

MOOSE MEAT CHILI

Tribe: Maliseet

Ingredients:

2 cloves garlic
minced 2 onions
chopped 2 lbs. ground moose meat
2 cups tomato sauce
4 tbsp. chili powder
1 tbsp unsweetened cocoa
1 tbsp vinegar
1 tsp each of cumin, paprika, salt
½ tsp each of pepper, all spice, cinnamon
1 tsp. honey or molasses
1 can dark red kidney beans
1 can black beans

Directions:

In 4 cups of water, boil ground meat for 30 minutes. Add remaining ingredients except the beans. Simmer 3 hours uncovered. Add beans and the last hour of cooking.

Servings: 8

Nutrients per serving: Calories: 276 Total fat: 2 g Carbohydrate: 29 g. Saturated fat: < 1 g Protein: 33 g. Polyunsaturated fat: < 1 g Sodium: 547 mg. Cholesterol: 67 mg.