

Bankruptcy Stew

Internet

Ingredients:

- 2 pounds Lean beef round steak, boneless
- ½ cup Water
- ½ cup Tomato sauce
- 4 large Potatoes, peeled, cubed
- 1 Green bell pepper, thinly sliced
- 1 Rib celery, chopped
- 1 Yellow onion, thinly sliced
- 3 Carrots, peeled and sliced
- 1 Sprig fresh parsley OR
- 1 tablespoon Dry parsley
- 1 Bay leaf

Instructions:

Cut round steak into 1-inch cubes. Brown beef cubes over high heat in a Dutch oven. Add the rest of the ingredients to the oven. Cover and simmer for 1 hour over medium heat until the meat is tender. 8 servings

Beef Stew #1

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Ingredients:

- 5 large onions, peeled and sliced
- ½ cup butter
- 1 ½ pounds of lean beef, cut into bite size pieces
- 5 carrots, peeled and sliced
- 5 stalks of celery, sliced
- 2 cups hot beef broth
- 5 medium potatoes, peeled and cut into bite size pieces
- flour
- salt and pepper to taste
- water

Instructions:

Brown the onions slowly in butter until very brown. Remove from frying pan to Dutch oven. Roll beef pieces in flour and pepper and brown quickly in butter in frying pan and add to the onions. Add a little water to frying pan to absorb the browned flour and add that to the meat. Add carrots, celery, beef broth and bay leaves to the kettle. Simmer about 1 hour. Add potatoes and continue simmering until done. This may be thickened with flour if desired. Add salt and pepper to taste. Remove bay leaves.

Beef Stew #2

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Ingredients:

- 2 pounds of beef, cubed
- 3 Carrots, in large chunks
- 4 Potatoes, cut into eighths
- 1 large Onion, chopped
- 2 packages Brown Gravy
- Salt to taste
- Pepper to taste
- Water
- Flour
- Oil

Instructions:

Coat meat lightly with flour and brown in oil. Put meat in Dutch oven, add carrot chunks, potato chunks and onion. Add enough water to cover everything and put in the oven @ 350 for 2 ½ hours. After the stew has been in the oven for approximately 1 ½ hours add the packaged dry gravy (no need to mix it with water -- there should be enough water in the Dutch oven). Mix it in well and continue stewing! This is great served with dinner rolls and a green salad.

Cheeseburger Soup

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Ingredients:

- 1 pound ground beef
- 1 small onion, chopped
- 2 carrots, shredded
- 1 rib celery, diced
- 1 teaspoon basil
- 4 Tablespoons butter, divided
- 3 cups chicken broth
- 3 cups frozen hash brown potatoes
- ¼ cup flour
- 8 ounces process American cheese (Velveeta), cubed
- 1 ½ cups milk
- Salt and pepper to taste
- ¼ cup sour cream

Instructions:

In a Dutch oven brown beef. Drain and set aside. In the same oven, saute onion, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 5 minutes. Add broth, potatoes and beef and bring to a boil. Reduce heat, cover and simmer for 5 - 10 minutes or until potatoes are tender. Meanwhile, in a small skillet melt remaining butter. Add flour and cook and stir for 3-5 minutes or until bubbly. Add to soup. Cook and stir soup for 2 minutes. Reduce heat to low. Add cheese, milk, salt and pepper and cook and stir until cheese melts. Remove from the heat; blend in sour cream. Yield: 6 servings

Corn Chowder

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Ingredients:

- 5.00 slices bacon, cut in 1.5 cm pieces
- 125.00 mL chopped onion
- 375.00 mL diced potato
- 250.00 mL boiling water
- 5.00 mL salt
- mL pepper
- 375.00 mL skim milk powder
- 15.00 mL flour
- 500.00 mL cold water
- can (540 mL) cream style corn

Instructions:

Pan fry bacon until crisp, remove from pan and drain. Saute onion in bacon fat until transparent. Drain off excess fat. Add potato, boiling water and seasonings. Cover and simmer until potato is almost tender (about 10 min). Combine skim milk powder and flour. Gradually blend in cold water. Add to vegetables. Stir and cook until smooth and thickened. Add corn and heat through. Sprinkle with bacon before serving. Makes 6 servings.

Country Kitchen Soup

(Cooking for the 90's Volume 1)

Ingredients:

- 1 ½ pounds boneless pork, cut into 1 inch cubes
- 2 tablespoons cooking oil
- 1 cup thinly sliced carrots
- 1 cup sliced potatoes
- 1 cup chopped celery
- 1 envelope dry onion soup mix
- 2 tablespoons sugar
- salt and pepper to taste
- 4 cups boiling water
- 2 beef bouillon cubes
- 1 can (28 ounces) tomatoes, cut up
- ¼ teaspoon oregano leaves, crushed
- dash red pepper sauce
- 1 package (10 ounces) sliced okra, frozen

Instructions:

In Dutch oven, brown pork in hot oil. Add carrots, celery, potatoes, soup mix, sugar, salt, pepper, boiling water and bouillon cubes and mix well. Cover and SIMMER 10 minutes. Mix in tomatoes, oregano and hot pepper sauce. Heat to boiling, reduce heat, cover and SIMMER 40 to 45 minutes. Gently stir in okra the last 15 minutes of cooking time. Serve hot with crackers or corn bread. Makes 8 servings.

