

Illinois Extension



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Venison Vegetable Soup



Servings per Recipe: 8

Nutrition Facts

Calories : 160
Total Fat : 4 g
Sodium : 710 mg
Total Carbohydrate : 16 g
Dietary Fiber : 3 g
Protein : 16 g

Ingredients

- 1 pound ground venison
- 1 tablespoon oil
- 1/2 cup onion, diced
- 1/2 cup celery, diced
- 1 (15 ounces) can diced tomatoes (do not drain)
- 1 (15oz) can mixed vegetables
- 1 (15oz) can diced potatoes
- 2 cups tomato juice
- 1 (15oz) can beef broth
- 1 tablespoon Italian seasoning
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes (optional)

Preparation

1. Wash hands with warm water and soap.
2. Open cans of mixed vegetables and potatoes. Pour off liquid from cans and rinse vegetables under water.
3. To a 4- or 5-quart pot over medium heat, add ground venison, oil, onion, and celery. Cook, breaking meat into small pieces, until meat is browned.
4. Cover pot with lid and continue cooking 5 minutes, stirring occasionally, until onion and celery are tender.
5. Add remaining ingredients and stir to combine. Cover with lid and bring to a boil.

6. Reduce heat to low and simmer 15-20 minutes stirring occasionally.
7. Serve with crackers, cornbread, or rolls (not included in recipe nutrition analysis).
8. 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.
- You can replace tomato juice with one (10.75-oz) can condensed tomato soup plus an extra one cup beef broth.
- To reduce sodium, use reduced-sodium or no-salt-added diced tomatoes, tomato juice, and beef broth.
- 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.