



Dutch Oven Beef Stew Camping Recipe .....	2
Mussel and Scallop Stew .....	2
Baja Seafood Stew .....	2
Beef and Vegetable Stew .....	3
Beef Stew .....	3
Beef Stew with Cheddar Dumplings .....	3
Beef Stew with Mushrooms and Red Wine .....	4
Belgian Beef Stew .....	4
Campfire Stew .....	5
Chicken 7-up Stew .....	5
Chicken and Sausage Stew .....	5
Chuck and Chili Stew .....	6
Chuckwagon Stew .....	6
Chunky Ham Stew .....	7
Classic Beef Stew .....	7
Farmers Market Soup Stew .....	7
Fix It and Forget It .....	8
Green Chile Stew .....	8
Hamburger Stew .....	8
Hearty Beef Stew .....	9
Hearty Vegetable Stew Seasoned with Beef .....	9
Irish Lamb Stew .....	10
Kenyan Bean Stew .....	10
Lamb Green Chile Stew .....	10
Lasagna Beef Stew .....	11
New Mexico Chili Verde Stew .....	11
Old Fashioned Beef Stew .....	11
Quick Hamburger Stew .....	12
Quick Mushroom Stew .....	12
Ranch Style Stew .....	12
Ravioli Stew .....	13
Santa Fe Stew .....	13
Sausage and Mushroom Stew .....	13
Seafood Stew .....	14
Southwestern Beef and Bean Stew .....	14
Spicy Pork and Black Bean Stew .....	14

<b>Successful Green Chili Stew</b> .....	15
<b>Vegetable Meat Stew</b> .....	15

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### Dutch Oven Beef Stew Camping Recipe

Per person:

- 1/2 cup water
- 1/4lb beef cubes
- 1 carrot
- 1 potato
- 1/4 onion

Pour 1/2 cup of water into Dutch oven.  
 Add beef cubes and cook covered for 20 minutes, stirring every few minutes.  
 Add rest of water and heat to boiling.  
 Cut carrots, potatoes, and onion into cubes and add to beef.  
 Add salt and pepper.  
 Cook for 20 minutes or until potatoes are soft.

### Mussel and Scallop Stew

- 2 1/2 lb Mussels
- 2 1/2 lb Scallops
- 1/4 c Butter
- 2 sm Onions, finely chopped
- 2 lg Cloves garlic, minced
- Freshly ground pepper
- 1 1/2 c Dry white wine
- 1 1/2 c Whipping cream
- 1/2 c Chopped fresh parsley

Scrub mussels well and remove any hairy beards. Discard any that are not tightly closed. Cut any large scallops in half.

In Dutch oven, melt butter and cook onions and garlic until translucent and fragrant about 2 minutes. Sprinkle with pepper to taste. Add wine and bring to boil. Add mussels; cover, reduce heat to medium and steam for 2 minutes. Add scallops; cover and cook over medium-low heat for 2 to 3 minutes longer or until scallops are tender and mussels open. (Remove and discard any that don't open.)

Meanwhile, in small saucepan, bring cream to boil; stir into stew. Spoon stew into tureen or large shallow soup bowls and sprinkle with parsley. Makes 4 servings.

### Baja Seafood Stew

- 1/2 c Onion; Chopped, 1 Medium
- 1/2 c Green Chiles; Chopped
- 2 Cloves Garlic; Finely Chopped
- 1/4 c Olive Oil
- 2 c White Wine; Dry
- 1 tb Orange Peel; Grated
- 1 1/2 c Orange Juice
- 1 tb Sugar
- 1 tb Cilantro; Fresh, Snipped
- 1 ts Basil Leaves; Dried
- 1 ts Salt
- 1/2 ts Pepper

1/2 ts Oregano Leaves; Dried  
28 oz Italian Plum Tomatoes; \*  
24 Soft-shell Clams; Scrubbed  
1 1/2 lb Shrimp; Raw, Shelled, Med.  
1 lb Fish; \*\*  
6 oz Crabmeat; Frozen, \*\*\*

\* Use 1 24oz can of Italian Plum Tomatoes that are undrained and cut in half. \*\* The following fish can be used: cod, sea bass, mahi-mahi or red snapper fillets that are cut into 1-inch pieces.

\*\*\* Crabmeat should be thawed, drained and cartilage removed. Cook and stir onion, chiles, and garlic in oil in 6-quart Dutch oven until onion is tender. Stir in remaining ingredients except seafood. Heat to boiling; reduce heat. Simmer uncovered for 15 minutes. Add clams; cover and simmer until clams open, 5 to 10 minutes. (Discard any clams that have not opened.) Carefully stir in shrimp, fish and crabmeat. Heat to boiling; reduce heat. Cover and simmer until shrimp are pink and fish flakes easily with fork, 4 to 5 minutes.

