

Deer Soup

DESCRIPTIONS

Some parts of a deer are just too tough for the “fast and hot” method of cooking. Cuts from the shoulder, neck and shanks are best suited to stewing and braising.

6 - 8 servings

2 1/2-3 pounds venison stew meat, trimmed and cut into 1 inch cubes and seasoned with salt and freshly ground pepper
2 tablespoons vegetable oil
1 yellow onion, coarsely chopped
6 garlic cloves, minced
2 quarts beef broth
1/2 cup dry red wine
2 cups diced tomatoes, fresh or canned
2 bay leaves
1/2 teaspoon each oregano leaves and dried basil
1 cup carrots, diced
1 cup celery, diced
1 1/2 cups canned kidney beans
1 cup canned garbanzo beans
1 1/2 cup elbow macaroni
salt and pepper
grated Parmesan cheese

INSTRUCTIONS

Heat oil in a large stockpot and add venison, cooking until evenly browned. Add onion and garlic and cook for a few minutes more.

Add next 5 ingredients, bring to a boil, then reduce heat to low. Cover and simmer until meat begins to break apart easily. Add carrots, celery and beans. Cook 10 minutes. Add pasta and cook until al dente, about 10 minutes. Serve in bowls and top with Parmesan cheese.