



# Recipe for Venison Chili

Created by: Lucille Tang, RDN, & Cristina Clark, Dietetic Intern

This recipe features two sources of nutrient packed proteins - the venison and the beans. Don't have venison handy? Swap with your favorite ground meat!

## INGREDIENTS

- 1/2 lb Ground Venison
- 1 cans Light kidney beans, **no salt added** (14.5 oz)
- 1 tsp Canola Oil
- 1 cup Whole kernel corn, frozen
- 1 TBSP Taco Seasoning Mix
- 1/4 TSP Onion powder
- 1/2 TSP Ground black pepper
- 1 can tomato paste, **no salt added** (6 oz)
- 1 can crushed tomatoes, **no salt added** (14.5 oz)
- 3 Cups Water (Optional)
- 1/3 cup Shredded cheddar cheese

**Recipe Cost = \$2.90**  
(w/ donated venison)

### Nutrition Info

1 Serving =  
Calories : 490  
Protein: 45g  
Sodium: 530mg

SERVES: 3

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

TOTAL TIME: 45 MINUTES

### EQUIPMENT

- Can opener
- Soup pot
- Stirring spoon
- Measuring spoons

**Don't forget to defrost the venison! To safely defrost, place the frozen venison on a drip plate then into the fridge for 12 hours or the day before!**

## DIRECTIONS

1. DRAIN and RINSE beans. Set aside.
2. ADD oil into soup pot and HEAT on medium high, 2 minutes.
3. ADD venison and COOK until browned. BREAK apart venison with a spoon.
4. ADD Taco Seasoning, Onion Powder, and Black Pepper. STIR into venison.
5. ADD corn, beans, tomato paste, and crushed tomatoes. MIX well.
6. BRING to a low boil, then REDUCE heat to medium-low.
7. SIMMER for 30-35 minutes, STIRRING occasionally. ADD water. ADJUST to desired consistency - Less water for thick chili, more water for thinner chili.
8. REMOVE from heat. COOL for 5-10 minutes.
9. ENJOY with cheddar cheese to taste.