

The Stew Cookbook

457 Recipes

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Lamb and Winter Vegetable Stew

Ingredients

2 tablespoons vegetable oil
1 pound lamb stew meat, cubed
2 cups beef broth
1 cup dry red wine
2 cloves garlic, minced
1 tablespoon chopped fresh thyme
1/4 teaspoon salt
1/4 teaspoon black pepper
1 bay leaf
2 cups peeled, seeded, and sliced butternut squash
1 cup peeled, sliced parsnips
1 cup peeled, chopped sweet potatoes
1 cup sliced celery
1 medium onion, thinly sliced
1/2 cup sour cream
3 tablespoons all-purpose flour

Directions

Heat the oil in a large saucepan, and brown the lamb meat on all sides. Drain fat, and stir in the beef broth and wine. Season with garlic, thyme, salt, pepper, and bay leaf. Bring the mixture to a boil. Reduce heat, cover, and simmer 20 minutes.

Mix in the squash, parsnips, sweet potatoes, celery, and onion. Bring to a boil, then reduce heat and simmer 30 minutes, or until the vegetables are tender.

In a small bowl, blend the sour cream and flour. Gradually stir in 1/2 cup of the hot stew mixture.

Stir the sour cream mixture into the saucepan. Remove the bay leaf, and continue to cook and stir until thickened.

Portuguese Fava Bean Stew

Ingredients

2 tablespoons olive oil
3 large onions, coarsely chopped
2 cloves garlic, minced
1 tablespoon chile paste
1/4 cup tomato sauce
2 cups water
3 tablespoons chopped fresh parsley
salt to taste
1/2 teaspoon ground black pepper
3 tablespoons paprika
1 pound Portuguese chourico sausage, casing removed, sliced 1/4-inch thick
2 (19 ounce) cans fava beans, drained

Directions

Warm the olive oil in a saucepan over medium heat, add the onion and garlic; cook and stir until golden brown. Stir in the chile paste, tomato sauce, water, parsley, salt, pepper, paprika, and sausage.

Bring the sausage mixture to a boil over high heat; reduce the heat to low and simmer for 40 minutes. Mix in the fava beans and cook 10 minutes for firm beans, or up to 30 minutes for softer beans.

Quick Short Rib Stew

Ingredients

1/2 cup all-purpose flour for coating
4 pounds beef short ribs
2 tablespoons canola or vegetable oil
1 cup hot water
2 cubes beef bouillon
1 (28 ounce) can diced or stewed tomatoes
2 cloves garlic, thinly sliced
2 medium onions, chopped
6 medium carrots, peeled and sliced
6 medium potatoes, peeled and cubed
3 tablespoons all-purpose flour, dissolved in
1 cup water
1 (15 ounce) can peas, with liquid
Salt and pepper to taste

Directions

Heat a large skillet over medium-high heat. Place 1/2 cup of flour in a heavy plastic bag or large bowl; add the ribs and toss until completely coated. Pour the oil into the preheated pan, heat until shimmering. Shake any excess flour off of the ribs, then add them to the hot oil. Brown well on all sides without burning, about 10 minutes.

While the ribs are browning, stir together the hot water and bouillon cubes in a pressure cooker until dissolved. Using tongs, remove the ribs from the skillet, and place into the pressure cooker. Seal according to manufacturer's directions and cook for 25 minutes.

After 25 minutes, release pressure, and open cooker according to manufacturer's directions. Pour in the canned tomatoes, garlic, onion, and carrots. Simmer, uncovered until the vegetables are tender, about 20 minutes. Meanwhile, cook the diced potatoes in enough water to cover until tender, about 20 minutes.

Remove the meat to a serving platter. Stir together 3 tablespoons of flour with 1 cup of water. Stir into the vegetables, and cook until the sauce thickens, about 5 minutes.

Drain the cooked potatoes, and add to the stew along with the can of peas. Heat until warmed through, then season to taste with salt and pepper.

Beer and Maple Lentil Stew

Ingredients

6 slices bacon, diced
1 cup diced onion
1 clove garlic, minced
1 cup diced celery
1 cup diced carrot
3 cups beef stock
1 (12 ounce) bottle beer
1 cup dried brown lentils, rinsed and drained
1 tablespoon maple syrup
1/4 teaspoon ground nutmeg
1/4 teaspoon caraway seed
1/4 teaspoon celery salt
salt and ground black pepper to taste

Directions

Place a large pot over medium-high heat; cook the bacon in the pot until crisp, 5 to 7 minutes. Stir in the onion and garlic; continue to cook until onions are translucent, about 5 minutes. Stir in the celery and carrot; cook another 2 minutes.

Pour the beef stock and beer into the pot; bring to a boil. Stir in the lentils, syrup, nutmeg, caraway seed, and celery salt; cover and cook for 45 minutes. Season with salt and pepper.

Slow Cooker Chicken Stew

Ingredients

3 pounds skinless, boneless chicken breast meat - cut into bite-size pieces
1/2 teaspoon olive oil
3 cloves garlic, crushed
1/2 cup water
1 (10.75 ounce) can condensed cream of celery soup
1/2 teaspoon ground black pepper
1/2 teaspoon salt
1/2 teaspoon Italian-style seasoning
1 apple - peeled, cored and cut into eighths
3 small red potatoes, cut into eighths
1 onion, cut into eighths
1 (1.25 ounce) envelope dry onion gravy mix

Directions

Heat oil in a large skillet over medium high heat. Saute garlic and chicken until lightly browned.

Place chicken and garlic in slow cooker; add water, soup, pepper, salt, seasoning, apple, potatoes, onion and gravy mix. Mix all together.

Set heat on Low setting and simmer slowly for 6 to 8 hours.

Chuckwagon Stew

Ingredients

1 1/2 pounds cubed beef stew meat
1/2 pound smoked sausage of your choice, sliced
1 medium onion, chopped
3 potatoes, scrubbed and cubed
1 (28 ounce) can barbeque baked beans

Directions

Place the beef stew meat, sausage, onion, and potatoes into a slow cooker, and stir to distribute evenly. Spoon the baked beans evenly over the mixture. Cover, and cook on Low for 8 to 10 hours, or cook on High for 4 to 5 hours.

Hearty Skillet Stew

Ingredients

1/2 pound boneless beef top round steak, cut into 1/2 inch cubes
1/3 cup chopped onion
2 cups chopped cabbage
2 medium carrots, chopped
1 medium potatoes, cut into 1/2 inch chunks
3/4 cup water
1/3 cup reduced-sodium soy sauce
2 tablespoons sugar
1/2 teaspoon cornstarch
1 teaspoon cold water

Directions

In a large nonstick skillet coated with nonstick cooking spray, brown steak with onion. Stir in the cabbage, carrots, potato, water, soy sauce and sugar; bring to a boil. Reduce heat; cover and simmer for 25 minutes or until carrots and potato are tender.

In a small bowl, combine cornstarch and cold water until smooth; stir into beef mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened.

Southwest Stew

Ingredients

2 pounds ground beef
1 onion, chopped
1 (14.5 ounce) can peeled and diced tomatoes
1 (15 ounce) can pinto beans, drained and rinsed
1 (15.25 ounce) can whole kernel corn, drained
4 potatoes, cubed
1 cup medium salsa
2 cups water
1 teaspoon ground cumin
salt to taste
ground black pepper to taste
1/2 teaspoon garlic powder
1/2 cup shredded Cheddar cheese

Directions

Cook ground beef and onion until done.

