

COWBOY STEW

Ingredients:

1 lb. cooked ground beef
40 oz stewed tomatoes (blended)
3 potatoes (peeled and diced)
3 large carrots (peeled and diced)
8.5 oz very young sweet peas (drained)
½ large onion diced
6 beef bouillon cubes
12 cups water
3 tbs cornstarch
Salt/pepper/oregano (to taste)

Directions

Bring water and bouillon cubes to boil. Add all vegetables and bring to a boil, then reduce to a simmer and cover. Brown ground beef, drain and add to stew. Continue to simmer till all vegetables are tender. Add salt, pepper and oregano.

In a small bowl add cornstarch and ¼ cup of water. Add this mixture to the stew stirring continuously till thoroughly blended into the stew (this will thicken the liquid). Serve hot.

Yield: 4 to 6 servings.

Sarah Giles Anderson County Senior – Main Dish