



Favourite Recipes from our Members

BOOM BOOM TRAIL VENISON STEW ON RICE

Serves: 6

Prep Time: 3 hours, 30 minutes

- 1 venison roast
- 1 T. allspice
- 2 bay leaves
- 1 lg. Onion, chopped
- 2 cups green pepper, chopped
- 1 1g. bottle of barbecue sauce
- 1 tsp. salt
- ½ tsp. Pepper

Parboil or pressure cook venison roast in allspice and bay leaves until tender. Chunk meat and remove bone. Place meat in crock pot or simmering pan along with remaining ingredients. Cook until vegetables are done and mixture thickens. Serve over rice as a plate dinner or on buns for sandwiches.