



Venison Stew Pressure Cooker Recipes

Yield: 8 Servings Ingredients:

- 1 teaspoon olive oil
- salt and pepper
- 3 pounds venison, cut into 1inch cubes
- 3 cups beef stock
- 2 sweet potatoes, cubed
- 4 carrots, coined
- 2 stalks of celery, sliced
- 1 cup crushed tomatoes
- 1 tablespoon horseradish
- ½ tablespoon Worcestershire sauce
- 1 cup frozen peas
- 1 teaspoon dried thyme

Nutrition Facts

Calories 327	From Fat	49
Calories 527	Statement and the statement of the state	-
	% Daily V	alue*
Total Fat 5.5g	200	8%
Saturated Fat 2.	7g	13%
Trans Fat Og	51100	00 200000
Cholesterol 133m	ng	44%
Sodium 1262mg	250 	53%
Total Carbohydrat	tes 14g	5%
Dietary Fiber 3g	20100	12%
Sugars 4g		
Protein 54g		107%
Vitamin A196% •	Vitamin C	17%
Calcium 6% •	Iron	45%
* Percent Daily Values calorie diet. Your Daily higher or lower depen calorie needs.	Values may b	2000 Ie

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Directions:

- 1. Wash hands and clean surfaces.
- 2. Separate meats from produce and other ready to eat food items.
- 3. Add oil to pressure cooker.
- 4. Set sauté setting to high.
- 5. Season venison with salt and pepper.
- 6. Add seasoned beef to pressure cooker and brown on all sides.
- 7. Add all other ingredients into pressure cooker and stir.
- 8. Lock on lid and turn vent knob to seal.
- 9. Set pressure cooker to high for 30 minutes.
- 10. Perform a natural release of at least 15 minutes then manually release any remaining steam.

11. Open lid carefully.

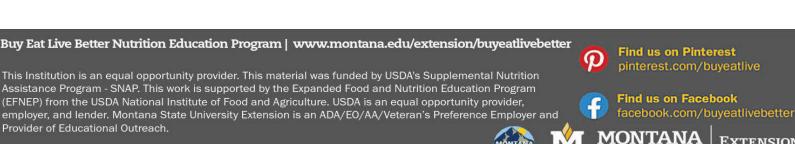
12. Serve immediately or store in an airtight container in the fridge for 4-6 days.

TIPS:

- Venison is typically a lean source of protein and often comes out tough when cooked in the oven or on the stove. Pressure cooking venison is a great way to ensure your meat comes out tender and enjoyable.
- Hunting is a Montana tradition and can be a sustainable practice when the entire animal from a hunt is used. Additionally, hunting is good exercise and a fantastic opportunity to explore Montana's beautiful landscape with friends and family.

*Pricing may vary depending on wild game availability, selection, and sourcing

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.



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