

# Chicken Sausage

- 1 pound boneless chicken breast
- 2 tablespoons sage
- 2 teaspoons salt
- 1 teaspoon fennel seed
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon chipotle powder
- extra virgin olive oil

Grind chicken in meat grinder.

Add all the spices.

Heat olive oil in a pan. Cook thoroughly, either as patties or ground.

Preparation time: 10 minutes

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