In a large pan add beef, onion, tomatoes, beans, corn, potatoes, picante sauce, water, cumin, salt and pepper to taste, and garlic powder. Simmer, covered, for 45 minutes. I like to use slow cooker and let it simmer all day. Serve; top with cheese.

Angel's Old Fashioned Beef Stew

Ingredients

4 tablespoons vegetable oil
1/2 cup all-purpose flour
1 tablespoon garlic powder
1 teaspoon salt
1 teaspoon black pepper
2 pounds beef chuck, cubed
12 small boiling onions
6 large potatoes, peeled and diced
6 carrots, sliced
3 stalks celery, sliced
3 (10.5 ounce) cans beef broth
3 tablespoons all-purpose flour
1 tablespoon cold water

Directions

In a large pot heat oil over medium high heat. In a resealable plastic bag mix together the flour, garlic powder, salt and pepper. Add a small handful of meat at a time and shake until well coated; brown in hot oil, about 1 minute per side. Remove the browned meat and continue until all the meat is browned.

Lower heat to medium and add onions. Brown onions on both sides, about 3 minutes per side, then remove from pot and set aside. Drain excess fat from pot.

To pot add potatoes, carrots, celery, reserved onions, browned meat and broth. Stir all together and bring to a boil. Reduce heat to low, cover and simmer for 2 hours, stirring occasionally.

For a thicker broth: 1/2 hour before stew is done, combine 3 tablespoons flour and water in a small bowl and mix well, then slowly stir mixture into stew.

Brazilian Black Bean Stew

Ingredients

1 tablespoon canola oil
1/4 pound chorizo sausage, chopped
1/3 pound cooked ham, chopped
1 medium onion, chopped
2 cloves garlic, minced
2 (1 pound) sweet potatoes, peeled and diced
1 large red bell pepper, diced
2 (14.5 ounce) cans diced tomatoes with juice
1 small hot green chile pepper, diced
1 1/2 cups water
2 (16 ounce) cans black beans, rinsed and drained
1 mango - peeled, seeded and diced
1/4 cup chopped fresh cilantro
1/4 teaspoon salt

Directions

Heat the oil in a large pot over medium heat, and cook the chorizo and ham 2 to 3 minutes. Place the onion in the pot, and cook until tender. Stir in garlic, and cook until tender, then mix in the sweet potatoes, bell pepper, tomatoes with juice, chile pepper, and water. Bring to a boil, reduce heat to low, cover, and simmer 15 minutes, until sweet potatoes are tender.

Stir the beans into the pot, and cook uncovered until heated through. Mix in the mango and cilantro, and season with salt.

Beef Barley Stew

Ingredients

1 pound beef stew meat, cut into
1/2 inch pieces
1 tablespoon olive oil
2 cups sliced carrots
1 cup chopped onion
1 cup sliced celery
2 cloves garlic cloves, minced
2 cups sliced baby portobello
mushrooms
1 (14.5 ounce) can stewed
tomatoes
1 cup water
1 cup dry red wine
1 cup beef broth
2 bay leaves
1 teaspoon salt
3/4 teaspoon dried thyme
1/4 teaspoon pepper
1/3 cup uncooked medium pearl
barley
1/4 cup all-purpose flour
1/3 cup cold water
1 tablespoon balsamic vinegar
Minced fresh parsley

Directions

In a Dutch oven, cook beef in oil until meat is no longer pink. Add the carrots, onion, celery and garlic; cook for 5 minutes. Add the mushrooms, stewed tomatoes, water, wine, broth, bay leaves, salt, thyme and pepper.

Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add barley; cover and simmer 45 minutes longer or until barley and meat are tender.

Combine flour and cold water until smooth. Gradually stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Discard bay leaves. Stir in balsamic vinegar just before serving. Sprinkle each serving with parsley if desired.

Tuna Noodle Stew

Ingredients

1 (8 ounce) package egg noodles
1 (6 ounce) can tuna, drained
1 (10.75 ounce) can condensed
cream of celery soup
1 cup frozen green peas
1/2 cup chopped red bell pepper
1 onion, diced
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain leaving about a 1/2 cup of water in the pot.

To the pot of pasta, add tuna, celery soup, peas, red bell pepper, onion, and salt and pepper to taste.

Simmer until hot. If needed, add more water or milk.

Irish Lamb Stew

Ingredients

1 1/2 pounds thickly sliced bacon, diced
6 pounds boneless lamb shoulder, cut into 2 inch pieces
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup all-purpose flour
3 cloves garlic, minced
1 large onion, chopped
1/2 cup water
4 cups beef stock
2 teaspoons white sugar
4 cups diced carrots
2 large onions, cut into bite-size pieces
3 potatoes
1 teaspoon dried thyme
2 bay leaves
1 cup white wine

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside.

Put lamb, salt, pepper, and flour in large mixing bowl. Toss to coat meat evenly. Brown meat in frying pan with bacon fat.

Place meat into stock pot (leave 1/4 cup of fat in frying pan). Add the garlic and yellow onion and saute till onion begins to become golden. Deglaze frying pan with 1/2 cup water and add the garlic-onion mixture to the stock pot with bacon pieces, beef stock, and sugar. Cover and simmer for 1 1/2 hours.

Add carrots, onions, potatoes, thyme, bay leaves, and wine to pot. Reduce heat, and simmer covered for 20 minutes until vegetables are tender.

Tammy's Irish Stew

Ingredients

1 pound ground beef
4 cups water, or more as needed
1 teaspoon salt
5 pounds potatoes, peeled
3 large carrots, peeled and sliced
2 large parsnips, peeled and sliced
2 onions, chopped
salt to taste

Directions

Crumble the ground beef in a large, deep pot. Pour in 4 cups of water, and season with 1 teaspoon of salt. Cover and soak beef for about 20 minutes at room temperature. Add whole potatoes, carrots, parsnips, and onions. Stir in additional water, if needed, until potatoes are nearly submerged.

Cover and bring to a boil slowly over medium-low heat. Reduce heat to low and simmer until the potatoes begin to fall apart, about 1 hour, adding water one cup at a time, as needed, to keep the potatoes moist. Stir the stew with a wooden spoon, breaking apart smaller potatoes to create a gravy-like consistency. Season with salt to taste. Cover, remove from heat, and allow stew to rest for 10 minutes before serving.

Spicy Chicken and Sweet Potato Stew

Ingredients

1 teaspoon olive oil
1 onion, chopped
4 cloves garlic, minced
1 pound sweet potato, peeled and cubed
1 orange bell pepper, seeded and cubed
1 pound cooked chicken breast, cubed
1 (28 ounce) can diced tomatoes
2 cups water
1 teaspoon salt
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
1 teaspoon cocoa powder
1/4 teaspoon ground cinnamon
1/4 teaspoon red pepper flakes
1 1/2 tablespoons all-purpose flour
2 tablespoons water

1 cup frozen corn
1 (16 ounce) can kidney beans, rinsed and drained
1/2 cup chopped fresh cilantro

Directions

Heat olive oil in a large pot over medium heat. Stir in onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in sweet potato, bell pepper, chicken, tomatoes, and 2 cups of water. Season with salt, chili powder, cumin, oregano, cocoa powder, cinnamon, and red pepper flakes. Increase heat to medium-high and bring to a boil. Dissolve flour in 2 tablespoons water, and stir in to boiling stew. Reduce heat to medium-low, cover, and simmer until the potatoes are tender but not mushy, 10 to 20 minutes. Stir the stew occasionally to keep it from sticking.

