

# Excellent Venison Soup

Yield: 6 min  
Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-venison-stew-recipe>

## Ingredients:

- 2 pounds venison ground
- 1 onion chopped
- 1 parsnip sliced
- 3 potatoes cubed
- 3 carrots sliced
- 1/2 rutabagas peeled and cubed
- 16 ounces whole peeled tomatoes with liquid
- 3 cubes beef bouillon cube
- 3 cups water
- 1/2 head cabbage coarsely chopped
- 1 bay leaf
- 1/2 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 25 milligrams
4. Fat: 4.5 grams
5. Fiber: 7 grams
6. Protein: 37 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 760 milligrams
9. Sugar: 7 grams

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