



PREP INSTRUCTIONS

1. Wash all vegetables thoroughly.
2. All prepped vegetables should be finely chopped or diced.
3. Use fresh fruits and vegetables whenever possible, but if 1 or 2 items must be frozen make sure there are no added ingredients such as salt or sugar.
4. Remove seeds and stem from butternut Squash
5. The weight of the squash should be verified after it is cubed since a significant amount of can be lost during the preparation process.



COOKING INSTRUCTIONS: INSTANT POT (FOR HALF RECIPE)

1. Add venison and brussels sprouts to the instant pot. Use the "Sautee" setting at 3 min with the lid removed to begin browning the protein and stirring to break up larger chunks of meat. After 3 min turn off Instant Pot.
2. Add diced butternut squash, sweet potatoes and cranberries to the pot along with ½ cup of water. To avoid a "Burn Error", be sure to mix well and scrape the bottom of the pot after the addition of water.
3. Set Instant Pot to the "pressure cook" setting, "normal" heat at 10 min.
4. After the 10 min timer sounds, release pressure and check to see if ingredients are thoroughly cooked (soft to the touch).
5. Once all ingredients are cooked, allow food to cool.
6. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oils until fully incorporated.
7. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 4-6 days.



COOKING INSTRUCTIONS: SLOW COOKER (FOR HALF RECIPE)

1. Add venison, brussels sprouts, butternut squash, and sweet potatoes to the slow cooker along with 1 cup of water. Place setting to high heat for approximately 2.5 hours, occasionally stirring to break up ground venison and adding additional water in ½ cup increments if necessary.
2. Check to see if ingredients are cooking thoroughly (becoming soft to the touch).
3. Add cranberries and cook on low heat for ½ hour.
4. Once all ingredients are cooked allow food to cool.
5. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oils until fully incorporated.
6. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 4-6 days.