

Venison Chili

This delicious chili recipe is from Kathy Kinsman, who is the Resident Care Coordinator at the Senior Life Center. Her family always has plenty of venison in the freezer, and this is one of her favorite ways to use it! Venison is low in fat, and is combined with ground beef in this recipe. Feel free to use all ground beef if you aren't lucky enough to have any venison!

1 pound ground venison
1 pound lean ground beef
1 large onion, diced (1 to 1 ½ cups)
2-3 cloves garlic, minced
2 quarts canned tomatoes, (buy 2 cans, 29 oz. each for an equivalent amount)
1 tablespoon vegetable oil
2 teaspoons Worcestershire sauce
1 teaspoon salt
Freshly ground black pepper to taste
1 bay leaf
1-2 tablespoons chili powder, or to taste (Try Kathy's Homemade Chili Seasoning)

Method: Heat vegetable oil in Dutch oven or heavy pot over medium heat. Add diced onion and garlic, and cook and stir until onion is softened. Add venison and ground beef, Worcestershire sauce, salt and pepper. Brown meat and drain. Add tomatoes (undrained), bay leaf and 1 tablespoon chili powder. Simmer to blend flavors, taste and add more chili powder if desired. Remove bay leaf before serving. Makes approx. 8 servings. Nutrition Information per serving: 240 calories, 9 gm fat, 3 gm sat. fat, 80 mg. cholesterol, 730 mg. sodium, 14 gm carbs, 4 gm fiber, and 26 gm protein. Kathy says you can also add kidney beans if you like, or pasta, or whatever your family prefers! You can also serve it over rice. Suggested toppings are any (or all) of the following: sour cream, shredded cheese, sliced green onions, crumbled corn chips.

Kathy's Homemade Chili Seasoning

3-4 dried Guajillo chili peppers, seeds and stems removed
2 teaspoons granulated garlic
1 teaspoon black peppercorns
½ teaspoon coarse salt, such as kosher salt
2 teaspoons dried oregano
1 tablespoon cumin seeds
2 teaspoons dried onion flakes

Method: Combine all of these in a spice grinder or coffee grinder which has been cleaned. Grind until fine. We used this entire amount for the batch of chili above. If not using right away, store in a cool dry place.

Curried Broccoli and Potato Soup

Short of time? Start with some canned soup and create this unique, healthy, colorful, and delicious soup!

1 cup chopped onion
1 clove garlic, minced
1 tablespoon olive oil
1 can (10 ½ oz.) condensed reduced-fat cream of celery soup
2 cups skim milk
2 ½ cups scrubbed, diced red skin potatoes (leave the skin on for best nutrition)
2 medium carrots, peeled and sliced
1 to 2 teaspoons curry powder, or to taste
¼ teaspoon pepper
¼ teaspoon ground cumin
2 cups fresh broccoli florets cut in bite size pieces

Method: In a large saucepan, cook the onion and garlic in olive oil over medium heat until onions are tender, but not brown. Stir in the can of celery soup and stir to combine. Add milk and stir until bubbly, add the potatoes, carrots, curry powder, pepper and cumin. Bring to a simmer and reduce heat. Cover and simmer for about 10 minutes. Add broccoli, cover and simmer 10 minutes more, or until all vegetables are tender. Recipe from Better Homes and Gardens. Makes 4 servings: Per serving: 236 calories, 420 mg. sodium, 42 gm carbohydrates, 5 gm total fat, 1 gm saturated fat, 6 gm fiber, and 9 grams protein.

Lentil Soup

Lentils are a flat legume, which is high in fiber. Unlike other beans, which require soaking and precooking, lentils cook quickly, in about 45 minutes. Lentils are a good source of protein, fiber, folate, magnesium, and iron.

3 tablespoons olive oil
3 medium carrots, peeled and diced
3 medium celery ribs, diced
1 large onion, diced
3 garlic cloves, minced
2 cups lean diced ham
2 cups dried lentils, rinsed and picked over to remove foreign material or damaged lentils
1 can (14 ½ oz) diced tomatoes, undrained
1 teaspoon dried thyme
8 cups water
1 ½ teaspoons balsamic vinegar
1 teaspoon salt
½ to 1 teaspoon ground black pepper, or to taste

Method: In a large soup pot over medium heat, heat olive oil and add the carrots, celery, onion, garlic and cook 5-10 minutes or until vegetables are tender but not brown. Stir in ham, lentils, canned tomatoes, thyme and water. Simmer about 45-60 minutes or until the lentils are tender. Stir in the balsamic vinegar, salt and pepper. Recipe from Joy of Cooking. Makes about 12 cups. Nutrition Info per one cup serving: 210 calories, 6 gm fat, 1.5 gm sat. fat, 300 mg. sodium, 24 gm carbs, 9 gm dietary fiber and 15 gm protein. This amount also provides 60% of daily Vitamin A, and 20% of daily Iron.