### Beef and Vegetable Stew

2 lb Beef, cubed  
1 Large onion  
4 tb Fat OR 1 1/2 Inch cube suet  
1/8 ts Pepper  
1 c Diced carrots  
4 Large potatoes  
1/2 lb Green beans  
1 c Tomatoes  
1/2 c Water

Melt suet or fat in hot pan, add cubed beef and chopped onion and brown thoroughly. Add green beans first, then diced carrots, potatoes, tomatoes and water. Cook slowly for 3 to 3 1/2 hours in a Dutch oven.

### Beef Stew

3 lb Stew meat (browned in margarine with a little chopped onion and a little garlic salt) (up to 4)  
Salt to taste  
6 Potatoes (cut in bite size) (up to 8)  
4 Carrots (cut in bite size) (up to 5)  
1 Bottle Chili Sauce  
2 tb Worcestershire Sauce  
2 ts Prepared mustard  
Cornstarch  
Water

Put in meat Dutch Oven, cover with water. Cook slowly 2 or 3 hours until meat is tender.

Add potatoes and carrots. Cook 30 to 45 minutes (until vegetables are done). May need to add more salt and pepper to taste.

### Beef Stew with Cheddar Dumplings

1/2 c All-purpose flour  
1/2 ts Salt  
1/2 ts Pepper  
2 lb Beef stew meat; cut into 1-inch pieces, up to 3  
2 tb Cooking oil  
1/2 ts Onion salt  
1/2 ts Garlic salt

1 tb Browning sauce  
5 c Water  
5 Beef bouillon cubes  
4 Carrots; sliced  
1 md Onion; cut into wedges  
1 cn Green beans; drained (16 ounces)

#### Dumplings

2 c Buttermilk biscuit mix  
1 c Shredded cheddar cheese; (4 ounces)  
2/3 c Milk

Combine flour, salt and pepper. Coat meat with flour mixture. In a Dutch oven, heat oil over medium-high. Brown meat on all sides. Add onion salt and garlic salt, browning sauce, water and bouillon. Bring to a boil; reduce heat and simmer, covered, about 1 hour. Add carrots and onion. Simmer, covered, until vegetables are tender. Stir in green beans. For dumplings, combine biscuit mix and cheese. Stir in enough milk to form a soft dough. Drop by tablespoonfuls into bubbling stew. Cover and simmer 12 minutes (do not lift cover) or until dumplings test done. Serve immediately. Yield: 6-8 servings.

### **Beef Stew with Mushrooms and Red Wine**

3 tb Vegetable oil  
All purpose flour  
2 1/2 lb Beef chuck; cut into 1.5 " cubes  
1 Clove Garlic; minced  
2 c Dry red wine  
3/4 c Beef stock  
1 Bay leaf  
2 sl Bacon; chopped  
1 c Onion; coarsely chopped  
1 tb Tomato paste  
2 tb Butter  
1 lb Mushrooms; quartered  
Fresh parsley; chopped

Heat oil in heavy large Dutch oven over high heat. Place flour in medium bowl; season with salt and pepper. Coat beef with flour, shaking off excess. Add half of beef to Dutch oven and brown well on all sides, about 5 minutes. Transfer beef to plate. Repeat with remaining beef, adding more oil to pan as necessary. Return beef and any accumulated juices to Dutch oven. Reduce heat to medium. Add garlic and cook 1 minute. Add wine and enough beef stock to cover meat. Add parsley sprigs and bay leaf. Cover and bake about 2 hours.

Heat heavy small skillet over high heat. Add bacon and sauté until crisp. Transfer bacon to paper towels, using slotted spoon. Add onion to skillet and sauté until translucent, about 5 minutes. Add tomato paste; stir 2 minutes. Add bacon and onion mixture to stew. Thin liquid with more stock if necessary. Cover and bake until meat is tender, about 30 minutes.

Melt butter in heavy large skillet over high heat. Add mushrooms and sauté until tender, about 10 minutes. Add mushrooms to stew. Season with salt and pepper.

### **Belgian Beef Stew**

3 lb Lean stewing beef cut into 1 1/2-in cubes  
Flour for dredging  
5 tb Vegetable oil  
2 lg Onions peeled and thinly sliced  
2 Garlic cloves peeled and minced  
Salt  
Freshly ground black pepper  
12 oz Beer  
2 lb Sauerkraut rinsed and squeezed dry

2 tb Marjoram  
2 tb Dark brown sugar  
1 ts Celery seed  
1 Bay leaf  
3/4 c Pitted green olives, sliced  
1 c Cream (optional)  
1/2 c Minced flat-leaf parsley for garnish

Dredge the meat in flour. Heat 3 tablespoons of oil in a Dutch oven. Add only enough meat to cover the bottom of the pan without crowding and brown on all sides, scraping and turning the cubes so that they don't burn. Remove the meat with a slotted spoon to a bowl, and continue until all the meat is browned, adding fresh oil as needed. If the oil has burned or more oil is needed, add the remaining 2 tablespoons of oil to the pot. When it is hot, add the onions and cook for 6-to-7 minutes more, stirring frequently until they are light brown and soft. Stir in the garlic. Add the meat, salt, pepper, beer, sauerkraut, marjoram, brown sugar, celery seed, bay leaf and olives and stir to mix well. Cover and transfer the casserole to the oven for 1 1/2 hours. Stir occasionally. After the meat is tender, remove the bay leaf, skim off any excess fat and stir in the cream, if desired. Add the parsley.

