



# recipe card

2026

NAME OF DISH

Pg 1 of 2

## Venison Vegetable Soup

CATEGORY

Venison (deer)

PREP TIME

15-20 mins

COOK TIME

Overnight + 10-12 hours

INGREDIENTS

- Venison shank (2lbs)
- Olive Oil (enough to sauté vegetables)
- 1 Cup Diced Yellow Onion
- 1 Cup Sliced Celery
- 1 Cup Sliced Carrots
- 1 Tbsp Minced Garlic
- 1.5 tsp Italian Seasoning
- 1 tsp Salt
- ¼ tsp Pepper
- 2 Tbsp Tomato Paste
- 28 oz Diced Tomatoes, Canned w/ Juice

INGREDIENTS CONT.

- Venison shank (2lbs)
- 2 Cups Diced Yukon Gold Potatoes
- 64 oz Chicken Broth
- 1 Cup Sliced Zucchini
- 1 Cup Fresh Cut Green Beans
- 1 Can Corn

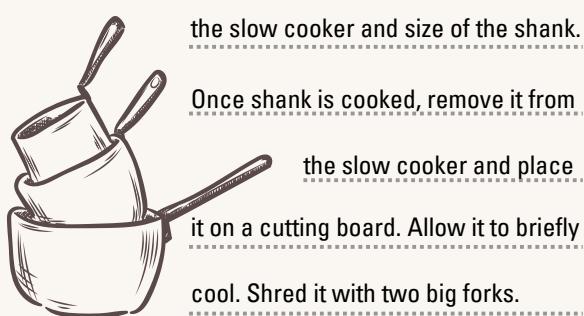
### directions

• **Marinade the Venison.** Using your favorite marinade, marinate for at least 6 hours (overnight recommended).

• **Cook the Venison.** Cook the venison on low in slow cooker until you can easily shred it apart with a fork.

This usually takes around 10 -12 hours depending on

the slow cooker and size of the shank.



Once shank is cooked, remove it from

the slow cooker and place it on a cutting board. Allow it to briefly cool. Shred it with two big forks.

### notes

A common mistake people make is not cooking the shank long enough. Often, if your shank is still tough, it needs more time to cook. Allow it to cook until it falls apart with a fork.

Original Author: Dylan Eimer

cont. on next page



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### directions cont.

- **Sauté Aromatics.** Add olive oil to a large soup pot or Dutch oven. Once hot, add onion, celery, & carrots.

Sauté and cook until the vegetables are lightly browned. Add the garlic, Italian seasoning, salt, and pepper and sauté for about 30 seconds – only until fragrant as you don't want to burn the garlic. Add the tomato paste, stir and cook for 1 minute.

- **Simmer the Soup.** Add the diced tomatoes, potatoes, and chicken broth to the pot. Bring the broth to a boil, then cover the pot and allow it to simmer on low for 10 minutes.

• **Cook Vegetables.** Add zucchini, green beans, and corn and stir. Bring the broth to another simmer and cook 4 to 5 minutes – until Zucchini is tender.

- **Add Venison.** Add shredded venison to the soup and stir. Allow to simmer for another 5 minutes or until potatoes are tender.

### notes

Noodles can be used instead of potatoes if desired. If using noodles, you do not need to allow the 10 minute simmer in step 4, but rather add the noodles in during step 5 and allow them to simmer with the vegetables so they don't cook too long and fall apart. Then stir in the venison and serve.

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Add additional seasonings if necessary and serve.

**Serve and Enjoy!**