Germantown Beef Stew

(Cooking for the 90's Volume 1)

Ingredients:

- 1½ cup sliced onions
- 2 tablespoons vegetable oil
- 1½ pounds lean beef chuck, cut into 1 ½ inch cubes
- 2¾ cup water
- 1 cup apple juice
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 bay leaf
- 2 large carrots, sliced
- 1 ½ cups (about 9 ounces) halved pitted prunes
- ¼ cup cider vinegar
- 1 ½ tablespoons flour
- ½ teaspoon ginger
- 3 tablespoons chopped parsley

Instructions:

In Dutch oven saute onions in oil over MEDIUM heat 5 minutes. Increase heat to HIGH; add beef and stir until browned, about 10 minutes. Add water, juice, salt, pepper and bay leaf. Bring to boil; reduce heat and SIMMER about 1 ½ hours, stirring occasionally, until beef is nearly tender. Add carrots; SIMMER 15 minutes. Add prunes; SIMMER 10 minutes more. In a small bowl combine vinegar, flour and ginger; mix until smooth. Gradually stir into beef mixture; SIMMER 10 minutes. Stir in parsley just before serving. Makes 4 to 6 servings.

Hearty Beef Vegetable Soup

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Ingredients:

- 200.00 g ground beef
- 125.00 mL chopped onion
- can (398 mL) mixed vegetables, undrained
- can (540 mL) tomatoes
- 2.00 mL salt
- mL thyme
- 0.50 mL pepper

Instructions:

Brown meat with onion in a Dutch oven until meat is browned. Drain fat. Add vegetables and seasonings. Heat through. Makes 4 servings (250 mL each).

Hopi Corn Stew with Blue Dumplings

(Spirit of the Harvest: North American Indian Cooking by Cox and Jacobs)

Stew Ingredients:

- 2 tablespoons bacon drippings or oil
- 1 ½ pounds ground beef or goat meat
- 1 medium onion, chopped
- 1 large green bell pepper, seeded and chopped
- 1 tablespoon ground New Mexican red chili
- 4 cups fresh or frozen corn kernels
- 1 small zucchini
- 1 small yellow squash or 2 cups diced pumpkin
- 4 to 5 cups water
- 2 tablespoons whole wheat flour
- salt to taste
- Blue Dumplings

Blue Dumplings Ingredients:

- 2 cups blue cornmeal
- 2 teaspoons baking powder
- 2 tablespoons bacon drippings
- ½ teaspoon salt
- 2/3 to 1 cup milk

Stew Instructions:

Heat oil over medium-high heat in a Dutch oven. Add meat and saute until lightly browned. Stir in onion, pepper, and ground chili. Saute until onion is translucent, 3 to 4 minutes. Stir in corn, zucchini, and squash and add enough water to cover. Bring to a boil, then reduce heat to medium-low and simmer for 30 to 40 minutes, until meat and vegetables are tender. In a small bowl combine the flour and 2 tablespoons of broth from the stew. Whisk back into the stew and simmer until thickened. Add Blue Dumplings to the simmering stew during the last 15 minutes of cooking time. Serves 6.

Blue Dumpling Instructions:

In a mixing bowl combine cornmeal, baking powder, bacon drippings, and salt. Stir in enough milk to make a stiff batter. Drop by tablespoonfuls into the stew during the last 15 minutes of cooking time.

Pea Soup

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Ingredients:

- 750.00 mL whole dry peas
- 2.00 L water
- 240.00 g salt pork
- 250.00 mL chopped onion
- 175.00 mL diced celery
- mL savory
- bay leaf
- Salt and pepper to taste

Instructions:

Wash peas. Soak in 2 L water overnight. Drain, reserve liquid. Bring peas and liquid from peas plus water to make 2 L, to boil in a Dutch oven. Add remaining ingredients except salt and pepper. Reduce heat, cover and simmer until peas are tender (about 2 h). Remove salt pork and bay leaf. Chop salt pork finely and return to soup. Reheat to serving temperature. Makes 2.3 L.

Pecos "Red" Stew

(Cooking for the 90's Volume 2)

Ingredients:

- 2 pounds boneless pork shoulder or sirloin cubes, cut into 1½ inch cubes
- 1 tablespoon vegetable oil
- 2 cups chopped onion
- 1 cup chopped green pepper
- 2 cloves garlic, minced
- ¼ cup chopped fresh cilantro
- 3 to 4 tablespoons chili powder
- 2 teaspoons dried oregano leaves
- 1 teaspoon salt
- ½ teaspoon crushed red pepper
- 2 cans (14 ½ ounce) chicken broth
- 3 cups diced, peeled potatoes, cut in 1 inch pieces
- 2 cups fresh or frozen kernel corn
- 1 can (16 ounces) garbanzo beans, drained

Instructions:

Heat oil in Dutch oven. Brown pork over MEDIUM-HIGH heat. Stir in onions, green pepper, garlic, cilantro, chili powder, oregano, salt, red pepper, and chicken broth. Cover; cook over MEDIUM-LOW heat for 45 to 55 minutes or until pork is tender. Add potatoes, corn and beans. Cover; cook 15 to 20 minutes longer. Makes 8 servings.

