

## Venison Roast

A venison roast can provide a hearty fall/winter meal that is low fat and relatively quick and easy to prepare. It makes a great pot luck dish and leftovers can be made into an equally substantial stew.

Cooking options depend on available time – a cast iron Dutch oven or hefty pot will work great, but the easiest way is to use a crock pot.

- Brown a 1 to 2 pound roast or miscellaneous pieces of venison in a cast iron skillet with a small amount of olive oil.
- Once all sides of the meat have been browned, remove and place in a crock pot.
- Run a small amount of water (approx. 1/2 cup) in the skillet and scrape the pan. Pour scrapings and liquid over the roast in the crock pot.
- Add 3-4 cloves of garlic depending on taste.
- Add 1 or 2 bay leaves.
- Allow the meat to cook on its own for 2-3 hours at the low setting in the crockpot.
- Traditional vegetables include potatoes, carrots and onions, but you can use just about anything you like, taking into consideration their relative cooking time.
- Cut 3-4 medium sized potatoes into 1-1 1/2 inch chunks (OK to leave skins on if you like)
- Cut 3-4 peeled carrots into 1/2 to 3/4 inch chunks.
- Whole baby carrots work fine also.
- Peel and skin 2 or 3 medium size onions. Cut into 6 to 8 wedges.
- Add vegetables and allow all to cook together with meat another 4 to 5 hours.
- Add salt and pepper to taste.
- Be careful to not overcook vegetables as they will turn to mush.
- To enhance flavor you might also add one of the following: 3/4 cup red wine, 1/2 bottle dark beer, Worcester sauce, steak sauce or barbecue sauce.
- Serve with a green salad and hearty multi-grain bread for a perfect winter recovery meal.