

Venison Soup

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

PER SERVING:

Calories: 180

Protein: 18g

Carbs: 8.3g

Fiber: 2.5g

Net Carbs: 5.8g

Fat: 8.38

(41% Protein, 42% Fat, 17% Carbs)

INGREDIENTS

6 tbsp avocado or olive oil

1-1/2 cup chopped onion

10 cloves garlic, minced

3 lb ground venison

1 28-oz canned, chopped tomatoes

4 cups chopped fresh tomatoes

8 cups beef stock

1 medium rutabaga, peeled and cubed

4 cups sliced green beans

10 stalks celery, sliced on the diagonal

2 tsp dried basil

4 tbsp dried parsley

3 tsp salt

freshly ground pepper

DIRECTIONS

In a large stock pot over medium/low heat add the oil. When oil is hot, add the onion and garlic and cook until onions become translucent. Stir from time to time to avoid scorching the garlic. Onions should be ready after 8 to 10 minutes.

Add the ground venison and brown until the meat is no longer pink.

Add remaining ingredients, bring to boil over high heat, then simmer on very low for 1-1/2 hours or until rutabaga is tender.

As with most soups, this one tastes even better when it's had time for all of the flavors to blend. It's very hearty and sticks to your ribs for a long time. A great take-to-work lunch in a thermos.

Try it with a little Parmesan on top.

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