### Campfire Stew

2 lb Hamburger  
1 Can stewed tomatoes  
1 Can corn  
8 oz Elbow macaroni  
1/2 c Chopped onions  
1 c Water  
1/4 lb Longhorn cheddar cheese

Brown beef in Dutch oven. Drain. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

### Chicken 7-up Stew

1 ea Onion -- chopped fine  
4 ea Chicken breast halves -- chunks  
1/2 tb Oil -- or margarine  
4 ea Carrots -- sliced  
4 ea Potatoes -- washed and sliced  
1/2 lb Cheese, velveta  
1 Bottle real bacon bits (3 oz Jar) -- precooked bacon  
1 cn 7-Up

For use in a Dutch Oven -- Preparation: Chop the onion into fine pieces. Place in a plastic bag. Chop the chicken breast halves into 4-6 large chunks. Carrots should be peeled and sliced in advance. Place in a plastic bag. Take potatoes that have been washed and scrubbed to remove loose skin. Do not cut the potatoes into pieces in advance or they will discolor.

At the Campsite: add oil to a Dutch oven. Add the onion and cook until they start to become transparent. Add the chicken, carrot slices, and cut the potatoes into the Dutch oven in chunks. Add 1 can of 7-up. cover and cook until the potatoes are tender. Cut the Velveeta cheese into chunks on top of the mixture. Cover and let cook for a few minutes and the cheese melts. Sprinkle the precooked bacon over the top. Serve in bowls with the sauce.

In the kitchen -- put oil in a large pan with lid. Over medium heat, cook onion until translucent. Add the chicken, potatoes, carrots and 7-Up. Cover and steam until the potatoes and carrots are done. Top with velveta, cover and heat until the cheese melts. Sprinkle with the precooked bacon and serve.

### Chicken and Sausage Stew

4 lb Broiler-fryer chicken  
2 qt Water  
2 lb Hot Italian sausage links  
6 ea Bacon strips  
2 ea Garlic cloves -- minced  
1 tb Fresh parsley -- chopped  
1 ts Dried oregano  
1 cn Tomatoes -- crushed 16 ounces  
1 cn Tomato sauce -- 8 ounces  
8 oz Elbow macaroni -- cooked and drained  
Salt and pepper to taste

Place chicken and water in a large kettle; bring to a boil. Reduce heat; cover and simmer until chicken nearly falls from the bones. Remove chicken from stock. Chill stock. Remove chicken from bones and cube; set aside. Puncture skins of sausages; cover with water in a small saucepan and boil until fully cooked, 20-30 minutes. Drain; pan-fry sausages until browned. Cool and cut into bite-size pieces; set aside. In a Dutch oven, cook bacon until crisp. Drain, reserving 1 teaspoon drippings. Cool and crumble bacon; set aside. In the drippings, sauté garlic. Skim fat from the chicken stock; add 5 cups to Dutch oven. Add chicken, sausage, bacon, parsley and oregano. Cover and simmer for 10-15 minutes. Add tomatoes, tomato sauce, macaroni, salt and pepper: simmer 10 minutes more. Yield: 8-10 servings

### Chuck and Chili Stew

1 lg Onion, Chopped Coarse  
2 Cloves Garlic, Minced  
2 tb Oil  
3 lb Beef Chuck Roast, Boned & Cut Into 1/2" Cubes  
8 oz Corn Kernels (Canned)  
1 1/2 lb Tomatoes, Chopped Coarsely  
1 tb Chili Powder  
3 tb Soy Sauce  
1 ts Dried Oregano, Crushed  
1 ts Sugar  
4 oz Canned, Diced, Mild Green Chili Peppers

Sauté the onion and garlic in hot oil in a Dutch oven until the onion is tender. Stir in the beef cubes. Sauté until browned. Drain the corn. Reserve the liquid. Add the liquid from the corn, the tomatoes, chili powder, soy sauce, oregano and sugar to the pan. Stir to combine. Cover. Simmer 75 minutes. Uncover. Simmer until the beef is tender (another 45 minutes). Stir in the corn and green chili peppers. Heat through. Serve with tortillas or corn bread.

