



## SPICED VENISON ROAST

### Serves 8

- ★ 5 pounds (2.25 kg) venison roast
- ★ 1 tbsp. (15 ml) cinnamon
- ★ 1 tbsp. (15 ml) ginger
- ★ 2 tbsp. (30 ml) sugar
- ★ 2 bay leaves
- ★ 1 tsp. (5 ml) salt
- ★ 1 tbsp. (15 ml) vinegar
- ★ 2 cups (500 ml) tomato juice
- ★ 2 onions, chopped
- ★ ½ tsp. (3 ml) pepper

Brown roast. Combine remaining ingredients and pour over roast. Cover and cook at 350°F (180°C) for 3 hours, or until done.