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Venison Tex-Mex Skillet



Servings per Recipe: 8

Nutrition Facts

Calories : 300
Total Fat : 9 g
Sodium : 730 mg
Total Carbohydrate : 33 g
Dietary Fiber : 4 g
Protein : 22 g

Ingredients

- 1 pound ground venison
- 1 tablespoon oil
- 1/2 cup onion, diced
- 1/2 cup red bell pepper, diced
- 1 (10-ounce) can tomatoes with green chilis, liquid drained
- 1 (8-ounce) can corn kernels, liquid drained
- 1 (15-ounce) can black beans or pinto beans, rinsed and drained
- 1 ½ cups beef broth
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Preparation

1. Wash hands with warm water and soap.
2. Wash bell pepper and green onion (if using) under cool, running water. Cut vegetables as directed and set aside.
3. Add ground venison and oil to a 12-inch skillet over medium heat. 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 tomatoes and green chilis, corn, black beans, broth, and spices (Tip 3). Add lid and let mixture come to a boil.

- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup dry long-grain white rice
- 1 cup cheddar cheese, shredded (about 4 ounces)
- 1 green onion, sliced (optional)

6. Remove lid and stir in rice. Reduce heat to low, add lid. Let cook for 20 minutes.
7. After 20 minutes, turn off heat. Let sit for 10 minutes without stirring. Remove lid and fluff rice with a fork.
8. Sprinkle with cheese and green onion, if using, over rice. Replace lid and let cheese melt for 5 minutes.
9. Refrigerate leftovers within 2 hours. Eat leftovers within 4 days.

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.
- For less spice/heat, use one (15-ounce) can diced tomatoes in place of the tomatoes with green chilis.
- Replace all spices with a 1-ounce taco seasoning packet. This will increase the sodium level of the recipe.
- 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.