

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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Hunting for Lean Protein- Tips & Tricks for Game Meat

Hunting season is upon us in Wyoming. For those who enjoy game meat, or even if you are new to it, you may be seeing it in your local food pantries. This is thanks to generous hunters and our continued collaboration with the Wyoming Hunger Initiative on a program called Food from the Field. Food from the Field connects donated game meat from hunters to food pantries around the state.

Wild game includes the meat from animals like deer, antelope, elk, and moose. Game is an excellent source of lean protein, generally low in saturated fat, and is a great source of B-vitamins and iron. It can be used like meat you would find in grocery stores, with a few adjustments.

Game meat tends to be less tender and less fatty than meat such as beef. Knowing some tricks for cooking it can enhance the flavor and

texture for a tasty, lean protein choice.

Some easy methods for cooking game meat include:

- Simmering in a small amount of liquid, like broth, which can also make it more tender.
- Adding an additional fat source, such as oil, or butter, or cooking it with bacon.
- Tenderizing meat, such as grinding meat to be used like ground beef or pounding meat flat.
- Cook whole cuts, like steaks or roasts, to 145°F and ground game meat to 165°F.
- Avoid cooking game at temperatures above 375°F. Low and slow is best.

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Game Meat, continued

Game meat has a different flavor than meats found at the grocery store. If you are new to game meat, or haven't enjoyed it in the past, try seasoning it. The CNP Seasoning mixes can be a great place to start, or try garlic, sage or rosemary. Marinades like fruit juice, tomato sauce, vinegar, or adding the meat to chili are also excellent ways to enhance the game meat flavor.

For more information on cooking wild game meat, or if you are interested in recipes, contact your local CNP county educator (<https://uwyocnp.org/welcome/meet-your-educator/>).

Source

Biermaier, Roselyn. Wild Game: The Other Red Meat. Appetite for Knowledge. Uwyoextension.org. 2011. Retrieved September 30, 2021 from <https://uwyoextension.org/uwnutrition/newsletters/wild-game/>

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Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and depending on the county, in-person. Find out more at: <https://uwyocnp.org/cnp-online-classes/>.



Spooky Game Meat Stuffed Peppers

Ingredients

- 3 large green bell peppers
- 1 ½ cups brown rice
- 1 cup CNP (Game) Meat Sauce*
- 1 8-ounce can tomato sauce
- 1 Tablespoon CNP Mexican Seasoning
- 1 4-ounce can black olives
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook brown rice and set aside.
3. Preheat oven to 350°F. Spray a baking sheet (any size) with nonstick spray.
4. Wash peppers. Cut off tops and scoop out seeds. To help them stand up, take a small slice off of the bottom. Chop the top and bottom parts, then set aside. Drain and chop olives. For a festive twist, cut out two eyes and a mouth from one side of each pepper, like a jack-o-lantern.
5. Combine cooked rice, CNP Meat Sauce, seasonings, and olives. Add chopped pepper.
6. Fill peppers with rice mixture. Place in 9x13-inch dish.
7. Cover with foil and bake at 350°F for 45 minutes. The peppers will change to a deeper green color while cooking.

*CNP Meat Sauce can be made with any ground meat, including game meat.

Makes 6 servings



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