



A Nutrition Resource



WILD GAME

Tips

- After the kill, be sure to DRESS OUT the animal properly and CHILL QUICKLY. The flavor of the meat depends on careful field handling. For information about how to do this safely, see North Dakota State University Extension's Wild Side of the Menu Fact Sheets at <https://www.ag.ndsu.edu/publications/food-nutrition/wild-side-of-the-menu-no-2-field-to-freezer>
- Remove as much fat as possible when cutting and wrapping.
- Thaw frozen game completely in the refrigerator.
- Trim away fat BEFORE cooking if it was not done when the game was processed. Fat from wild game adds to the "gamey" flavor.
- When cooking, add other fat or liquid to keep the meat from becoming too dry.
- Serve game meat very hot or very cold. Lukewarm game fat has a greasy taste.
- Most recipes that call for ground meat can use ground meat made from wild game.
- Use medium heat and cook to medium well (160°F). Overcooking wild game will make it tough.
- Game animals have leaner muscles and the meat can become dry quickly. Good ways to cook it are broiling, baking, and cooking in a liquid.

Marinades

Some of the less tender cuts of game meat may be soaked in a marinade. A marinade is a liquid which can tenderize and cover up "gamey" flavors. Cover the meat with one of the following:

1. Mixture of 2 cups vinegar or lime juice, 2 cups water, and ¼ cup sugar or honey.
2. French or Italian dressing.
3. Barbeque sauce or tomato juice, sauce, or soup.
4. Milk or buttermilk.
5. Mixture of garlic, soy sauce, and steak sauce.

Place marinating game meat in the refrigerator for several hours or overnight. Cook as desired.

Throw away extra marinade—do NOT reuse!

Herbs or spices of your choice can be added to any marinade. Parsley, rosemary, thyme, sage, or basil are all good with wild game meat. A package of dry onion soup mix can reduce the "gamey" flavor of roasts.



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Wild Game Chili

Yield: 4 Servings | Serving Size: 1 1/2 Cups

- 2 teaspoons oil
- 1 pound ground elk, venison, or antelope
- 1 small onion, chopped
- 1-15 ounce can tomatoes (fire roasted, if desired)
- 1 cup tomato sauce
- 2 cups cooked kidney beans (or 1-15 ounce can kidney beans, drained and well-rinsed)
- 1 teaspoon chili powder (or more)
- 1 teaspoon cumin (or more)
- ½ teaspoon red pepper flakes
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ½ teaspoon pepper

1. Heat oil in a skillet over medium heat; add wild game to brown.
2. Add onion and cook until softened; about 5 minutes.
3. Add tomatoes, tomato sauce, beans, and spices.
4. Simmer 1 hour for flavors to meld.
5. Serve warm with whole grain rolls and a tossed green salad.

Nutrition Facts	
4 servings per container	
Serving size	1.5 cups (392g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 490mg	21%
Total Carbohydrate 31g	11%
Dietary Fiber 8g	29%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 7mg	40%
Potassium 961mg	20%

*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.



For additional wild game recipes such as **Elk Steak with Spaghetti Squash** or **Wild Game Soup**, head over to our website at <https://buyeatlivebetter.org/recipes.html>

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