Once the potatoes are done, stir in corn and kidney beans. Cook a few minutes until hot, then stir in cilantro before serving.

Chicken Brunswick Stew

Ingredients

2 1/2 pounds chopped, cooked chicken
2 cups water
1 teaspoon ground black pepper
1/2 teaspoon salt
4 tomatoes, sliced
1 1/2 onions, chopped
1 (16 ounce) package frozen lima beans, thawed
1 (16 ounce) package frozen corn kernels, thawed
1 (16 ounce) package frozen okra, thawed
1 bay leaf

Directions

In a large, microwave safe bowl, combine chicken, water, pepper and salt. Microwave on high 15 minutes. Stir in tomatoes, onions, limas, corn, okra and bay leaf. Microwave 7 minutes. Remove bay leaf and microwave 15 minutes more, stirring occasionally, until tender.

Kare Kare Pata (Oxtail Stew)

Ingredients

4 1/2 pounds beef oxtails
3 cups water
2 beef bouillon cubes
1/2 pound bok choy, chopped
1/2 pound long beans, cut into bite-sized pieces
1/2 pound eggplant, cubed
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1 teaspoon achiote powder
3 tablespoons smooth peanut butter

Directions

Combine the oxtails and water in a large pot; bring to a boil, reduce heat to medium-low, and simmer at least 2 hours.

Skim as much fat from the top of the liquid as possible. Crumble the beef bouillon cubes into the liquid and allow to dissolve. Remove the meat from the broth and set aside. Add the bok choy, long beans, and eggplant to the broth and simmer until tender.

While the vegetables simmer in the broth, heat the olive oil in a large pot over medium heat. Cook and stir the onion and garlic in the hot oil until tender. Stir the achiote powder into the mixture to add a little color. Add the peanut butter and stir until it's melted into the mixture. Add about half the broth to the pot; bring to a simmer for 5 minutes. Add the oxtails and cook another 5 minutes before adding the remaining broth with the vegetables. Serve hot.

Curry Fish Stew

Ingredients

2 tablespoons soybean oil
1 medium onion, finely chopped
2 green onions, finely chopped
1 fresh red chile pepper, finely chopped
1 1/2 tablespoons chopped pimento peppers
2 tablespoons curry powder
1 pint light whipping cream
3/4 pound cod fillets, cut into 1 inch cubes
garlic powder to taste
salt and pepper to taste

Directions

Heat oil in a medium saucepan over medium heat. Stir in onion, green onions, red chile pepper, and pimentos. Cook and stir until onions are tender, about 5 minutes. Mix in curry powder, and continue to cook and stir 2 to 5 minutes.

Blend cream into the onion mixture, and simmer until thickened. Mix in cod, cooking 3 to 5 minutes, until easily flaked with a fork. Season with garlic powder, salt, and pepper.

Harvest Beef Stew

Ingredients

4 tablespoons bacon drippings
1/4 cup flour
Salt and pepper to taste
2 1/2 pounds beef stew meat, cut into 1 inch cubes
5 tablespoons olive oil
1 onion, thinly sliced
6 cloves garlic, thinly sliced
1 pound carrots, peeled and sliced
1 pound celery, sliced
1/4 cup rice vinegar
2 tablespoons brown sugar
4 cups beef broth
2 (12 fluid ounce) cans or bottles ale
1 parsnip, peeled and sliced
1 turnip, peeled and chopped
1 pound baby red potatoes, washed
3/4 cup parsley, chopped
4 whole bay leaves

Directions

Heat bacon grease in a large pot over medium heat.

Combine flour with salt and pepper. Coat beef cubes.

Brown meat in the bacon grease until nicely browned. Remove to a paper towel, and set aside.

Heat olive oil in the same pot. Cook onions, garlic, carrots, and celery over low heat. Add the vinegar and sugar. Pour in the broth and bring to a boil. Deglaze the pan by scraping off the food stuck on the bottom of the pot.

Return meat to pot. Pour in beer, then stir in parsnips, turnips, red potatoes, parsley, and bay leaves. Reduce heat to medium low. Cover and simmer for 90 minutes, stirring occasionally.

Cabbage Patch Stew

Ingredients

1 pound lean ground beef
1 onion, chopped
1 (15 ounce) can ranch-style beans
1/4 teaspoon ground cumin
3 cloves garlic, minced
2 1/2 cups chopped cabbage
1 green bell pepper, chopped
1 (14.5 ounce) can stewed tomatoes, with liquid
2 stalks celery, chopped
1/4 cup picante sauce
1 cup water
salt to taste
freshly ground pepper, to taste

Directions

In a skillet over medium heat, brown the ground beef with the onion. Drain fat.

Combine ranch-style beans, cumin, garlic, cabbage and green pepper in crock pot. Stir in stewed tomatoes, celery, picante sauce, water, and beef mixture. Salt and pepper to taste.

Cover and cook for 6 to 8 hours.

Five Star Venison Stew

Ingredients

2 pounds cubed venison
1/2 (16 ounce) bottle French salad dressing (such as Wishbone®)
seasoned salt to taste
1 pinch salt and black pepper to taste (optional)
2 tablespoons all-purpose flour
1/4 cup vegetable oil

1 (6 ounce) can tomato paste
2 (14 ounce) cans beef broth
2/3 cup water
3 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1/4 teaspoon mustard powder
1/4 teaspoon paprika
1 clove garlic, minced
1 (1 ounce) package dry onion soup mix
4 potatoes, peeled and cut into 1-inch pieces
4 carrots, peeled and cut in chunks
3 stalks celery, sliced
1 large onion, chopped
1 (10 ounce) package frozen peas, thawed
1 (10 ounce) package frozen Brussels sprouts, thawed (optional)

Directions

Combine the venison and French salad dressing in a non-metallic bowl until the venison is evenly coated. Cover the bowl with plastic wrap and marinate in the refrigerator overnight.

Remove the venison from the marinade, squeeze off excess, and place the venison cubes into a clean bowl. Discard the remaining marinade. Season the venison with seasoned salt, salt, and pepper; sprinkle with the flour and toss to coat.

Heat the vegetable oil in a large skillet over medium-high heat. Add the venison cubes, and cook until golden brown on all sides, about 10 minutes. While the venison cubes are browning, whisk together the tomato paste and beef broth in a slow cooker until the tomato paste has dissolved. Stir in the water, brown sugar, Worcestershire sauce, mustard powder, paprika, garlic, onion soup mix, potatoes, carrots, celery, chopped onion, peas, Brussels sprouts, and the browned venison cubes.

Cover and cook on Low until the venison, potatoes, and carrots are tender, 10 to 12 hours.

Audry's Shrimp Stew

Ingredients

1/3 cup vegetable oil
1/2 cup all-purpose flour
1 large onion, diced
1 cup small, peeled shrimp
3 cups water
2 tablespoons finely chopped green bell pepper
2 tablespoons minced celery
1 tablespoon chopped fresh parsley
1/2 teaspoon salt
1/4 tablespoon ground black pepper

Directions

Make the Roux: In a heavy bottomed sauce pan, over medium heat, heat oil until hot but not smoking. Add flour all at once and stir constantly until the roux is golden brown. (Note: do not cook the roux too fast. If black flecks appear, the roux is burned and you must discard and start over. It may take 45 minutes to 1 hour to make the roux. The end result is worth the time.)

Add the onion to the roux and cook, stirring constantly, until onion is soft and light brown.

Lower heat to simmer and add the shrimp and cook for about 10 minutes. Slowly stir in the water. Raise heat to medium and continue cooking until the stew reaches a boil. Stir in the green bell pepper, celery, parsley, salt and pepper.

