

Illinois Extension



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Venison "Egg Roll" Bowl



Servings per Recipe: 6

Nutrition Facts

Calories : 290
Fat : 6 g
Sodium : 560 mg
Total carbohydrate : 34 g
Fiber : 2 g
Protein : 23 g

Ingredients

- ⅓ cup reduced-sodium soy sauce
- 2 tablespoons white vinegar (or rice vinegar)
- 2 teaspoons vegetable oil (or sesame oil)
- ½ teaspoon garlic powder
- ½ teaspoon dried powdered ginger
- ¼ teaspoon ground black pepper
- ½ teaspoon red pepper flakes (optional)
- 1 pound ground venison
- 1 tablespoon oil
- 6 cups shredded cabbage and carrots (or 14-oz bag coleslaw mix)
- Cooked white rice

Preparation

1. Wash hands with soap and water. In a small bowl, combine soy sauce, vinegar, oil, garlic, ginger, black pepper, and red pepper flakes, if using. Set aside.
2. To a 12-inch skillet over medium heat, add ground venison and oil (see note below). Wash hands with soap and water. Cook, breaking meat into small pieces, until meat is browned.
3. Gently rub cabbage and carrots under cold running water before shredding. Add shredded cabbage and carrots to meat. Cook 3-5 minutes, stirring occasionally.
4. Add sauce to skillet. Cook 3-5 minutes, stirring occasionally.

5. Serve over cooked rice. Garnish with sliced green onion and sesame seeds, if desired.
6. Refrigerate leftovers within 2 hours. Eat leftovers within 4 days.

Note:

- If venison is ground with added fat, do not add oil in recipe. Drain any excess fat and return meat to pan.
- Nutrition facts calculated with 2/3 cup cooked white rice.
- 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.