



Ashley's Meal Prep Monday!



Venison Cobbler

INGREDIENTS

1 pound ground venison
1 medium onion, chopped
8 ounces mushrooms, diced
1/2 cup vegan butter
1/2 cup GF flour
2 cups beef broth
1/2 cup almond milk
1 TBSP Worcester Sauce
1 TSP salt
1/4 TSP pepper
1 16 ounce package of frozen mixed vegetables

Topping:

Cornbread Mix - follow directions on package or use your own homemade cornbread recipe



Preheat oven to 375. In a cast iron skillet, brown the ground venison over medium heat. You may need to add a little oil to the pan depending on how lean the meat is. When the meat is about half cooked, add onion and mushrooms and continue to cook, stirring periodically to ensure everything cooks evenly.

Add butter to the mixture, stir until melted. Slowly add the flour, stirring so that it is absorbed as added. Once the flour is fully absorbed into the mixture, slowly add the broth, about half a cup at a time. Stir until the mixture is smooth. Add the milk, and reduce heat and simmer until the gravy begins to thicken. Add the veggies. Once everything is mixed, transfer the mixture to a 9x13 baking dish.

Prepare the corn muffin mix according to the directions on the package. Spread evenly over the top of the mixture. Cover with foil - you may want to spray it with non-stick spray. Bake half an hour with foil on. Remove foil and bake for another 15-20 minutes until the gravy is bubbling and the cornbread is golden brown.

Recipe: semiconservativegranolagirl.com

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