



## Game Meat Vegetable Soup

Makes 8 servings | **Vegetables** • **Protein**

### Ingredients

- 4½ cups low-sodium chicken, beef, or vegetable broth
- ½ cup onion, diced
- 2-3 teaspoons Italian seasoning
- 1 bay leaf
- ¼ teaspoon black pepper
- 10-ounce package frozen mixed vegetables, or 2 cups canned mixed vegetables
- 15-ounce can diced tomatoes
- ¾ pound cooked game meat, cut into cubes or ground
- Salt to taste

### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large saucepan, mix together broth, onion, Italian seasoning, bay leaf, and black pepper. Heat.
3. Stir in mixed vegetables and cooked meat, but not tomatoes.
4. Bring to a boil. Reduce heat, cover, and simmer for 6-8 minutes or until vegetables are tender crisp. Remove bay leaf and throw away.
5. Stir in tomatoes. Heat through.
6. Add salt to taste, if desired. Serve warm.

### Variation

**Add Grains-** Add 2 cups cooked macaroni noodles with step 4.

**Swap the Meat-** Swap the cooked game meat for 8-10 patties (1.5 ounce patties), thawed and diced. Or, use turkey, hamburger, ground chicken or pork instead of game meat.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>



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