



A Nutrition Resource

# WILD GAME SOUP

**Yield: 8 Servings | Serving Size: 1.5 cups**

## Ingredients:

- 1/2 cup uncooked wild rice, rinsed
- 2 cups water for cooking wild rice
- 1 lb. ground bison, or other wild game
- 2 Tablespoons olive oil or canola oil
- 1 medium onion, diced
- 3 large carrots, sliced 1/2 inch thick
- 2 cups mushrooms, sliced 1/2 inch thick
- 1 Tablespoon oregano, dried
- 1 Tablespoon ground sage, dried
- 1 - 15 oz can hominy, drained and rinsed
- 6 cups low sodium vegetable broth
- Black pepper to taste

## Directions:

- 1) In a medium saucepan, bring 2 cups of water to a boil. Add wild rice, stir and cover, and simmer on low for 40 minutes. Strain off any remaining liquid when finished cooking and set aside.
- 2) Meanwhile, brown the ground wild game in a pan over medium heat until fully cooked. Transfer to a plate lined with paper towels to drain excess fat and set aside.
- 3) In a large pot, heat the olive oil over medium heat then add the onion and carrots and cook for about 8-10 minutes.
- 4) Add the mushrooms, stir and cook for another 2-3 minutes.
- 5) Add the dried herbs, pepper to taste, and hominy. Stir well and let cook for about one minute.

## Nutrition Facts

8 servings per container  
Serving size **1.5 cups (361g)**

Amount per serving

**Calories** **230**

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 4g **20%**

Trans Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 350mg **15%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 14g

Vitamin D 0mcg **0%**

Calcium 54mg **4%**

Iron 3mg **15%**

Potassium 416mg **8%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 6) Add the broth, meat, and cooked wild rice. Stir well and increase the heat to medium high. Once simmering, reduce the heat to medium low, cover and let simmer until the carrots are soft, about 5 minutes. Serve hot and enjoy!

#### Variations:

- Canned or frozen vegetables can be used in place of fresh - simply skip steps 3-5 and continue as follows: Heat oil in a large pot over medium heat. Add meat, hominy, and dried herbs and cook until herbs are fragrant, about 1 minute. Add broth, cooked wild rice, and vegetables (drained and rinsed if canned). Stir well and simmer for 15-20 minutes.
- Use corn to replace hominy. Brown rice or barley can replace the wild rice. Cubed butternut squash can replace carrots. Mushrooms can be replaced with canned beans that have been drained and rinsed.
- Stir in canned sweet potato puree to thicken soup.

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