

WILD GAME SOUP

Yield: 8 Servings | Serving Size: 1.5 cups Ingredients:

1/2 cup uncooked wild rice, rinsed

2 cups water for cooking wild rice

1 lb. ground bison, or other wild game

2 Tablespoons olive oil or canola oil

1 medium onion, diced

3 large carrots, sliced 1/2 inch thick

2 cups mushrooms, sliced 1/2 inch thick

1 Tablespoon oregano, dried

1 Tablespoon ground sage, dried

1 - 15 oz can hominy, drained and rinsed

6 cups low sodium vegetable broth

Black pepper to taste

Directions:

- In a medium saucepan, bring 2 cups of water to a boil. Add wild rice, stir and cover, and simmer on low for 40 minutes. Strain off any remaining liquid when finished cooking and set aside.
- 2) Meanwhile, brown the ground wild game in a pan over medium heat until fully cooked. Transfer to a plate lined with paper towels to drain excess fat and set aside.
- In a large pot, heat the olive oil over medium heat then add the onion and carrots and cook for about 8-10 minutes.
- 4) Add the mushrooms, stir and cook for another 2-3 minutes.
- 5) Add the dried herbs, pepper to taste, and hominy. Stir well and let cook for about one minute.

Nutrition Facts

8 servings per container

Serving size 1.5 cups (361g)

Amount per serving

Calories	230
%	Daily Value*
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 350mg	15%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	s 0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 3mg	15%
Potassium 416mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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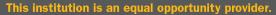


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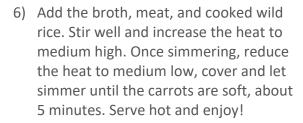
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Variations:

- Canned or frozen vegetables can be used in place of fresh simply skip steps 3-5 and continue as follows: Heat oil in a large pot over medium heat. Add meat, hominy, and dried herbs and cook until herbs are fragrant, about 1 minute. Add broth, cooked wild rice, and vegetables (drained and rinsed if canned). Stir well and simmer for 15-20 minutes.
- Use corn to replace hominy. Brown rice or barley can replace the wild rice. Cubed butternut squash can replace carrots. Mushrooms can be replaced with canned beans that have been drained and rinsed.
- Stir in canned sweet potato puree to thicken soup.

