



SLOW COOKER APPLE-SCENTED VENISON ROAST

PREP TIME: 15 minutes • COOK TIME: 6 hours, 15 minutes • SERVINGS: 8

INGREDIENTS

- 1 tablespoon olive oil
- 3 pounds boneless venison roast
- 1 large apple, cored and quartered
- 2 small onions, sliced
- 4 cloves crushed garlic
- 1 cup boiling water
- 1 cube beef bullion

INSTRUCTIONS

Spread olive oil on the inside of a slow cooker. Place venison roast inside and cover with apple, onions and garlic. Turn to low and cook until the roast is tender, about 6 to 8 hours.

When the roast has cooked, remove it from slow cooker and place onto a serving platter. Discard the apple. Stir water and bouillon in the slow cooker until bouillon has dissolved. Serve this as a sauce with the roast.

NUTRITION INFORMATION

Each serving contains about 220 calories; 5.5 g fat; 35.2 g protein; 129 mg cholesterol; 120 mg sodium; 5.9 g carbohydrates.