



Venison Stir-Fry with Rice

Serves 4 or more

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|---------------------------|------------------------------|--------------------------------|
| 2 cups water | 1 tablespoon cornstarch | 2 stalks celery, chopped |
| ¼ teaspoon salt | 4 slices fresh ginger (or 1 | 2 cups bok choy or cabbage |
| 1 cup brown or white rice | tsp ground, more if desired) | 1 lb. venison, cut into strips |
| ¼ cup soy sauce | 2 tablespoons oil | 4 scallions, thinly sliced |
| 3 tablespoons brown sugar | 2 carrots, chopped | 2 cloves garlic, minced |

Optional: Try other vegetables, such as sweet peppers, peas, summer squash, zucchini, onions, mushrooms, broccoli, cauliflower, etc.

1. In a medium saucepan over high heat, bring water and salt to a boil. Add the rice, cover and reduce heat to low. Cook the rice until done, about 15 – 20 minutes (longer for brown rice).
2. In a small bowl, stir together the soy sauce, brown sugar, cornstarch, ginger and garlic.
3. In a large skillet, heat the oil until sizzling. Cook venison, remove and set aside. Cook carrots, celery and onion for 3-4 minutes. Stir in the bok choy and stir 1 minute longer.
4. Stir in the soy mixture and bring to a boil. Simmer just until thickened and the vegetables are cooked, add cooked venison and warm through. Sprinkle with the scallions and serve.

| Nutrition Facts | |
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| Serving Size (142g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 140 | Calories from Fat 40 |
| % Daily Value* | |
| Total Fat 4.5g | 7% |
| Saturated Fat 1g | 4% |
| Cholesterol 40mg | 13% |
| Sodium 100mg | 4% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 3g | 10% |
| Sugars 3g | |
| Protein 13g | |
| Vitamin A 160% | Vitamin C 50% |
| Calcium 6% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |