



# A nutrition Fact Sheet



## Wild Game

Have a hunter in your family? Been gifted some game meat? Using wild game can save you dollars on your grocery bill as well as add variety and nutrition to your meals.

### 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.
- 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 cut. 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: 1½ cups

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

1. Brown meat in hot oil in skillet.
2. Add onion and cook until browned. Add tomatoes, tomato sauce, beans, and spices.
3. Simmer 1 hour for flavors to meld.

## Elk Pot Pie with Herb Biscuits

Yield: 4 servings • Serving size: 1 biscuit and 1 cup pot pie

### Pot Pie:

- ¾ pound elk steak, cut into small cubes
- ¼ cup whole wheat flour
- 2¼ cups low sodium beef broth
- 2 cups frozen mixed vegetables
- 1½ Tablespoons dried thyme
- 1½ teaspoons dried rosemary
- 2 Tablespoons fresh parsley, chopped

### Biscuits:

- 1 cup whole wheat flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 Tablespoon dried thyme
- 2 teaspoons dried rosemary
- 2 Tablespoon COLD unsalted butter, cut into small cubes
- ½ cup nonfat milk

1. Preheat oven to 350° F.
2. Heat olive oil over medium heat in oven safe sauté pan. Toss meat with flour, add to pan, and cook until brown, about 10 minutes.
3. Add broth, thyme, and rosemary, and simmer until liquid has reduced by half.
4. Stir in vegetables, return to a simmer, and put into oven for 25 minutes.
5. While pot pie is in oven, combine first five ingredients for biscuits in a bowl. Add butter and cut into flour mixture using a fork. Add milk. Stir just until dough comes together and forms a ball. Turn out onto counter, pat down to ½ inch and cut into four biscuits. Bake in oven for 12-14 minutes until golden brown.
6. Once pot pie and biscuits have been removed from the oven, serve one cup of pot pie over a biscuit and enjoy!

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1.5 cups (392g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 biscuit and 1 cup pot pie (368g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>400</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 570mg	<b>25%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 36g	
Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 9mg	50%
Potassium 651mg	15%

\*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.

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