

Ground Venison & Red Pepper Soup



Ingredients

- 1 lb. ground venison
- 2 tbsp. olive oil, divided
- 2 tsp. kosher salt
- 1 tbsp. smoked paprika
- 2 tsp. dried rosemary leaves (use 1 tsp. if ground)
- 1 medium yellow onion, diced
- 4 cloves of garlic, minced or smashed in a mortar and pestle
- 6-8 cups of chicken stock*
- 2 roasted red peppers, sliced into strips*
- 2 cups of torn kale or other hardy greens, loosely packed
- 1 cup Israeli couscous, orzo pasta, brown rice, diced potatoes, or pre-cooked chickpeas

Info

- **Prep:** 15
- **Cook:** 20
- **Serves:** 4-6
- [Source](#)

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Directions

1. Heat a large pot or Dutch oven over medium-high heat. Add roughly a tablespoon of olive oil to the pot, or enough to coat it in a thin layer. Once the oil shimmers, add the ground venison and brown. Sprinkle in the salt, paprika, and rosemary, and stir to combine. Remove the venison and set aside.
2. Add another tablespoon of oil if needed and sauté the diced onion until brown and soft, 3 to 5 minutes. Add the minced garlic and cook an additional minute, or until fragrant.

3. Deglaze the pan with chicken stock (see note below). Return the venison and add the strips of red peppers. Simmer for 10 to 15 minutes to reduce the liquid and intensify flavors.
4. Add the pasta or beans and kale to the pot. Cook for an additional 10 to 15 minutes, or until tender.
5. Taste and season with extra salt or black pepper if desired. Serve hot.

wild game, hunting, venison, ground beef, ground meat, sausage, soup, easy, stock, red pepper, pepper, rosemary, kale, greens, mustard greens, smoked paprika, couscous, orzo, potatoes, chickpeas

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