



CAJUN VENISON DIRTY RICE

Ingredients

6 oz Lean ground venison
1/2 cup Low-sodium black beans
1/2 cup Instant brown and wild rice mix
1/3 cup Red onions
1/4 cup Diced red peppers
1 tbsp Minced garlic
1 tbsp Green onions

Seasonings

sea salt (pinch)
pepper
cumin
paprika

Directions

1. Set oven to 405 degrees.
2. Place a cast iron skillet on medium heat and lightly spray with coconut oil. Toss in red onions and garlic to sautee.
3. Season venison with sea salt (pinch), pepper, cumin, and paprika. Add to the skillet. Chop the meat finely with a spatula as it cooks.
4. When the meat is nearly 85 percent cooked, add black beans (with a little juice), cooked instant rice, and red peppers. Mix with a spatula.
5. Remove the skillet from the heat and place it in the oven.
6. Bake in the oven for 8-10 minutes. Remove it from the oven and top with green onions.

Nutrition Facts:

Calories: 473

Total Fat: 13 g

Total Carb: 39 g

Protein: 47 g