Turn heat down to a simmer and cook for about 30 to 40 minutes to blend flavors. Taste and adjust seasonings.

Country Chicken Stew

Ingredients

2 slices bacon, diced
1 medium onion, sliced
1 (10.75 ounce) can
Campbell'sB® Condensed Cream
of Chicken Soup (Regular or 98%
Fat Free)
1 (10.75 ounce) can water
1/2 teaspoon dried oregano
leaves, crushed
3 medium potatoes, cut into 1-
inch pieces
2 medium carrots, sliced
1 cup frozen cut green beans
2 (4.5 ounce) cans SwansonB®
Premium White Chunk Chicken
Breast in Water, drained
2 tablespoons chopped fresh
parsley

Directions

Cook the bacon in a 10-inch skillet over medium-high heat until crisp, stirring often. Remove the bacon from the skillet and drain on paper towels.

Add the onion to the skillet and cook until tender, stirring occasionally. Stir in the soup, water, oregano, potatoes and carrots and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes.

Stir the beans in the skillet. Cover and cook for 10 minutes or until the vegetables are tender. Stir in the chicken, parsley and bacon and cook until the mixture is hot and bubbling.

1-Pot, 3-Bean Chicken Stew

Ingredients

1 tablespoon canola oil
1 3/4 pounds boneless, skinless chicken breast or thighs, cut in chunks
1 large yellow onion, chopped
1 cup sliced celery
1 cup thinly sliced carrots
3 cups no-salt-added chopped tomatoes
1 (14.25 ounce) can fat-free, less-sodium chicken broth
1 (15 ounce) can no-salt-added black beans
1 (15 ounce) can no salt-added navy beans
1 (15 ounce) can no salt-added kidney beans
1 cup dry red wine
1 bay leaf
1 tablespoon Italian herbs
1 cup smoked chicken breast, cubed
1 cup fresh Italian parsley, chopped
1 cup fresh cilantro, chopped

Directions

Heat oil in a large pot; brown chicken. Remove chicken and set aside. Saute onions until soft, about 5 minutes. Add broth, beans, tomatoes, celery, carrots, wine, bay leaf, herbs and all the chicken; cover and simmer for 40 minutes.

Add parsley, cilantro, salt, and pepper, and simmer 5 more minutes.

Brunswick Stew

Ingredients

1 (3 1/2) pound broiler-fryer chicken, cut up
1 cup water
4 medium potatoes, peeled and cubed
2 medium onions, sliced
1 (15 ounce) can lima beans, rinsed and drained
1 teaspoon salt
1/2 teaspoon pepper
dash cayenne pepper
1 (15.25 ounce) can corn, drained
1 (14.5 ounce) can diced tomatoes, undrained
1/4 cup butter
1/2 cup dry bread crumbs

Directions

In a Dutch oven, slowly bring the chicken and water to a boil. Cover and simmer for 45 to 60 minutes or until chicken is tender, skimming the surface as foam rises.

Remove chicken and set aside until cool enough to handle. Remove and discard skin and bones. Cube chicken and return to broth.

Add the potatoes, onions, beans and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until potatoes are tender. Stir in remaining ingredients. Simmer, uncovered, for 10 minutes or until slightly thickened.

Filipino Menudo (Pork and Liver Stew)

Ingredients

2 1/4 boneless pork chops
1/2 pound pork liver
3 tablespoons olive oil
2 cloves garlic, minced
1 onion, diced
salt and pepper to taste
2 tomatoes, diced
1 (15.5 ounce) can garbanzo beans, drained
1 (1.5 ounce) box raisins
2 potatoes, diced

Directions

Bring a large pot of lightly salted water to a boil; add the pork chops and return to a boil. Cook the pork chops at a boil for 5 minutes, remove, and set aside to cool. Remove 1 cup of the broth from the pot and set aside for later use. Once the chops are cooled to the touch, cut into bite-size pieces.

Return the water to a boil; add the pork liver to the pot and cook at a boil until tender, 7 to 10 minutes. Drain and discard the liquid. Set the liver aside to cool; cut into bite-size pieces.

Heat the olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until tender, about 5 minutes. Stir the pork chops into the onion and garlic; cook and stir together for 5 minutes. Season with salt and pepper. Add the tomatoes and reserved broth; cover and cook for 10 minutes. Stir the pork liver, garbanzo beans, raisins, and potatoes into the mixture; cover and simmer until the potatoes are fork-tender, about 10 minutes.

Slow Cooker Ham and Bean Stew

Ingredients

1 (15 ounce) can black-eyed peas, undrained
1 (15 ounce) can black beans, undrained
1 (15 ounce) can garbanzo beans, drained
1 (16 ounce) can chili beans in sauce
1 large onion, chopped
1 pound cooked ham, cubed
1 clove garlic, minced, or to taste
1 tablespoon sour cream

Directions

Stir the black-eyed peas, black beans, garbanzo beans, chili beans, onion, ham, and garlic together in a slow cooker. Cook on Low for 5 hours. Top with sour cream to serve.

Pennsylvtucky Pepper Stew

Ingredients

1 1/2 pounds lean ground beef
2 small garlic cloves, crushed
1 sweet onion cut into 1/2-inch slices
1 green bell pepper, chopped
1 Anaheim chile pepper, chopped
3 fresh red chili peppers, chopped
1 fresh jalapeno pepper, chopped
2 (10.5 ounce) cans condensed beef broth
1 (10.75 ounce) can condensed golden mushroom soup
1 (15 ounce) can tomato sauce
3 tablespoons Worcestershire sauce
1 (10 ounce) can white corn, drained
1 pinch ground cumin
1 pinch curry powder
1 1/2 cups water
1 tablespoon salt
2 tablespoons ground black pepper

Directions

Place the beef in a skillet over medium heat, and cook until evenly brown. Reserving juices in skillet, transfer cooked beef to a bowl, and mix in 1 clove crushed garlic. Stir remaining garlic, onion, green bell pepper, Anaheim chile pepper, red chili peppers, and jalapeno peppers into the skillet. Cook until tender; drain grease.

Transfer vegetables to a large pot over medium heat, and mix in broth, soup, tomato sauce, and Worcestershire sauce. Bring to a boil. Reduce heat to low, and mix in corn. Season with cumin and curry. Pour in water, and mix in cooked beef. Season with salt and pepper, and continue cooking 15 to 20 minutes over low heat.

Dovel Family Oyster Stew

Ingredients

2 (8 ounce) cans oysters, drained
32 fluid ounces half-and-half
1/3 cup butter

Directions

Melt the butter in a medium saucepan over medium heat.

Cook the drained oysters in the butter over medium heat until warmed through. Stir in half-and-half and bring to a slight simmer. Reduce heat, and stir occasionally to prevent boiling or scorching the bottom of the pan. Serve hot.

Christmas Eve Beef Stew

Ingredients

2 1/2 pounds beef stew meat,
diced into 1 inch pieces
1 (28 ounce) can stewed
tomatoes, with juice
1 cup chopped celery
4 carrots, sliced
3 potatoes, cubed
3 onions, chopped
3 1/2 tablespoons tapioca
2 cubes beef bouillon
1/8 teaspoon dried thyme
1/8 teaspoon dried rosemary
1/8 teaspoon dried marjoram
1/4 cup red wine
2 cups water
1 (10 ounce) package frozen green
peas, thawed

Directions

Preheat the oven to 250 degrees F (120 degrees C).

