



# Venison Vegetable Soup

Makes 12 one cup servings



- 1 pound ground venison or stew meat
- 4 carrots, sliced
- 3 onions, chopped
- 3 stalks celery, chopped
- 7 cups water
- 1 (15 oz.) can stewed tomatoes
- 1/3 cup long grain rice, noodles, or barley
- Salt and pepper to taste
- 1 beef bouillon cube

**Optional:** Add any vegetables you want.

In Dutch oven cook meat, carrots, onion and celery until meat is brown. Drain off fat, stir in water, undrained tomatoes, barley, rice, bouillon cube, salt and pepper. Bring to a boil, reduce heat and cover, simmer 30 minutes or until barley and rice are tender.

<b>Nutrition Facts</b>	
Serving Size (285g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 120</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 30mg</b>	<b>11%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 5g	
<b>Protein 11g</b>	
<b>Vitamin A 90%</b>	<b>• Vitamin C 15%</b>
<b>Calcium 4%</b>	<b>• Iron 10%</b>
*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	