The AlphaGal Kitchen Recipe by: Sean Demps



Duck Sausage and Emu Chili

Ingredients:

1 pound duck sausage

1 pound ground emu

Quart of tomato juice

Small can of tomato paste

2 cans navy beans

Half of a onion

1 red bell pepper diced

2 tablespoons minced garlic

5 tablespoons ground cumin

1 tablespoon Chili powder

3 teaspoons ground coriander

3 teaspoons Ancho Chili pepper

1 tablespoon basil

Directions:

Brown ground emu and duck sausage. Then combine all ingredients in crock pot and cook on low 5 hours