

VENISON LETTUCE WRAPS



PREP TIME
15 minutes

COOK TIME
15 minutes

READY IN
30 minutes



SERVINGS
2 meals or 6 appetizers

FOREST INGREDIENTS
Wild Venison
Goose tongue greens

Ingredients

- 1 lb ground **venison**
- 1 Tbsp olive oil + ½ tsp olive oil
- 2 Tbsp ground ginger
- ½ tsp garlic powder
- 1 ½ cups shredded carrot
- ½ chopped bell pepper
- 3 Tbsp

Steps

- In a medium skillet over med-high heat, add olive oil, ground ginger, garlic powder and ground venison. Cook until the meat has browned.
- Add the coconut aminos, chopped bell pepper, and shredded carrots. Cover the skillet with a lid and cook on low for about 4-7 minutes, or until the carrots have softened slightly. Season with salt and pepper.
- While your filling is being cooked, remove lettuce from the stem, wash and dry.
- Dice up ½ cup of goose tongue greens and set

FOREST FRESH ALASKA

1 head of Butter Lettuce
3 Tsp Coconut Aminos
¼ cup chopped green onion
1 cup **goose tongue greens**
Salt & Pepper to taste

aside for a topping

- With the remaining ½ cup of goose tongue greens, sauté over medium high heat in a small frying pan with ½ tsp. olive oil and a little salt. Sauté goose tongue greens for about 2 minutes, or until the greens are wilted and slightly browned.
- Lettuce wraps ready to be assembled!

Notes

This recipe can be made with several variations, and those variations can be endless. Switch out the goose tongue greens for dried seaweed flakes, add sesame seeds, or use soy sauce instead of coconut aminos.