



Donated by Allen & Myra Charleston

Emu Claw Stew

- 1 emu heart, cubed
- 1 pound emu liver, cubed
- 1 pound emu steak or roast, cubed
- 2 large onions, chopped coarsely
- 4 large potatoes, diced
- 4 large carrots or 1 cup chopped carrots
- 2 cans red kidney beans
- 2 (16 oz) can diced tomatoes
- 2 tablespoons Mrs. Dash (or your choice of seasonings)
- 2 tablespoons cooking oil
- 1 quart water
- 1 emu claw, cleaned (optional)

In a skillet, lightly brown meat and set aside.

Put all other ingredients in a Dutch oven, mix well, heat to boiling and reduce heat.

Add meat. Stir often and cook for 2 hours on simmer. Serves 10.

No, we have never cooked an emu claw in the stew, but Miss Billie's grandkids don't know that.....