

Slow Cooker Venison Stroganoff Meal



Dairy Free



Popular

READY IN



270 min.

SERVINGS



4

CALORIES



746 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 16 ounce extra wide egg noodles uncooked
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon salt

- ☐ 1 pound venison stew meat
- ☐ 1 cup water

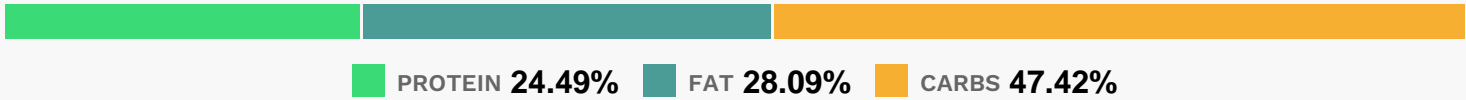
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Heat the olive oil in a large skillet over medium-high heat. Toss the cubed venison with salt, pepper, garlic powder, and onion powder. Cook the venison in the hot oil until browned on all sides, about 8 minutes. Once browned, remove from the skillet and place into a slow cooker, leaving the remaining oil in the skillet.
- ☐ Reduce the heat to medium-low, and stir the flour into the remaining olive oil. Cook and stir until the flour has turned golden brown, about 5 minutes. Stir in the water and bring to a simmer, then pour into the slow cooker along with the cream of mushroom soup. Cover, and cook on Low for 4 hours, or until the venison is tender.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the egg noodles, and cook until al dente, 8 to 10 minutes; drain. Spoon the Stroganoff over the egg noodles to serve.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:35.03, Inflammation Score:-5, Nutrition Score:28.443043352469%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 745.77kcal (37.29%), Fat: 23.03g (35.44%), Saturated Fat: 5.64g (35.26%), Carbohydrates: 87.47g (29.16%), Net Carbohydrates: 83.26g (30.28%), Sugar: 2.19g (2.44%), Cholesterol: 169.37mg (56.46%), Sodium:

1212.99mg (52.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.18g (90.36%), Selenium: 121.68µg (173.83%), Manganese: 1.31mg (65.29%), Phosphorus: 546.72mg (54.67%), Vitamin B3: 10.85mg (54.27%), Zinc: 7.8mg (52.01%), Vitamin B6: 1.03mg (51.71%), Vitamin B12: 2.55µg (42.48%), Copper: 0.63mg (31.33%), Iron: 5.29mg (29.36%), Magnesium: 101.34mg (25.33%), Potassium: 782.13mg (22.35%), Vitamin B1: 0.33mg (22.29%), Vitamin B2: 0.34mg (20.05%), Vitamin B5: 1.7mg (16.98%), Fiber: 4.22g (16.86%), Vitamin E: 2.28mg (15.23%), Folate: 57.15µg (14.29%), Vitamin K: 9.1µg (8.66%), Calcium: 71.53mg (7.15%), Vitamin D: 0.34µg (2.27%), Vitamin A: 73.04IU (1.46%)