"The Kił-li-hun (deer) ultimate sacrifice to us is its body. Our ultimate honor in return is to make regalia so the deer's spirit may dance forever."

– Mary Campbell (Hupa)
DEER MEAT STEW

INGREDIENTS

½ pound ground deer meat (venison)  
1 medium onion  
1 teaspoon pepper  
1 10 oz can tomato sauce  
1 10 oz can water  
6 medium carrots  
2 medium potatoes  
2 medium zucchinis

INSTRUCTIONS

1. In a large pot, brown meat and onions. Drain fat.
2. Add remaining ingredients to pot.
3. Bring to a boil, then simmer, covered, about 25 minutes.
4. Remove from heat, cover for 10 minutes to thicken.

MAKES: 4 servings. 1 cup per serving
PREP TIME: 10 minutes
COOK TIME: 55 minutes
COST PER SERVING: $1.29
TOTAL COST: $5.16

NUTRITION INFORMATION PER SERVING
Calories 234  |  Carbohydrate 34 g  |  Dietary Fiber 7 g  |  Protein 17 g
Total Fat 5 g  |  Saturated Fat 2 g  |  Trans Fat 0 g  |  Cholesterol 46 mg
Sodium 469 mg

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