



A Nutrition Resource



Venison Stew

Pressure Cooker Recipes

Yield: 8 Servings

Ingredients:

- 1 teaspoon olive oil
- salt and pepper
- 3 pounds venison, cut into 1 inch 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

Amount per

1 serving (13.4 oz) 379 g

Calories 327 **From Fat** 49

% Daily Value*

Total Fat 5.5g 8%

Saturated Fat 2.7g 13%

Trans Fat 0g

Cholesterol 133mg 44%

Sodium 1262mg 53%

Total Carbohydrates 14g 5%

Dietary Fiber 3g 12%

Sugars 4g

Protein 54g 107%

Vitamin A 196% • **Vitamin C** 17%

Calcium 6% • **Iron** 45%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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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.