Tuna Corn Chowder

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Ingredients:

- 2 tablespoons butter
- 1 small onion -- finely chopped
- 1 rib celery -- finely chopped
- 1 carrot -- finely chopped
- 1 can creamed corn -- 16 oz
- 1 ½ cups hashed brown potatoes
- 2 cups milk
- 1 packet chicken bouillon
- ¾ teaspoon thyme
- 2 cans solid white tuna -- drained and chunked
- salt and pepper -- to taste

Instructions:

In a Dutch oven, melt butter and saute celery, onion, and carrot until onion is soft. Add remaining ingredients. Cover and simmer gently for 5 - 10 minutes, stirring occasionally, until vegetables are tender.

Turkey Gumbo Soup

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Ingredients:

- 75.00 mL finely chopped onion
- 25.00 mL oil
- 25.00 mL flour
- 1 L chicken or turkey stock
- 500.00 mL diced cooked turkey
- 1 can (398 mL) tomatoes
- 75.00 mL diced carrot
- 2.00 mL salt
- 1 mL poultry seasoning
- Dash pepper
- Dash paprika
- 1 can (199 mL) kernel corn

Instructions:

Saute onion in oil until transparent. Blend in flour, then stock and add remaining ingredients except corn. Bring soup to a boil; reduce heat and simmer 45 min. Add corn and heat through. Makes 6 servings.

Turkey Tortilla Stew

(Cooking for the 90's Volume 2)

Ingredients:

- 1½ pounds ground turkey
- 1 medium onion, peeled and finely chopped
- 2 cloves garlic, minced
- 2 teaspoons vegetable oil
- 2½ cups water
- 1 can (16 ounces) no-salt-added tomatoes, crushed
- 1 can (15 ounces) pinto beans in chili sauce, undrained
- 1 can (10 ounces) low-sodium tomato soup
- 1 cup frozen whole kernel corn
- 1 can (4 ounces) green chilies, chopped
- ¼ teaspoon pepper
- 12 corn (6 inch) tortillas, cut into ¼ inch strips
- 2 tablespoons vegetable oil

Instructions:

In a large Dutch oven, over MEDIUM-HIGH heat, saute turkey, onion and garlic in oil 5 minutes or until turkey is no longer pink. Add water, tomatoes, beans, soup, corn, chilies and pepper. Heat until mixture is bubbly; reduce heat to LOW and SIMMER mixture 30 minutes. In skillet, over MEDIUM-HIGH heat, saute tortilla strips in oil 30 seconds or until lightly browned and crispy. Drain on paper towels and set aside. To serve, add tortilla strips to turkey stew to let them soften. Makes 6 servings.

Twenty Minute Hamburger Stew

Internet

Ingredients:

- ¼ pound Lean ground beef
- 1 large Onion, sliced wafer-thin
- 4 Carrots, sliced wafer-thin
- 2 Potatoes, halved, sliced wafer-thin
- 3 Ribs celery, sliced wafer-thin
- 1 cup Boiling water
- 2 teaspoons Beef extract OR bouillon
- 2 Bay leaves
- ¼ teaspoon Dried thyme
- Salt OR garlic salt
- Pepper
- ¼ cup tomato juice
- 2 tablespoons All purpose flour

Instructions:

Shape meat into tiny meatballs. Brown in Dutch oven. Discard any fat. Stir onion into skillet and cook 1 minute. Add boiling water or broth and extract or bouillon. Add remaining veggies, seasonings. Cover, cook over low heat, 15 minutes until veggies are tender. Combine wine or water and flour in covered jar. Shake and stir into Dutch oven. Cook and stir until sauce is thick.

Vegetable Chowder

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Ingredients:

- 375.00 mL chopped onion
- 250.00 mL diced carrots
- 125.00 mL diced celery
- 125.00 mL diced green pepper
- 50.00 mL fat
- 15.00 mL flour
- 500.00 mL diced potato
- 500.00 mL chicken bouillon
- 50.00 mL chopped fresh parsley
- 10.00 mL salt
- mL pepper
- Dash thyme
- 250.00 mL shredded cabbage
- can (199 mL) kernel corn
- 175.00 mL skim milk powder
- 500.00 mL cold water

Instructions:

In a Dutch oven saute onion, carrots, celery and green pepper in fat until onion is transparent. Stir in flour, potato, bouillon, and seasonings. Cover and simmer until vegetables are tender (15 to 20 min). Add cabbage and corn, simmer 5 min more. Combine skim milk powder and water. Add to soup and heat through. Makes about 2 L.