

## SWEET & SOUR VENISON MEAT BALLS

2 lbs. ground venison      ½ tsp. garlic powder  
¾ cup rolled oats          Dash of Tabasco sauce  
1 Tbsp. soy sauce          1 egg, slightly beaten  
½ tsp. onion salt          ¼ cup milk  
*Sweet and Sour Sauce* (recipe follows)

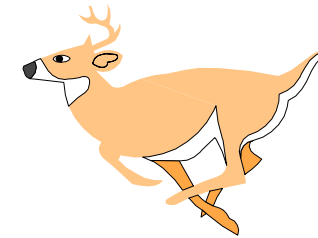
Combine ingredients and mix well. Shape into small balls, about 1 tablespoon each. Brown meat balls in a nonstick or lightly greased skillet.

## SWEET AND SOUR SAUCE

1 8-oz. can crushed pineapple  
½ cup cider vinegar  
1 tsp. soy sauce  
1 cup beef broth  
1 cup brown sugar  
¼ tsp. ground ginger  
2 Tbsp. cornstarch  
½ cup green pepper, chopped

Drain the pineapple juice into a saucepan, and reserve the pineapple. To the pineapple juice, add vinegar, soy sauce and beef broth. Combine brown sugar, ginger and cornstarch. Stir into the pineapple juice mixture and heat, stirring constantly until it is thickened and clear. Add green pepper and drained pineapple. Pour over meatballs and simmer about 10 minutes. Serve over cooked rice.

## Using Ground Venison



- Safe Handling
- Cooking Tips
- Recipe Ideas



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**HANDLE AND STORE VENISON SAFELY**

- Keep uncooked venison frozen at 0° F or less for 3-4 months. Keep thawed venison refrigerated at 40° F or less and use within 1-2 days.
- Thaw uncooked venison in microwave or refrigerator. Do not leave packages on the countertop to defrost.
- Make sure juices from uncooked venison do not touch other foods, especially those that are ready-to-eat, as this can cause cross-contamination.
- Always wash your hands with hot, soapy water before touching food and after handling raw meat.
- Use clean plates, cooking pans and serving utensils to cook and serve venison. Do not put cooked foods on plates that have held uncooked meats.
- Refrigerator leftovers promptly.

## COOKING GROUND VENISON

Ground venison may be a combination of young, tender deer, and older deer, whose meat is not as tender. Because venison is a rather dry meat (due to the lower fat content), adding sauces or other moist ingredients makes venison more juicy and tender.

If the venison is in 2-lb. packages, you will need to cook the entire package. You can make a very large recipe and freeze part for future use, or simply brown the venison until completely cooked and freeze part to use in another recipe later.

You can use ground venison in almost any recipe that calls for ground beef, or with ground beef, pork or turkey in a wide variety of recipes. Use it in your favorite chili or spaghetti, or try one of these recipe ideas.

## VENISON MEAT LOAF

- 2 eggs
- 1 can (8 oz.) tomato sauce
- 1 medium onion, finely chopped
- 1 cup dry bread crumbs
- 1½ tsp. salt
- 1/8 tsp. pepper
- 1½ lb. ground venison
- 2 Tbsp. brown sugar
- 2 Tbsp. spicy brown mustard
- 2 Tbsp. cider vinegar

In a large bowl, lightly beat eggs; add tomato sauce, onion, crumbs, salt and pepper. Add venison and mix well. Press into an ungreased 9-in x 5-in. x 3-in. loaf pan. Combine brown sugar, mustard and vinegar; pour over meat loaf. Bake, uncovered, at 350° for 70 minutes.

## VENISON AND BEANS

- ½ lb. bacon slices
- 2 lbs. lean ground venison
- 3 cups finely chopped onion
- 1 cup finely chopped celery
- 2 beef bouillon cubes
- ½ cup boiling water
- 2 cans (29 oz. each) molasses-style baked beans
- 1½ cloves garlic, minced
- 1½ cups ketchup
- 3 Tbsp. prepared mustard
- 1½ tsp. salt
- ½ tsp. pepper

Heat oven to 375°. In dutch oven or large roasting pan, fry bacon until crisp; set aside. Drain fat from pan. In same pan, cook and stir ground venison, onion and celery until meat is brown and onion is tender. Dissolve bouillon cubes in boiling water; stir bouillon and remaining ingredients into meat mixture. Cover; bake 1 hour 15 min. or until hot and bubbly. Crumble bacon; sprinkle over beans. Serves 12.