Place beef, tomatoes, celery, carrots, potatoes, onions, and tapioca into a Dutch oven. Season with beef bouillon, thyme, rosemary, and marjoram, and stir in red wine and water. Place the lid on the Dutch oven.

Bake for 5 to 6 hours in the preheated oven. Add peas during last half hour of cooking.

Hopi Corn Stew

Ingredients

3 pounds ground beef
2 large onions, diced
2 tablespoons chili powder
6 potatoes, diced
1 pound carrots, diced
3 cups white hominy
3 (8 ounce) cans whole peeled tomatoes with liquid, chopped
2 (4 ounce) cans chopped green chiles, with juice
3 cups beef broth
1/2 teaspoon salt
1/2 teaspoon ground black pepper

Directions

In a large pot over medium heat, cook ground beef until evenly brown. Stir in onions, and saute until soft and translucent. Season with chili powder, and cook for about 2 minutes. Add potatoes, carrots, hominy, tomatoes and chilies. Pour in beef broth. Season to taste with salt and pepper. Reduce heat, and simmer 2 hours, or until potatoes and carrots are tender.

Mensaf (Jordanian Lamb Stew)

Ingredients

4 tablespoons olive oil
2 pounds boneless lamb shoulder,
cut into 2 inch pieces
8 cups water
2 cups uncooked white rice
1/4 cup pine nuts
6 pita bread rounds
1 cup salted goat's milk (jameed
el-kasih)

Directions

Place 1 tablespoon olive oil into a pressure cooker over medium-high heat. Add the lamb and cook until evenly browned on all sides. Remove the lamb. Add cooking rack; place lamb on rack. Pour in 4 cups water. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high; cook for 40 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)

Remove pressure cooker from heat, and allow pressure to drop on its own. Remove lamb, separate meat from bones, and keep warm. Discard bones. Pour pan broth into a bowl, and set aside.

Meanwhile, place remaining four cups water, 1 tablespoon olive oil, and rice into a saucepan; bring to a boil over medium-high heat. Stir, reduce heat, cover, and simmer until all moisture is absorbed, about 20 minutes.

Place remaining 2 tablespoons olive oil into a skillet over medium heat. Stir in the pine nuts; cook and stir until deep brown, about 5 minutes.

Pour 2 cups of the reserved broth into a large pan. Pour in the goat's milk. Add the lamb to the milk mixture. Simmer over medium heat allowing the lamb to absorb some of the liquid, about 30 minutes.

To serve, arrange the pita bread over the bottom of a large platter. Spoon rice over the bread. Place the lamb on top of the rice, and drizzle with any remaining milk mixture. Sprinkle pine nuts over the top.

Lamb, Carrot, and White Bean Curry Stew

Ingredients

- 1 pound ground lamb
- 1 onion, grated
- 1 egg
- 3 tablespoons minced fresh dill
- 1/4 cup minced fresh cilantro
- 2 teaspoons coarse salt
- 1 tablespoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1 teaspoon ground black pepper
- 1/4 cup olive oil
- 1 (8 ounce) package baby carrots
- 2 (15.5 ounce) cans cannellini beans
- 1 cup water
- 1 tablespoon sour cream

Directions

Mix together the ground lamb, onion, egg, dill, cilantro, salt, cumin, turmeric, cinnamon, and pepper in a bowl until evenly incorporated.

Heat the olive oil in a skillet over medium-high heat. Crumble the lamb mixture into the skillet and cook until no longer pink, 5 to 10 minutes. Add the carrots to the mixture; reduce heat to medium. Pour in the contents of the 2 cans of beans and the water; stir. Simmer mixture 25 minutes. Stir the sour cream through the mixture; cook until the liquid thickens, 5 to 10 minutes.

Chorizo and Lentil Stew

Ingredients

1 tablespoon olive oil
2 cloves garlic, sliced
3/4 pound bulk chorizo sausage
5 ribs celery, sliced
1 cup dried lentils
3 cups water
1 teaspoon ground dried turmeric
1 teaspoon curry powder
1 teaspoon ground cumin
salt and pepper to taste

Directions

Heat olive oil in a large saucepan over medium-high heat. Stir in garlic, and cook until it turns golden brown, about 45 seconds. Add the chorizo sausage; cook and stir until the sausage is crumbly and beginning to brown, about 4 minutes. Stir in celery, and cook until the celery softens, about 4 minutes more.

Pour off any excess grease from the sausage, then add the lentils and water. Season with turmeric, curry powder, and cumin. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the lentils are tender, about 40 minutes. Season to taste with salt and pepper before serving.

Hearty Italian Beef Stew

Ingredients

1/4 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon ground black pepper
2 pounds beef stew meat, cut into 2-inch pieces
1/4 cup olive oil
1 cup chopped onion
1 cup chopped celery
3 cloves garlic, finely chopped
1 (14.5 ounce) can CONTADINA® Recipe Ready Diced Tomatoes with Italian Herbs
1 (6 ounce) can CONTADINA® Italian Paste with Roasted Garlic
1 1/2 cups water
2 beef bouillon cubes
4 cups peeled diced potatoes
4 cups peeled diced carrots

Directions

Combine flour, salt and pepper in medium bowl. Add meat; toss to coat well.

Heat oil in large saucepan over medium-high heat. Add meat, onion, celery and garlic. Cook, stirring frequently, 6 to 8 minutes or until meat is no longer pink and vegetables are tender.

Add undrained tomatoes, tomato paste, water and bouillon. Bring to boil. Reduce heat to low; cover. Simmer, stirring occasionally, 1 hour. Add potatoes and carrots; simmer 20 minutes longer or until meat and vegetables are tender. Sprinkle with parsley, if desired.

Chicken Stew with Pepper and Pineapple

Ingredients

1 pound skinless, boneless chicken breast halves - cut into cubes
4 cups carrots, cut into 1 inch pieces
1/2 cup chicken broth
1 tablespoon minced fresh ginger root
1 tablespoon packed brown sugar
2 tablespoons soy sauce
1/2 teaspoon ground allspice
1/2 teaspoon hot pepper sauce
1 tablespoon cornstarch
1 (8 ounce) can pineapple chunks, juice reserved
1 red bell pepper, diced

Directions

Mix chicken, carrots, broth, ginger root, brown sugar, soy sauce, allspice and pepper sauce in 1 1/2- to 4-quart crock pot slow cooker. Cover and cook on low heat setting 7 to 8 hours or until vegetables are tender and chicken is no longer pink in center.

Mix cornstarch and reserved pineapple juice; gradually stir into chicken mixture. Stir in pineapple and bell pepper. Cover and cook on high heat setting about 15 minutes longer or until slightly thickened and bubbly.

Sweetly Stewed Rhubarb

Ingredients

10 cups diced rhubarb
3 cups white sugar
1 teaspoon ground cinnamon

Directions

Place the rhubarb in a large pot and fill with enough water so that it is almost covered. Bring to a boil, then simmer over medium heat until starting to fall apart, about 20 minutes. Stir occasionally. Remove from the heat and stir in the sugar and cinnamon until sugar has dissolved. Serve hot or cold.

Meaty Zucchini Stew

Ingredients

1 pound ground beef
1 pound bulk pork sausage
2 (14.5 ounce) cans diced tomatoes
2 medium green bell peppers, cut into 1/2 inch pieces
2 cups thinly sliced celery
1 cup chopped onion
6 medium zucchini, halved and cut into 1/2-inch slices
1 cup tomato juice
1 teaspoon salt
1 teaspoon Italian seasoning
1 teaspoon dried oregano
grated Parmesan cheese

Directions

In a Dutch oven or large saucepan, cook beef and sausage over medium heat until no longer pink; drain and set aside.

