Venison Stroganoff

1 pound ground venison

1 tablespoon olive oil

1 teaspoon sea salt

1/2 teaspoon black pepper

13.25-ounce package whole grain rotini pasta

3 quarts boiling water

8-ounces light sour cream

14.5-ounce can green beans

Brown 1 pound ground venison in 1 tablespoon olive oil. Stir in 1 teaspoon sea salt and 1/2 teaspoon black pepper to season. Add 13.25-ounce package whole grain rotini pasta to 3 quarts boiling water. Boil for ten minutes, stirring occasionally. Drain water from whole grain rotini pasta. Add whole grain rotini pasta to 1 pound ground, browned venison. Stir in 8-ounces light sour cream to venison and pasta mixture. Stir in drained 14.5 ounce can of green beans. Simmer on low for five minutes. Yield 10 cup servings.

Hannah McShan

Grain

Nacogdoches

Junior