### Chuckwagon Stew

2 1/2 lb Beef cubes.(5 cups)  
2 tb All-purpose flour  
1 tb Paprika  
1 ts Chili powder  
2 ts Salt  
3 tb Lard  
2 x Sliced onions  
Clove garlic, minced  
28 oz Can tomatoes  
3 tb Chili powder  
1 tb Cinnamon  
1 ts Ground cloves  
1/2 ts Dry crushed red peppers  
2 c Chopped potatoes  
2 c Chopped carrots

Coat beef in a mixture of flour, paprika, 1 tsp. chili powder and salt. Brown in hot fat in a large Dutch oven. Add onion and garlic and cook until soft. Then add tomatoes, chili powder, cinnamon, cloves and peppers. Cover and simmer 2 hrs. Add potatoes and carrots and cook until vegetables are done, about 45 mins.

### Chunky Ham Stew

1 md Onion [chopped]  
2 Celery stalks [sliced]  
2 Carrots [sliced]  
4 c Chicken broth (low sodium)  
2 c ARMOUR Lower Salt Ham [cut into cubes]  
1 c Frozen peas  
2 tb Corn starch

In a Dutch oven, combine onion, celery, carrots, broth, ham & seasonings. Cover and cook over med-high heat for 20 min. or `til carrots are almost tender, then stir in the peas.

Mix ¼ cup water and then corn starch and add to the stew. Stir constantly `til stew thickens. and if desired garnish with celery.

### Classic Beef Stew

2 lb Beef stew meat; cut into 1-inch cubes  
1 tb Cooking oil; up to 2  
1 1/2 c Chopped onion  
1 cn (16 ounce) tomatoes with liquid; cut up  
1 cn Condensed beef broth; undiluted  
3 tb Quick-cooking tapioca  
1 Garlic clove; minced  
1 tb Dried parsley flakes  
1 ts Salt  
1/4 ts Pepper  
1 Bay leaf  
6 md Carrots; cut into 2-inch pieces  
3 md Potatoes; peeled and cut into 2-inch pieces  
1 c Sliced celery; cut into 1-inch pieces

In a Dutch oven, brown the beef, half at a time, in oil. Drain. Return all meat to pan. Add onion, tomatoes, beef broth, tapioca, garlic, parsley, salt pepper and bay leaf. Bring to a boil; remove from the heat. Cover and bake at 350 degrees F. for 1-1/2 hours. Stir in carrots, potatoes and celery. Bake, covered, 1 hour longer or until meat and vegetables are tender. Remove bay leaf before serving.

### Farmers Market Soup Stew

2 tb Olive Oil  
1/2 lb Slab Bacon, Rind removed, Cut Into 2" cubes  
6 md Carrots, Cut Into 1/2" Lengths  
3 md Onions, Diced Coarsely  
4 Cloves Garlic, Minced  
2 Leeks, w/3" of Green, diced Fine  
1 1/2 lb Cabbage, Cored & Cut into 1" Pieces  
1 Russet Potato, Peeled & Diced  
1/2 c Dried Green Split Peas  
8 c Chicken Broth  
1 c Parsley, Chopped

2 ts Thyme, Dried  
1 ts Tarragon, Dried  
Salt  
Pepper  
4 md Zucchini, Diced  
3/4 lb Swiss Chard, Cut across Into 1" Slices  
6 -Plum Tomatoes, Seeded & Diced

Heat the oil in a large heavy Dutch Oven over medium low heat. Add the bacon. Cook, stirring for 10 to 12 minutes. Add the carrots, onions, garlic and leeks. Cook over low heat to wilt the vegetables (about 15 minutes), stirring occasionally. Fold in the cabbage, potato and split peas. Cook for 10 minutes. Add the broth, half the parsley, and the thyme, tarragon, salt and pepper. Bring to a boil. Reduce heat and simmer for 30 minutes. Add the zucchini. Cook another 15 minutes, stirring occasionally. Add the Swiss chard. Cook another 8 to 10 minutes. Stir in the tomato and the remaining parsley. Cook 5 minutes. Serve hot.

### Fix It and Forget It

md Potatoes; peeled & sliced  
1 lb Ground turkey  
1 cn Cream of mushroom soup  
1 cn Vegetable beef soup  
1 md Onion; sliced

Put potatoes in casserole or dutch oven. Crumble raw meat over the top, add the soups and onion. Cover and bake 1 1/2 hours or until potatoes are done at 350.

### Green Chile Stew

3 lb Lamb, Boneless Shoulder  
1 c Onion, Chopped  
3 Cloves Garlic, Fine Chopped  
1/4 c Vegetable Oil  
2 c Chicken Broth  
1 ts Salt  
1 ts Juniper Berries, Crushed  
3/4 ts Pepper  
1 tb Unbleached Flour  
1/4 c Water  
4 md Poblano Chiles \*  
2 tb Lemon Peel, Finely Shredded

\* Poblano Chiles should be roasted and peeled.

Trim excess fat from lamb shoulder; cut lamb into 1-inch cubes. Cook and stir lamb, onion and garlic in oil in 4-quart Dutch oven until lamb is no longer pink; drain. Stir in broth, salt, juniper berries and pepper. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, until lamb is tender, about 1 hour. Shake flour and water in a tightly covered container; stir into lamb mixture. Boil and stir 1 minute. Stir in chiles. Sprinkle each serving with lemon peel.

