



## Quail Stew

### Ingredients:

6 quail carcasses  
2 sets of giblets from quail  
1 1/2 cups cooked quail meat  
4 oz spelt noodles  
1 tbsp parsley  
1 cup chopped celery  
Dash of salt and pepper  
1 tbsp poultry seasoning  
1 tbsp vinegar  
2 8-oz. cans tomato sauce  
2 cups of chopped tomatoes  
1 large chopped onion  
2 chopped carrots  
12 cups of water

### Directions:

1. Put quail carcasses and giblets into a soup pot. Fill pot with 12 cups of water, add vinegar, and cover.
2. Bring to a boil and then simmer for 30 minutes.
3. Pour broth through a sieve and discard carcasses. Chop giblets and put them back into the broth.
4. Add celery, onions, carrots, parsley, salt and pepper, poultry seasoning, tomato sauce, and tomatoes. Cook at a slow boil for 45 minutes.
5. Add quail meat and continue to cook for another 30 minutes.
6. Add spelt noodles and cook for 30 more minutes.
7. Stir occasionally and add more spices if necessary. You can add 2-3 cups of chicken stalk or fresh herbs like rosemary or thyme for added flavor.

### Nutrition Facts

Recipe makes 10 servings

Calories: 189

Fat: 6 g

Carbs: 14 g

Protein: 22 g