

Venison Steak, Italian Style

Ingredients:

- 4 venison steaks
- ½ medium onion, sliced
- 1 green pepper, cut into strips
- 1 15-oz. can chopped tomatoes
- Dash of garlic powder (optional)
- Dash of oregano (optional)
- Salt and pepper to taste

Featured in: FN 124
“Wild Side of the Menu No. 1
Care and Cookery”
www.ag.ndsu.edu/pubs

Directions:

- Dredge steaks in flour. Fry in skillet with sliced onion until brown. Add strips of green pepper and tomatoes. Season with salt and pepper. Add garlic powder and/or oregano if desired. Simmer ½ to 1 hour. Serve on rice.

Makes 4 servings. Per serving: 267 calories, 8.6 grams (g) fat and 19 g carbohydrate

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SERVICE