Drain tomatoes, reserving the juice; set tomatoes aside. In the same pan, combine the peppers, celery, onion and reserved juice. Cover and cook over medium heat for 10 minutes.

Add the meat, tomatoes, zucchini, tomato juice and seasonings. Cover and cook for 15 minutes or until zucchini is tender, stirring occasionally. Garnish with cheese if desired.

Chicken and Garlic Stew

Ingredients

3 tablespoons olive oil
50 cloves garlic, peeled
6 chicken legs, halved
1/2 cup chopped fresh parsley
1/2 cup chopped celery
1 teaspoon dried tarragon
1 tablespoon salt
1 teaspoon ground white pepper
1/2 teaspoon ground allspice
1/4 teaspoon ground cinnamon
1 1/2 cups white wine

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place olive oil in a heavy oven-safe Dutch oven which can be tightly covered. Add 1/3 of the chicken, garlic, parsley, celery leaves, tarragon, salt, white pepper, allspice, cinnamon and dry white wine. Mix. Repeat two more times.

Cover pot tightly and place in preheated oven, cook for about 1 1/4 hours. The chicken will not be brown, but moist and succulent. If desired, serve with crusty bread to mop up the sauce.

Oyster Stew

Ingredients

50 baby carrots, cut in half lengthwise
4 russet potatoes, cut into bite-sized pieces
1 small yellow onion, chopped
3 stalks celery, chopped
4 cubes beef bouillon
2 (8 ounce) cans oysters
1 teaspoon ground black pepper
1 (5 ounce) can evaporated milk
2 tablespoons butter
salt and pepper to taste

Directions

Place the carrots, potatoes, onion, celery, and bouillon cubes in a stock pot; pour enough water over the vegetables to cover. Turn heat to medium-high and bring to a boil; allow to boil for 30 minutes. Add the oysters with their juices and 1 teaspoon black pepper; boil another 3 minutes; reduce heat to low. Stir in the evaporated milk and butter; cook and stir until the butter melts completely. Season with salt and pepper to serve.

Bacalao a la Vizcaina (Basque Style Codfish Stew)

Ingredients

- 1 pound salted cod fish
- 4 potatoes, sliced thick
- 2 onions, sliced
- 4 hard-boiled eggs, sliced
- 2 teaspoons capers
- 2 large cloves garlic, minced
- 1/4 cup pitted green olives
- 1 (4 ounce) jar roasted red bell peppers, drained
- 1/2 cup golden raisins
- 1 bay leaf
- 1 (8 ounce) can tomato sauce
- 1/2 cup extra virgin olive oil
- 1 cup water
- 1/4 cup white wine

Directions

Soak the salted cod in about 2 quarts of water, changing the water 3 times over the course of 8 hours. Drain and cut the fish into bite-size pieces.

Layer the half of each ingredient in the following order: potatoes, cod fish, onions, hard-boiled eggs, capers, garlic, olives, roasted red peppers, and raisins. Place the bay leaf on top, then pour half the tomato sauce and half the olive oil. Repeat with the remaining ingredients in the same order. Pour the water and white wine on top. Do not stir.

Cover and bring to a boil over medium heat. Reduce heat to medium-low and simmer until the potatoes are tender, about 30 minutes.

Bean and Tomato Stew with Sage

Ingredients

3 tablespoons olive oil
4 cloves garlic, quartered
1/4 cup white wine
1 (14.5 ounce) can diced tomatoes in juice
2 tablespoons water
1/4 teaspoon ground black pepper
1 1/2 teaspoons ground sage
1/2 teaspoon dried thyme
1 bay leaf
1 (16 ounce) can cannellini beans
salt and pepper (optional)

Directions

Heat the olive oil in a large saucepan over medium heat. Add garlic, and saute until lightly browned. Pour in the white wine, and simmer for a minute. Pour in the tomatoes with juice and water, and season with pepper, sage, thyme, and the bay leaf. Bring to a boil, and let simmer for about 20 minutes.

Pour in the beans, and simmer for another 20 minutes or so, until the stew is thickened and flavors have blended. Remove the bay leaf, taste, and season with salt and pepper before serving.

Mexican Green Chile Stew

Ingredients

3 tablespoons olive oil
1 1/2 pounds beef chuck, cut into 1-inch cubes
1 1/2 pounds pork shoulder, cut into 1-inch chunks
1 green bell pepper, seeded and chopped
1 clove garlic, minced
2 (14.4 ounce) cans whole peeled tomatoes
1 (7 ounce) can chopped green chilies
1/3 cup chopped fresh parsley
1/2 teaspoon white sugar
1/4 teaspoon ground cloves
1/4 teaspoon ground cumin
1 cup dry red wine
salt to taste

Directions

Heat the olive oil in a large skillet over medium heat. Cook and stir the beef and pork until evenly browned on all sides. Remove the meat using a slotted spoon and place in a bowl, then set aside. Cook and stir the bell pepper and garlic in the same skillet until tender. Remove from heat.

Combine the tomatoes, green chiles, parsley, sugar, clove, cumin, and red wine in a large pot, breaking up the tomatoes using a spoon. Bring to a boil, then reduce heat to a simmer. Stir in the browned beef and pork along with their juice, then add the cooked green pepper and garlic. Cover and continue to cook over low heat for 2 hours, stirring occasionally. Remove lid and allow to simmer until sauce is reduced, about 45 minutes.

Mom's Beef Stew

Ingredients

2 pounds meaty beef soup bones
(beef shanks or short ribs)
6 cups water
5 medium potatoes, peeled and
cubed
5 medium carrots, chopped
1 medium onion, chopped
1/2 cup medium pearl barley
1 (28 ounce) can plum tomatoes,
undrained
1 teaspoon salt
1/2 teaspoon pepper
2 garlic cloves, minced
1 bay leaf
3 tablespoons cornstarch
1/2 cup cold water

Directions

Place soup bones and water in a soup kettle or Dutch oven. Slowly bring to a boil. Reduce heat; cover and simmer for 2 hours. Set beef bones aside until cool enough to handle. Remove meat from bones; discard bones and return meat to broth. Add the potatoes, carrots, onion, barley, tomatoes, salt, pepper, garlic and bay leaf if desired. Cover and simmer for 50-60 minutes or until vegetables and barley are tender. Discard bay leaf. Combine cornstarch and cold water until smooth; stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened.

Navy Bean Stew

Ingredients

1 pound dried navy beans
2 quarts water
1 1/2 pounds Italian sausage, cut into 1/4 inch slices
2 (14.5 ounce) cans chicken broth
2 cups chopped onion
1 1/2 cups thinly sliced carrots
1 (15 ounce) can whole kernel corn
1 tablespoon minced fresh parsley
1 1/2 teaspoons Italian seasoning

Directions

Place beans in a Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 to 4 hours or until beans are softened. Drain and rinse beans, discarding liquid.

In same pan, bring the water and soaked beans to a boil; boil for 2 minutes. Reduce heat; cover and simmer for 60-70 minutes or until beans are tender. Drain.

In a Dutch oven, cook the sausage over medium heat until no longer pink; drain. Add the broth, onion, carrots, corn, parsley, Italian seasoning and beans. Cover and bake at 350 degrees F for 30 minutes. Uncover and bake 30 minutes longer or until bubbly.

