

Cowboy Stew

(Serves 8)

Ingredients:

1 lb. ground beef
1 onion
3 potatoes

(all cans are about 15 oz.)

1 can green beans
1 can baked beans
1 can black beans
1 can tomato soup
1 can corn
1 can diced tomatoes
1 tsp Chili powder
1 tsp cayenne pepper
1 bay leaf
Salt and pepper

Instructions:

Cut potatoes into 1 inch cubes.

Dice onion.

Preheat dutch oven to 350 degrees with all coals underneath.

Brown ground beef and onion.

Add potatoes and all cans, undrained.

Add spices (more or less if you like bland or spicy)

Cook until potatoes are soft (about 45 minutes)

Serves about 8.

Since this is 'stewing' rather than 'baking' all coals are underneath and you should stir every 5 minutes or so.

