

Venison Quinoa Soup



PREP TIME
15 minutes

COOK TIME
45 minutes

READY IN
1 hour



SERVINGS
6-8

FOREST INGREDIENTS

Venison
Beach Asparagus
Labrador Tea

Ingredients

1 lb. ground venison
¾ cup diced onions
2 tsp. olive oil
8 cups water
2/3 cup quinoa
6 oz Gluten free pasta
2 cans diced tomatoes

Steps

- In a large skillet, sauté the ground venison and the diced onions in the olive oil, until onions are soft and venison is cooked through.
- In a large stock pot add the venison and onion mixture, and eight cups of water. Turn the stove on high.
- In a cheesecloth or a strainer ball, add the Labrador tea. This is for easy removal when the soup is done.
- Add the remaining ingredients and bring to a

FOREST FRESH ALASKA

1 cup diced kale
5 Labrador tea leaves
3/4 cup dried beach asparagus
1 Tbsp. Thyme
1 tsp. garlic salt
1 tsp. onion powder
1 Tbsp. Italian Seasoning
2 tsp. cumin
½ tsp. ground pepper

high boil.

- Turn the stove to low and simmer the soup for 25-30 minutes.
- Remove the Labrador tea leaves and serve.

Notes

You can increase the amount of kale you add to your soup depending on your preference. If I want my soup to have a little heat I add ½-1 tsp Berber seasoning or siracha.