### Hamburger Stew

1 lb Ground beef  
1/2 c Chopped onion  
1/2 c Chopped celery  
1 Can condensed tomato soup  
1 Can Zesty Tomato or Italian Herb Tomato soup  
1 Can condensed cream of mushroom soup  
2 c Water

1 ts Instant beef bouillon  
2 c Grated carrots  
1 1/2 c Raw elbow macaroni, cooked according to package directions

In large saucepan or Dutch oven over medium heat, brown ground beef, onion and celery; drain. Stir in remaining ingredients. Cover; simmer over low heat 5 to 10 minutes, or until carrots are tender and stew is thoroughly heated. Serves 10.

### Hearty Beef Stew

1/2 c Flour  
2 ts Salt  
2 lb Boneless Beef Chuck (cubed)  
1/8 c Vegetable Oil 2 1/2 c Beef Broth  
1/2 c Red Wine  
1 1/2 tb Tomato Paste  
1 ts Minced Garlic  
1 Bay Leaf  
1 ts Tyme  
1 ts Marjoram  
8 Carrots (1-1/2 inch pieces)  
2 Turnips (1 inch wedges)  
1 Large Onion (coarse wedges)  
10 Mushrooms (halved)  
1 1/2 c Frozen Green Beans

Mix flour and salt. Coat meat, shaking off excess. Heat oil in a Dutch oven over medium-high heat until it looks thin and rippling but not smoking. Add and brown beef in 2 or 3 batches. Remove to bowl with slotted spoon. When all beef is browned, pour off any drippings remaining in pot. Return meat to pot. Stir in beef broth, wine, tomato paste, garlic and herbs. Bring to a boil. Reduce heat to low. Cover and simmer 1 hour. Add carrots, turnips and onions. Simmer covered 45 minutes or until carrots are almost tender. Stir in mushrooms and green beans. Cover and simmer 45 minutes more until vegetables and meat are tender, stirring occasionally. Makes 9 cups.

### Hearty Vegetable Stew Seasoned with Beef

28 1/2 oz Fat-Free Beef Broth  
1/2 lb Chuck Roast  
1 tb Olive Oil; Divided  
4 c Sliced Onion  
1/3 c Tomato Paste  
3 Garlic Cloves; Minced  
3 c Carrots; Cubed  
3 c Red Potatoes; Cubed 2 1/2 c Mushrooms; Quartered  
1/2 c Dry Red Wine  
1/4 ts Salt  
1/4 ts Pepper  
10 oz Frozen Green Peas; Thawed  
2 tb Water  
1 tb Cornstarch  
Chopped Fresh Parsley; Optional

Bring beef broth to a boil in a small saucepan; cook 15 minutes or until reduced to 2 cups. Set aside. Trim fat from roast; cut meat into 1/2 inch cubes. Heat 1/2 teaspoon oil in a large Dutch oven over medium-high heat. Add beef; brown on one side. Remove from pan, and set aside. Heat 1/2 teaspoon oil in pan over medium high heat. Add onion, tomato paste, and garlic; cook 5 minutes, stirring constantly. Return beef to pan. Add reduced broth, carrots, and next 6 ingredients (carrots through peas); bring to a boil. cover, reduce heat, and simmer 45 minutes or until vegetables are tender. Combine water and cornstarch in small bowl; stir well. Add to stew. Bring to a boil; cool 1 minute, stirring constantly. Ladle into soup bowls; garnish with parsley, if desired.

### Irish Lamb Stew

2 lb Lean boned lamb shoulder cut in 1 inch cubes  
1/4 c Flour  
1 ts Salt  
1/4 ts Pepper  
3 tb Vegetable oil  
3 c Boiling water  
3 Chicken bouillon cubes  
1 ts Dried thyme  
1/4 ts Ground allspice  
1/8 ts Garlic powder  
3 Potatoes peeled and cut in thick slices  
3 Turnips peeled and cut in thick slices  
16 oz Fresh/frozen small whole white onions  
1 pk (10-oz) frozen green peas  
1/2 c Milk/light cream

Dredge lamb in flour mixed with salt and pepper. In Dutch oven with tight-fitting cover, brown lamb in oil, adding remaining flour mixture toward end of browning time. Drain excess fat. Add boiling water, bouillon cubes, thyme, allspice and garlic powder; cover and simmer for about 1 hour. Add potatoes, turnips and onions; recover and simmer for 1/2 hour, or until tender. Add green peas; continue cooking for 15 minutes, or until heated through. Reduce heat; gradually add milk or cream, mixing well. Heat to serving temperature. Add more salt or pepper to taste.

