



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

