

Venison Stew Recipe

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Makes 12 servings, 1-1/2 cups each

Per Serving:

Calories: 383

Protein: 58g

Carbs: 9g

Fat: 10.5g

Fiber: 2.75g

Net Carbs: 6.25g

(65% Protein, 25% Fat, 9% Carbs, 2% Alcohol)

INGREDIENTS

5 lbs venison stewing meat, cut into 1-inch cubes

4 tbsp bacon fat

1 cup chopped onion

4 cloves minced garlic

1 medium fennel bulb, coarsely chopped (about 2 cups)

1/2 cup dry red wine

4 cups water

1 medium rutabaga, cubed in 1-inch pieces

1/4 chopped wild garlic stems (optional)

1 tsp sea salt

1 tsp freshly ground black pepper

1/2 tbsp Herbes de Provence

DIRECTIONS

Over medium-high heat, melt the bacon fat and in small batches brown the venison. Make sure the meat is quite browned and dark. Transfer to a large pot.

Over medium heat fry the onion, garlic and fennel in the same pan with what's left of the bacon fat. About 10 minutes or so. Add to pot.

Deglaze the pan and loosen the browned bits with the red wine. Add to pot.

Add 4 cups of water to the pot and toss in the rutabaga, wild garlic stems if using and salt, pepper and Herbes de Provence.

Bring to boil then turn on low, simmer covered for 2 hours. Your whole house will smell yummy!

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