



Venison with Creamy Low-Carb Mushroom Gravy

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- 3 lbs. thawed venison, elk, stew meat, or beef roast
- 1/2 cup coconut oil
- 1/2 cup coconut flour
- 6 Tbsp. butter
- 2 Tbsp. fresh sage, chopped
- 1 lb. sliced mushrooms
- 2 celery ribs, chopped
- 1 onion, diced
- 1 cup heavy cream
- 4 cups vegetable or chicken broth
- 1 Tbsp. sea salt, or to taste (I like Redmond RealSalt)
- 1 tsp. pepper (or to taste)
- 1/2 tsp. glucomannan powder (or if not low-carb, arrowroot powder or corn starch)



Place coconut flour into a shallow dish or plate. Add 2 Tbsp. coconut oil to 12" frying pan on medium heat until oil shimmers. Coat both sides of wild game or stew meat or sliced beef roast in coconut flour; place coated meat into hot oil in frying pan for several minutes until both sides are browned. As meat finishes browning, remove from frying pan and place browned meat into large crockpot (4 quart or larger). You will probably need to add additional coconut oil with each pan of meat that you brown.

While meat browns in the frying pan, begin making **low carb mushroom gravy**: In a large 6-quart pot or dutch oven, heat butter over medium heat until it begins to brown and becomes fragrant, 3-4 minutes. Add chopped sage and cook for one additional minute. *(Turn down the heat if the butter begins to burn.)*

Add sliced mushrooms, diced onions, and chopped celery ribs, stirring well. Saute until mushrooms and vegetables are tender and lightly browned, 4-5 minutes. Pour broth into pot and bring to a simmer. Cook for an additional 4-5 minutes, letting flavors blend.

Transfer broth/vegetable mixture to food processor or blender. Caution: this is hot, so handle with care. Blend or puree broth and vegetables until smooth. Taste and add additional salt and pepper, if desired.

When all of the browned meat is placed into the crockpot, pour blended broth/vegetable gravy over meat. Cover and cook on low for 6 hours. Just before serving, sprinkle 1/2 tsp. glucomannan powder over gravy in crockpot; whisk well. Whisk in 1 cup heavy cream; add additional salt and pepper, if needed. Serve immediately in soup bowls, or over Dreamfields pasta or cauli-rice (recipe for cauliflower rice not provided).

