



# VENISON

## ★ ★ Chili Mac ★ ★

Recipe by Chad McIntyre  
Photographed by Melissa McGaw



*Combine the results of a successful deer season with this easy recipe* and your hungry family will certainly walk away from the table satisfied. Whether you're looking for a quick-yet-filling dinner or something to warm up a cold afternoon, Chef Chad's Chili Mac is sure to please. Roughly 10 minutes of preparation and 30 minutes on the stove is all it takes to make this meal for eight. And non-hunters need not worry; simply substitute venison with either ground turkey or beef to complete the dish. "It's perfect for a winter's day," said Chef Chad McIntyre, who provides recipes for our new Wild & Tasty series. "It's an easy way to use what you have left in the freezer for a quick meal."

### VENISON CHILI MAC

(Serves 8)

#### INGREDIENTS

1 ½ pounds of ground venison  
1 tablespoon of oil  
2 tablespoons of flour  
1 tablespoon of chili powder  
½ teaspoon of garlic powder  
2 cans of kidney beans  
1 cup of frozen corn  
1 can of diced tomatoes  
1 can of tomato sauce  
2 ½ cups of chicken stock  
12 oz. box of macaroni noodles  
1 cup of shredded cheddar cheese

#### PREPARATION

To begin, add oil to a large cast iron pot and heat on medium high. Add the venison and brown it until cooked entirely through (about 7 to 10 minutes). Stir regularly and break the venison into similar sized pieces with a wooden spoon or heat-proof spatula to ensure it cooks evenly.

Add flour, chili powder and garlic powder. Stir for roughly 2 to 3 minutes or until the flour starts

to coat the bottom of the pan. Then add diced tomatoes, tomato sauce, chicken stock, kidney beans and corn. Stir for another 1 to 2 minutes to fully incorporate the flour into the mixture.

Add the uncooked macaroni noodles to the mixture and stir to combine. Place a lid on the pot and let the liquid come to a boil. Stir occasionally to loosen the noodles from the bottom of the pot as it heats up.

When the pot reaches a boil, turn heat to low (or just above low) so it continues to gently simmer for 12 to 15 minutes, or until the pasta is tender and the liquid is thick and saucy. Stir frequently as it simmers to make sure the pasta does not stick to the bottom of the pot.

Carefully taste-test a piece of pasta. If tender, add shredded cheese to the pot and stir in until it is melted.

If desired, and depending on your taste, potential garnishes include: avocado, chives, cilantro leaves, chopped green onion, jalapenos, parsley, scallions, sour cream or baked tortilla strips. We'd recommend selecting one or two garnishes — not all of them. Serve hot and enjoy.

Cooking Online: Tune in to the Wildlife Resources Commission's YouTube channel and Facebook page for our Wild & Tasty series and watch Chef Chad McIntyre in action making this recipe and others.