### Kenyan Bean Stew

1 c Dried beans  
4 c Boiling water  
1 lb Beef stew meat -- cut in 1" cubes  
2 tb Oil  
1 lg Onion -- chopped coarsely  
2 lg Potatoes -- pared & cubed  
3 Ribs celery -- cut in 1" slices  
3 md Carrots -- pared & sliced  
1 c Corn -- fresh or frozen  
1 ts Curry powder or Berbere  
1 1/2 ts Salt  
1 c Boiling water  
1/2 lb Brussel sprouts -- fresh or frozen

Add beans to boiling water in a 3 qt saucepan or Dutch oven; boil for two minutes. Remove from heat and let stand covered for one hour. Brown meat in hot oil; add onion and cook until brown. Add meat and onion mixture and all other ingredients (except Brussel Sprouts) to the beans; add one cup boiling water. Simmer stew for 1 hour, add sprouts and cook for 15 minutes.

### Lamb Green Chile Stew

3 lb Lamb; boneless shoulder  
1 c Onion; (1 large), chopped  
3 Cloves garlic; finely chopped  
1/4 c Vegetable oil  
2 c Chicken broth  
1 ts Salt  
1 ts Juniper berries; crushed; dry  
3/4 ts Pepper  
1 tb Unbleached flour  
1/4 c Water  
4 md Poblano chiles; \* see note  
2 tb Lemon peel; finely shredded

\* Poblano Chiles should be roasted and peeled

Trim excess fat from lamb shoulder; cut lamb into 1-inch cubes. Cook and stir lamb, onion and garlic in oil in 4-quart Dutch oven until lamb is no longer pink; drain. Stir in broth, salt, juniper berries and pepper. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, until lamb is tender, about 1 hour. Shake flour and water in a tightly covered container; stir into lamb mixture. Boil and stir 1 minute. Stir in chiles. Sprinkle each serving with lemon peel.

### Lasagna Beef Stew

3 tb All-purpose flour  
Salt  
1 ts Paprika  
3 tb Vegetable oil  
2 lb Boneless beef; cut in 1/2" cubes  
2 c Water  
1 cn (8-oz) tomato sauce  
4 Onions; peeled and quartered  
1/2 ts Dried basil  
1/2 ts Dried rosemary  
1 pk (10-oz) frozen peas  
4 oz Uncooked lasagna noodles  
2 oz Grated Parmesan cheese  
4 oz Mozzarella cheese; cut in 1" cubes

Combine flour, salt to taste and paprika in a paper bag; shake to mix. Put meat into bag; shake to coat. Heat oil in large Dutch oven. Brown meat in oil, in batches if necessary, stirring to get all sides brown. Pour off drippings. Add water, tomato sauce, onions basil and rosemary to skillet. Cover and simmer over low heat for 2 hours or until meat is tender, adding peas for the last 15 minutes of cooking time. Cook noodles in boiling salted water as package directs. Cut each noodle crosswise into 6 to 8 pieces; add to stew. Cook a couple of minutes more; pour into serving dish. Toss in cheese and allow to sit a few minutes so that cheese softens. Serve with hot crusty bread - if desired.

### New Mexico Chili Verde Stew

2 lb Boneless pork, cut into 1 1/2 cubes  
1 tb Vegetable oil  
36 oz Canned corn kernels, drained  
2 Stalks celery, diced  
2 md Potatoes, diced  
2 md Tomatoes, chopped  
12 oz Canned green chile peppers, diced  
4 c Chicken broth  
2 ts Cumin, ground  
1 ts Dried oregano  
1 Salt to taste

Lightly brown the pork cubes in oil in a Dutch oven or deep skillet over medium high heat. Add the rest of the ingredients. Cover. Simmer for 1 hour. Serve hot with fresh corn or flour tortillas.

### Old Fashioned Beef Stew

2 lb Top round beef; 1-inch cubes  
4 c Boiling water  
1 tb Lemon juice  
1 tb Worcestershire sauce  
1/4 ts Garlic salt  
1 Sliced onion  
2 Bay leaves

1 tb Salt  
1 ts Sugar  
1/2 ts Pepper  
1/2 ts Paprika  
1/2 ts Allspice  
6 Sliced carrots  
4 c Quartered potatoes

Brown meat on all sides in hot greased Dutch oven. Add seasonings, onions & water. Cover & simmer 2 hours, stirring occasionally. Remove bay leaves. Add carrots & potatoes. Thicken juice by adding mixture of 1/2 cup water & 1/4 cup flour. Cook 5-10 minutes more & allow to thicken, stirring occasionally.

