



WILD. NATURAL. SUSTAINABLE.

Venison Stew with Pumpkin

• Prep Time: 2 hours 20 minutes • Yields: 2-4 servings

Ingredients:

1 pkg. Fossil Farms' Venison Stew Meat, 1 lb.

2 onions, chopped

1 tbsp. olive oil

kosher salt and pepper, to taste

1 cup fresh crushed tomatoes

2 ½ cups chicken broth

¼ cup red wine

1 tsp. dried oregano

2 cloves garlic, chopped

1 sprig fresh thyme

1 bay leaf

4 cups cubed pumpkin, acorn or butternut squash, peeled and cut in 1-inch cubes

2 large carrots, peeled & chopped

1 cup celery, chopped

Equipment:

Stove

Measuring cups & spoons

Large pot or Dutch oven

Cutting board

Knives

Large ladle

Serving bowls

Method:

1. In a large pot or Dutch oven, saute the onion in oil on medium heat until soft, about 5 minutes.
2. Add the garlic, and cook 1 minute, until fragrant.
3. Add Venison stew meat and 1 teaspoon salt, brown 5 to 7 minutes. Add the fresh crushed tomatoes, cook 1 minute.
4. Add remaining ingredients except pumpkin, cover and cook on low heat until the meat is tender, about 1 ½ hours.
5. Add the pumpkin (or squash) and cook an additional 30 to 35 minutes, until pumpkin is tender.
6. Taste for salt and adjust as needed, discard bay leaves and thyme springs.
7. Use large ladle to serve the soup and enjoy.

