



Donated by Allen & Myra Charleston

## Red Oak Emu Chili

- 1 pound ground emu
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 1 1/2 teaspoons salt
- 3 tablespoons chili powder
- 1 1/2 tablespoons paprika
- 2 tablespoons sugar
- 1 large can tomato juice
- 2 cans chili beans
- 2 tablespoons cooking oil

Mix the spices and sugar in a bowl. In a deep skillet or Dutch oven, sauté the onion and bell pepper, add the meat as the onion begins to clear. As you brown the meat, add spice mix. The meat should be lightly browned, even left a bit pink.

Add the tomato juice and chili beans. Simmer for one hour.

This heart healthy recipe is great the next day, so make a double batch!