### Quick Hamburger Stew

2 lb Lean ground beef  
1 lb Baby carrots  
8 md Potato -- washed  
1 Box dry onion soup mix (two packages)  
8 c Water

Fry the hamburger in the bottom of a large dutch oven. If lean ground beef has been used, there will be no extra fat to discard. Add water and onion soup mix packages. Stir. Add baby carrots and cut potatoes into large pieces into the pot with a clean knife. Simmer until the potatoes are tender. Thicken the soup base with 4 tablespoons of Wondra flour (pelletized flour). Serve hot

### Quick Mushroom Stew

1 cn Condensed tomato soup -- 10 3/4 oz Undiluted  
1 cn Condensed cream of mushroom soup -- 10-3/4 oz undiluted  
2 1/2 c Water  
2 lb Beef stew meat -- cut into cubes  
2 ea Bay leaves  
3 md Potatoes  
Peeled and cut into 1-inch chunks  
4 ea Carrots -- cut in 1/2" slices  
1 lb Fresh mushrooms -- halved  
1 tb Quick-cooking tapioca

In a Dutch oven, stir the soups and water until smooth. Add meat and bay leaves. Cover and bake at 325 deg. for 1-1/2 hours. Stir in potatoes, carrots, mushrooms and tapioca. Cover and bake 1 hour longer or until the meat and vegetables are tender. Remove the bay leaves before serving. Yield: 6-8 servings

### Ranch Style Stew

1 1/2 lb Round Steak; up to 2 lbs  
2 Carrots; per person  
3 Stalks celery  
2 cn Tomato sauce  
2 Potatoes; per person  
2 Green peppers  
3 Onions  
2 cn Cream of mushroom soup

Chop all vegetables to about one-inch pieces. Cut up round steak to desired size. Mix together tomato sauce and soup. Place meat and vegetables in Dutch oven. Pour sauce over meat/vegetable mixture. Stir to combine well. Cover and bake in a 300 degree oven for four hours. Do not lift lid and do not stir. Stir once just before serving. This recipe can be stretched by adding more vegetables if desired.

### Ravioli Stew

2 tb Olive or Vegetable Oil  
1 md Onion; chopped  
2 md Carrots; diced  
2 Ribs Celery; diced  
1 md Green Bell Pepper; deseeded and chopped  
1 Clove Garlic; finely chopped  
1 cn Red Kidney Beans; rinsed and drained  
4 Plum Tomatoes; chopped  
1 Envelope dry Herb Soup Mix 2 1/2 c Water  
1 pk (10-oz.) refrigerated Cheese Ravioli  
Parmesan cheese; (optional)

In Dutch oven, heat oil over medium heat and cook onion, carrots, celery, green pepper, and garlic, stirring occasionally, for about 5 minutes or until tender.

Stir in kidney beans, plum tomatoes, and herb soup mix blended with water. Bring to a boil over high heat. Stir in ravioli. Reduce heat to medium and cook, stirring gently, for 5 minutes or until the ravioli are tender.

Serve with grated Parmesan cheese, if desired.

### Santa Fe Stew

2 tb Cooking oil  
1 Lean beef roast; (about 2 to 3 pounds), cut into 1/2-inch cubes  
2 md Onions; sliced  
1 cn Tomatoes with jalapenos\* on can; (18 ounces) tomatoes, cut up, liquid (10 ounces) reserved  
1 cn Pinto beans; rinsed and drained (15 ounces)  
2 cn Chopped green chilies; (4 ounces each)  
1 cn Condensed beef broth; (10-1/2 ounces)  
1 tb Sugar  
1 Garlic clove; minced  
1 ts Ground cumin; up to 2  
1 Green pepper; chopped  
1 c Water Salt to taste  
Shredded Monterey Jack cheese

In a Dutch oven, heat oil over medium high. Brown beef on all sides. Add all remaining ingredients except cheese: bring to a boil. Reduce heat; simmer 1-1/2 hours or until meat is tender. Serve in bowls topped with cheese. (\*Look for tomatoes with jalapenos in the ethnic food section of your grocery store.) Yield: 6-8 servings.

### Sausage and Mushroom Stew

2 cn Cream of mushroom soup, undiluted  
1 1/2 lb Smoked Kielbasa, in 1" rounds  
5 md Potatoes, peeled, in 1" chunks  
4 Carrots, peeled, in 1" pieces  
3 md Onions, coarsely chopped  
1 c Fresh green beans, halved  
3/4 lb Fresh mushrooms, halved  
1/2 md Head cabbage, coarsely chopped

In 5 quart Dutch oven or casserole, combine all ingredients except cabbage. Cover and bake at 350 f. for 1 1/4 hours. Uncover and stir. Add the cabbage. Cover and bake for 30 minutes longer or until vegetables are tender. Stir again before serving.

## Seafood Stew

1 1/4 lb All-purpose potatoes; \*see note  
14 1/2 oz Canned chunky tomatoes; Italian style  
14 oz Chicken broth; canned  
16 lg Mussels; cleaned  
16 lg Shrimp; peeled and deveined, tails left on  
12 oz Cod fillet; cut into 2" pieces  
1 tb Chopped parsley

\*Potatoes: about 4 medium, peeled, cut into 1/2" pieces. Italian style Chunny tomatoes are seasoned with olive oil, garlic, and spices.

