

*A recipe from*

## DAD'S COOKBOOK



Rating:

### Venison and Rice Soup

A tasty soup that's surprisingly nutritious. Use low-sodium canned goods to reduce salt intake if you need to.

*2 Tbsp light olive oil  
2 lb chili-grind venison  
1-2 Tbsp minced garlic  
2 cup chopped yellow onion  
2 can (15 oz) beef broth  
2 can (15 oz) petite-diced tomatoes  
4 cup water  
2-3 tsp salt  
1 tsp dried thyme  
1 cup wild rice*

Heat oil over medium heat in a large saucepan or medium Dutch oven. Add venison, garlic and onion; sauté until the onions become translucent and the meat is browned. Add broth, tomatoes, water, salt and thyme and bring to a boil. Reduce heat to simmer and cook for 45 minutes.

Rinse the wild rice, add to soup and cook until rice is tender, about 45 minutes more. Adjust seasoning

Yield: About ten to twelve servings

Preparation time: 20 minutes

Cooking time: 90-100 minutes

