

Baked Pheasant in Gravy Recipe



Prep: 15 min. Bake: 45 min.

- Yield: 6 Servings

Ingredients

- 1/2 cup *all-purpose flour*
- 1/2 cup *packed brown sugar*
- 6 *pheasant or grouse breast halves*
- 3 tablespoons *butter*
- 1 can (10-3/4 ounces) *condensed cream of celery soup, undiluted*
- 1 to 1-1/3 cups *water*
- 1 cup *chicken broth*
- 1 can (2.8 ounces) *french-fried onions*
- *Mashed potatoes or hot cooked rice*

Directions

- In a large resealable plastic bag, combine flour and brown sugar; add pheasant pieces, one at a time, and shake to coat. In a large skillet over medium heat, brown pheasant on both sides in butter. Transfer to a greased 13-in. x 9-in. baking dish.
- Combine soup, water and broth until blended; pour over pheasant. Bake, uncovered, at 350° for 40 minutes. Sprinkle with onions. Bake 5-10 minutes longer or until juices run clear. Serve with potatoes or rice. **Yield:** 6 servings.

Nutritional Facts 1 serving (1 each) equals 1,221 calories, 40 g fat (15 g saturated fat), 482 mg cholesterol, 997 mg sodium, 36 g carbohydrate, 1 g fiber, 168 g protein.

Courtesy of www.tasteofhome.com