In 2-quart saucepan over high heat, heat potatoes and enough water to cover to boiling. Reduce heat to low; cover and simmer 5 to 8 minutes until potatoes are tender; drain. Meanwhile, in 5-quart Dutch oven over high heat, heat tomatoes with their liquid, chicken broth, and wine to boiling. Add mussels; reduce heat to medium. Cover and cook mussels 3 to 5 minutes, removing mussels to bowl as shells open. Add shrimp and cod to Dutch oven; cover and cook 3 to 5 minutes until shrimp and cod turn opaque throughout. Add potatoes and mussels; heat through. Sprinkle with parsley.

## Southwestern Beef and Bean Stew

1/4 c All purpose flour  
1/2 ts Salt  
1/4 ts Pepper  
1 lb Beef stew meat; cubed 1/2"  
1 tb Vegetable oil  
1 lg Onion; chopped  
1 sm Green pepper; chopped  
2 Cloves garlic; finely chopped 1 3/4 c Water  
1 1/2 ts Low-sodium beef bouillon  
1 ts Chili powder  
1/4 ts Dried oregano  
1/4 ts Ground cumin  
1 cn (14 1/2 oz.) no salt added tomatoes; drained  
1 cn (16 oz.) pinto beans; rinsed and drained  
1 c Frozen whole

Shake flour, salt, and pepper in a large plastic bag. Add beef; shake to coat with flour mixture. Heat oil in Dutch oven over medium-high heat. cook beef, onion, bell pepper and garlic in oil, stirring occasionally, until beef is brown. Stir in water, bouillon granules, chili powder, oregano and cumin. Heat to boiling; reduce heat. Cover and simmer 1 hour. Stir in tomatoes, beans and corn, breaking up tomatoes; heat through.

## Spicy Pork and Black Bean Stew

1 lb Lean boneless pork; cut in 1/2" cubes  
1 tb Vegetable oil  
1 c Chopped onion  
1 c Chopped green bell pepper  
1 Clove Garlic; minced 2 1/2 c Chicken broth  
2 md Tomatoes; wedges  
1 Fresh serrano pepper; Seeded and minced  
2 Yams or sweet potatoes or Yukon golds; peeled and Cubed  
2 cn Black beans; drained and Rinsed Or 3 cups black beans; Cooked  
1/2 c Coconut milk; unsweetened  
1 ts Salt  
1/4 ts Pepper  
Fresh cilantro; for Garnish

In a large Dutch oven, brown pork in oil with onions. Remove from pan. In drippings, sauté bell pepper (green or red or both) and garlic; cook 2 minutes. Stir in broth, tomatoes and hot pepper. Return pork to pan. Bring liquid to a boil; reduce heat. Simmer, covered for 45 mins. Remove lid and add potatoes. Cook, covered 20 to 30 minutes or until potatoes are nearly tender.

Add beans, coconut milk, salt and pepper. Cook just until heated, about 5 mins. Garnish with cilantro. Serves 4 to 6.

### Successful Green Chili Stew

4 cn (small) diced green chiles  
1 lb Finely ground turkey  
1 sm Zucchini; thinly sliced  
1 c Frozen corn (off the cob)  
1 cn (14-oz) canned peeled tomatoes; with juice  
24 oz Water  
4 -(up to) 6 Cloves garlic; minced (depends on your taste; and the clove size)  
1 ts Ground cumin  
1 ts Italian seasoning  
1 ts Salt

Brown the ground turkey. just before it is done, add the garlic and saute it with the meat. Then put this into a large saucepan or Dutch oven. Heat at medium high and add tomatoes + juice. use a spatula or something to cut up the tomatoes in the pan. then add the rest of the vegetables, the chiles, the water, and the seasoning. Bring to a boil, then turn heat down and cook until zucchini becomes soft. Spoon into bowls and eat. as with many things, this is also better the next day.

### Vegetable Meat Stew

2 tb All-purpose flour  
1 1/2 ts Salt  
1 ts Accent flavor enhancement  
1/8 ts Pepper  
1 lb Beef stew meat  
3 tb Vegetable oil  
1/4 c Chopped onion  
3 c Water  
1 Clove garlic; minced  
1 Bay leaf  
1 ts Dried thyme; crushed  
4 sm Potatoes; pared and cubed  
4 Carrots; chopped, or 12 mini-carrots, pared  
1 c Frozen peas; thawed  
1/2 c Evaporated milk

Combine flour, salt, Accent and pepper in shallow dish. Dredge meat in flour mix; reserve excess flour mix. Brown meat in hot oil in Dutch oven over medium-high heat. Sprinkle any remaining flour mixture over meat. Toss to coat meat. Add onion; cook until onion is limp. Add water, garlic, bay leaf and thyme. Bring to a boil over high heat. Reduce heat to low. Cover and simmer 1 hour. Add potatoes, carrots and additional water, if needed. Simmer covered, 15 minutes. Add peas; simmer, covered 10 minutes or until vegetables are tender. Stir in evaporated milk; heat thorough. Do not boil. Remove bay leaf before serving.