Mexican Chicken and Tomatillo Stew

Ingredients

Crispy Tortilla Strips:

3 (12 inch) flour tortillas
1 tablespoon vegetable oil

Chicken and Tomatillo Stew:

3 tablespoons olive oil
1 1/2 cups peeled and diced sweet potatoes
1 cup chopped celery
3/4 cup chopped onion
1 tablespoon finely minced garlic
1 tablespoon cumin
5 cups lower sodium chicken broth
2 1/2 cups shredded or chopped cooked chicken
2 cups diced tomatillos
2 fully ripened Avocados from Mexico, halved, pitted and diced
1/2 cup chopped cilantro
Ground black pepper to taste

Directions

For Crispy Tortilla Strips: Heat oven to 350 degrees F. Cut 3 (12-inch) flour tortillas into 3/8-inch strips; cut strips into 2 inch pieces and toss with 1 tablespoon oil. Spread out on rimmed baking sheet; bake until crisp, about 7 minutes, tossing occasionally. Yields 8 servings (about 3 cups).

In large saucepan, heat oil. Add sweet potatoes, celery, onion, garlic and cumin; cook and stir for 5 minutes. Add broth, chicken and tomatillos; bring to boil; reduce heat and simmer for 10 minutes.

Just before ready to serve, stir in 1 cup of the tortilla strips along with the Avocado and cilantro. Season with pepper, if desired.

Serve in bowls topped with remaining 2 cups tortilla strips and sour cream, if desired.

Vegetable Ham Stew

Ingredients

4 cups water
2 (14.5 ounce) cans diced tomatoes, undrained
3 cups shredded cabbage
2 cups diced fully cooked lean ham
3 large carrots, cut into 1-inch pieces
1 1/2 cups chopped celery
3/4 cup chopped onion
1/2 cup chopped green pepper
1 tablespoon sugar
2 teaspoons dried basil
1/2 teaspoon pepper
1/4 teaspoon garlic powder
2 bay leaves
1/4 cup cornstarch
1/4 cup cold water

Directions

In a Dutch oven or soup kettle, combine the first 13 ingredients; bring to a boil. Reduce heat; cover and simmer for 1-1/4 hours or until cabbage is tender, stirring occasionally.

Combine cornstarch and cold water until smooth; stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaves.

Eggplant, Zucchini and Sweet Red Pepper Stew

Ingredients

1 eggplant, cut into 1 inch cubes
1/4 cup olive oil
1 cup chopped onion
5 cloves garlic, chopped
1/2 cup Basmati rice
1 zucchini, cut into large chunks
1 large red bell pepper, chopped
3 fresh tomatoes, diced
1 cup Marsala wine
1 1/2 cups water
1/2 teaspoon salt, or to taste
1/4 teaspoon red pepper flakes
1/4 cup chopped fresh basil
1/4 cup chopped fresh parsley
1 sprig fresh rosemary, chopped

Directions

Place eggplant in a colander and sprinkle with salt.

Heat olive oil in a Dutch oven or large pot. Rinse eggplant and pat dry. Saute until slightly browned. Stir in onion and saute until transparent. Stir in garlic and saute for 2 to 3 minutes.

Stir in rice, zucchini, red bell pepper, tomatoes, wine, water, salt and red pepper flakes. Cook over medium-high heat until mixture reaches a low boil. Reduce heat and simmer for 45 minutes, or until vegetables are tender.

Remove from heat and stir in basil, parsley and rosemary.

Italian Chicken Stew

Ingredients

1 pound skinless, boneless chicken breast halves - cubed
4 medium potatoes, peeled and cut into 1/4-inch cubes
1 medium sweet red pepper, chopped
2 garlic cloves, minced
1 tablespoon olive oil or canola oil
1 (26 ounce) jar meatless spaghetti sauce
1 3/4 cups frozen cut green beans
1 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
pepper to taste

Directions

In a large skillet, cook the chicken, potatoes, red pepper and garlic in oil until chicken is no longer pink and vegetables are tender. Stir in the remaining ingredients; cook and stir until heated through.

Hearty Baked Stew

Ingredients

3 medium potatoes, peeled and sliced
3 medium carrots, sliced
3/4 pound lean ground beef
1 (14.5 ounce) can diced tomatoes, undrained
1/2 cup frozen peas
2 medium onions, sliced
2 tablespoons butter or margarine
salt and pepper to taste

Directions

In an ovenproof Dutch oven or greased 13-in. x 9-in. x 2-in. baking dish, layer the potatoes and carrots. Crumble beef over carrots. Layer with the tomatoes, peas and onions. Dot with butter. Sprinkle with salt and pepper. Cover and bake at 350 degrees F for 1-1/2 hours or until the meat is no longer pink and the vegetables are tender.

Kabritu Stoba (Dutch Antilles Goat Stew)

Ingredients

4 cups cool water
3 tablespoons lime juice
2 pounds goat stew meat, cut into 1-inch cubes
2 tablespoons vegetable oil
1 onion, diced
1 red bell pepper, diced
1 tablespoon tomato paste
1 cup water
1 tablespoon distilled white vinegar
1 tablespoon sweet soy sauce
1 teaspoon nutmeg
1 teaspoon paprika
Salt and pepper to taste

Directions

Stir together the water, lime juice, and goat meat in a large container. Let stand for 10 minutes, then drain the meat in a colander, and squeeze out as much water as possible.

Heat the canola oil in a large skillet until smoking over medium-high heat. Add the drained goat meat, and cook until browned all over, about 7 minutes. Stir in the onion and bell pepper, cook until the onion has softened, about 3 minutes, then stir in the tomato paste. Pour in the water, vinegar, and soy sauce; season with nutmeg, paprika, salt, and pepper.

Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the meat is tender, about 1 1/2 hours. Stir occasionally and add more water if needed to prevent sticking.

Beef Stew with Dumplings

Ingredients

1 1/2 pounds cubed beef stew meat
1/4 cup all-purpose flour
1/4 cup butter
1 cup sliced onion
2 cloves garlic, minced
2 cups water
1/4 cup chopped fresh parsley
1 teaspoon salt
1/8 teaspoon pepper
1 bay leaf
2 cups cubed potatoes
1 1/2 cups diced carrots
1 cup sliced celery
1/2 cup chopped green pepper
1 cup sliced fresh mushrooms
1 1/2 cups biscuit baking mix
1/2 cup milk
3 tablespoons butter, melted

Directions

In a bowl, toss cubed beef with flour to coat.

Heat 4 tablespoons butter in a heavy skillet over medium-high heat. Place flour in a bag or bowl, and add beef cubes. Toss to coat with flour. Place coated cubes in the skillet and fry until well-browned on all sides; remove from pan and set aside.

Cook onion and garlic in same pan until tender. Return meat to pan with water, parsley, salt, pepper, and bay leaf. Reduce heat to low, cover, and simmer 1 hour, stirring occasionally and adding more water if needed. Stir in potatoes, carrots, celery, and green pepper, and continue cooking another 15 minutes. Remove the bay leaf, and stir in mushrooms.

In a small bowl, mix together baking mix, 3 tablespoons melted butter, and milk until just blended. Drop dough by the tablespoonful into stew. Simmer, uncovered, approximately 10 minutes. Cover, and simmer 10 minutes more, or until dumplings are cooked through, but not dry.

