



recipe card

2026

NAME OF DISH

Bell Peppers & Elk

CATEGORY

Elk

PREP TIME

15-20 mins

COOK TIME

20-30 mins

INGREDIENTS

- 3lbs ground elk meat (or venison)
- Knob of ginger, minced
- 3-4 Cloves garlic, minced
- Sesame oil
- ½ Cup soy sauce (divided)
- Sesame seeds
- 2 large green bell peppers
- 5-7oz Shiitake mushrooms
- 2 White onions
- Jasmine rice (cooked)

notes

Serve in bowl over rice garnish with sesame seeds.

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directions

- Slice bell peppers, mushrooms and onions into strips. Mince garlic and ginger.
- Heat large wok (large skillet works just as well)
- Pour 1 Tbsp of sesame oil in pan. Sauté ginger and garlic (Careful Not To Burn Or Over Cook!)
- Add mushrooms and onions and bell peppers, stir together until soft. Add 1/4 cup of soy sauce and toss.

Remove vegetables and set aside.

- Add ground elk to reheated pan. Season meat with 1/2 Tbsp of salt and 1 Tbsp course ground pepper.

Once meat is cooked stir in ¼ cup soy sauce.

- When meat is done cooking add vegetables back in pan and combine with the meat.

• Serve in bowl over rice garnish with sesame seeds.

