

Slow Cooked Squirrel

Yield: 6 min
Total Time: 500 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-squirrel-recipe>

Ingredients:

- 2 squirrel - skinned gutted and cut into pieces
- 4 potatoes quartered
- 1 pound carrots chopped
- 1 green bell pepper chopped
- 4 onions sliced
- 2 cups water
- 1/4 head cabbage
- 1 teaspoon salt
- 1 teaspoon black pepper ground

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 85 milligrams
4. Fat: 14 grams
5. Fiber: 8 grams
6. Protein: 28 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 530 milligrams
9. Sugar: 9 grams

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