

Venison Cacciatore

3 lbs. Venison Sirloin, cut into 2" pieces

½ C. Flour + Salt + Pepper

2 T. Olive oil

1 Lg onion, chopped

1 large green bell pepper, thinly sliced

1 clove garlic, minced

1/2 cup dry white wine

1 28 oz can whole or ground Tomatoes

1 tablespoon fresh oregano or 1 t. dry

½ C. Fresh Italian Parsley or 1 T. dry

1/2 teaspoon salt

1/4 teaspoon pepper

- 1. Dredge meat in seasoned flour. Add meat to a hot skillet with oil until browned on all sides. Remove from pan.**
- 2. Saute Onions, Peppers in med-high skillet until tender but not brown. Add Garlic for 1-2 min. on med heat.**
- 3. Add wine , if using. Simmer 3 min. Add Tomatoes (hand crushed), Herbs and Seasoning.**
- 4. Bring to a boil, turning heat down immediately. Simmer 20 - 30 minutes, uncovered, or until sauce has thickened & meat is tender.**

Serve on a bed of rice or over pasta.