbohydrate : 23 g

Dietary Fiber : 2 g

Protein : 24 g

Ingredients

- 1 pound ground venison (ground beef, turkey, or chicken can be used if venison is not available)
- 1 Tablespoon oil
- 1/2 cup onion, diced
- 1/2 cup celery, diced
- 1 (10.5 oz) can condensed cream of celery soup, undiluted
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 16 ounces frozen shredded potato nuggets (tots) (Tip 1)
- 1 cup shredded cheddar cheese

Preparation

1. Preheat oven to 375°F. Grease an 8x8-inch baking dish.
2. Wash hands with soap and water.
3. To a 12-inch skillet over medium heat, add ground venison, onion, celery and 1 tablespoon oil (Tip 2). Cook, breaking meat into small pieces, until meat is browned and onions are translucent.
4. Add condensed soup, salt, and pepper to skillet. Mix to combine. Add mixture to greased baking dish.
5. Top with potato nuggets and sprinkle evenly with shredded cheese.

6. Bake uncovered for 30-40 minutes until mixture is bubbly and potato nuggets are hot and crispy.

Note:

- Potato nuggets (tots) are often sold in 32-ounce bags. In this recipe, 16 ounces is half of the 32-ounce bag.
- 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.
- **Reduce Sodium:** Most of the sodium in this recipe comes from potato nuggets (tots) and condensed soup. If sodium is a concern, use reduced-sodium condensed soup when available and exclude the salt in the recipe. Reduced-sodium tots are not commonly available.
- 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.