Mexican Beef and Bean Stew

Ingredients

1 1/2 pounds beef for stew, cut in 1 inch pieces
2 tablespoons all-purpose flour
1 tablespoon vegetable oil
1 (10.5 ounce) can Campbell's® Condensed Beef Consomme
1 cup Pace® Thick & Chunky Salsa
1 large onion, coarsely chopped
1 (15 ounce) can pinto beans, rinsed and drained
1 (16 ounce) can whole kernel corn, drained
2 tablespoons chili powder
1 teaspoon ground cumin
1/4 teaspoon garlic powder

Directions

Coat the beef with flour. Heat the oil in a 12-inch skillet over medium-high heat. Add the beef and cook in 2 batches until it's well browned, stirring often.

Stir the beef, consomme, salsa, onion, beans, corn, chili powder, cumin and garlic powder in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender.

Meatball and Olive Stew (Albondigas Verdes)

Ingredients

1 pound ground beef
1 pound ground pork
2 tablespoons uncooked white rice
1/2 small onion, minced
2 eggs, beaten

1/4 pound fresh tomatillos, husks removed
2 jalapenos (optional)
1 1/2 small white onions, quartered
1 teaspoon minced garlic
1/2 cup chopped cilantro
8 ounces pitted green olives
1 cup water
1 tablespoon olive oil
3 cups water
salt to taste

Directions

Mix the ground beef, ground pork, white rice, minced onion, and eggs together in a large bowl. Form into 1 inch meatballs; set aside.

Place the tomatillos and jalapenos in a saucepan and cover with water. Bring to a boil and simmer until tomatillos have softened and begin to turn a yellow color, about 15 minutes. Drain, then transfer contents of saucepan to a blender along with the quartered onions, garlic, cilantro, green olives, and 1 cup of water. Blend until almost smooth.

Heat the oil in the saucepan used to cook the tomatillos. When hot, pour in the tomatillo sauce and bring to a boil, stirring. Pour in 3 cups of water and return to a boil. Season to taste with salt.

Stir in the meatballs. Add water, if needed, to cover completely. Simmer, covered, until meatballs are cooked through and the soup is thick, about 30 minutes.

Greek Chicken Stew (Stifado)

Ingredients

10 small shallots, peeled
1 cup olive oil
2 teaspoons butter
1 (4 pound) whole chicken, cut into pieces
2 cloves garlic, finely chopped
1/2 cup red wine
1 cup tomato sauce
2 tablespoons chopped fresh parsley
salt and ground black pepper to taste
1 pinch dried oregano, or to taste
2 bay leaves
1 1/2 cups chicken stock, or more if needed

Directions

Bring a large pot of lightly salted water to a boil. Add the shallots, and cook uncovered for 3 minutes until just tender. Drain in a colander, then immediately immerse in ice water, or rinse with cold water for several minutes until cold to stop the cooking process. Once the shallots are cold, drain well, and set aside.

Heat the olive oil and butter in a Dutch oven or large pot over medium heat until oil is hot and butter is melted and bubbling. Add the whole, blanched shallots and chicken pieces to the skillet and cook, turning chicken pieces over until no longer pink inside and shallots have softened and turned translucent, about 15 minutes. Stir in the chopped garlic and cook for another 3 minutes, until garlic starts to turn golden.

Pour in red wine and tomato sauce, and add the parsley, salt and pepper, oregano, and bay leaves. Pour the chicken stock over the chicken pieces to cover, and stir to combine.

Simmer the stew, covered, over medium-low heat for about 50 minutes, until the shallots are soft and the chicken is tender.

Slow Cooker Beef Stew I

Ingredients

2 pounds beef stew meat, cut into
1 inch cubes
1/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
1 clove garlic, minced
1 bay leaf
1 teaspoon paprika
1 teaspoon Worcestershire sauce
1 onion, chopped
1 1/2 cups beef broth
3 potatoes, diced
4 carrots, sliced
1 stalk celery, chopped

Directions

Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.

Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

Slow Cooker Chicken Pot Pie Stew

Ingredients

4 large skinless, boneless chicken breast halves, cut into cubes
10 medium red potatoes, quartered
1 (8 ounce) package baby carrots
1 cup chopped celery
2 (26 ounce) cans condensed cream of chicken soup
6 cubes chicken bouillon
2 teaspoons garlic salt
1 teaspoon celery salt
1 tablespoon ground black pepper
1 (16 ounce) bag frozen mixed vegetables

Directions

Combine the chicken, potatoes, carrots, celery, chicken soup, chicken bouillon, garlic salt, celery salt, and black pepper in a slow cooker; cook on High for 5 hours.

Stir the frozen mixed vegetables into the slow cooker, and cook 1 hour more.

Tomato Sausage Stew

Ingredients

1/2 pound turkey Italian sausage links, casings removed
1 large onion, chopped
2 garlic cloves, minced
3/4 cup chopped carrots
1 bulb fennel, chopped
1/3 cup chopped celery
1 (14.5 ounce) can reduced-sodium chicken broth
3 medium tomatoes - peeled, seeded and chopped
1 teaspoon dried basil
1 teaspoon dried oregano
1/4 teaspoon salt
1 cup small uncooked seashell pasta
1 (15 ounce) can navy beans, rinsed and drained
1/2 cup shredded Parmesan cheese

Directions

In a Dutch oven, cook the sausage, onion and garlic over medium heat until meat is no longer pink; drain. Add the carrots, fennel and celery; cook until vegetables are softened. Stir in the broth to loosen any browned bits from pan. Add tomatoes, basil, oregano and salt. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender.

Stir in pasta and beans. Add enough water to cover. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Sprinkle with Parmesan cheese.

Zucchini Stew

Ingredients

2 zucchini, diced
1 onion, chopped
2 (14.5 ounce) cans peeled and diced tomatoes
2 cups uncooked white rice
3 pounds ground beef
salt and pepper to taste

Directions

In a large pot, combine zucchini and onion. Cover with 3 inches of water. Bring to a boil over medium heat. Stir in tomatoes and rice; reduce heat and simmer.

In a large skillet, cook beef over medium heat until brown. Stir into soup, adding more water if necessary. Season with salt and pepper, and simmer 20 minutes more, until rice is tender.

Hawaiian Stew

Ingredients

2 pounds ground beef
2 pounds fresh green beans, cut
into 1 inch pieces
2 large Spanish onions, sliced
2 green bell peppers, chopped
2 large tomatoes, sliced
2 medium heads cabbage,
quartered
soy sauce
1 cup white rice

Directions

In a large stock pot, layer ground beef, green beans, onions, bell peppers, and tomatoes. Finish with a layer of cabbage, then evenly drizzle soy sauce over top. Cover and cook over medium for 1 hour, or until cabbage is tender and meat is well done. Reduce heat as needed to prevent burning.

Meanwhile, rinse rice in a fine mesh strainer under cold running water until no longer cloudy. Transfer to a medium saucepan and cover with 2 cups water. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes, remove from heat and let stand for 10 minutes, or until all liquid has evaporated. Serve over rice.

Venison Stew II

Ingredients

2 tablespoons vegetable oil
2 pounds venison stew meat
3 onions, chopped
2 cloves garlic, minced
1 tablespoon Worcestershire sauce
1 bay leaf
1/2 teaspoon dried thyme
1 tablespoon salt
3 cups water
7 small potatoes, peeled and quartered
1 pound parsnip, chopped
1/4 cup all-purpose flour
1/4 cup water

Directions

In a large soup pot, deeply brown the meat in oil. Stir in onions, garlic. Worcestershire sauce, bay leaf, thyme, salt and 3 cups of water. Simmer, covered, for 1 1/2 to 2 hours, or until meat is tender.

Stir in potatoes and parsnips; cook until tender. Combine flour and 1/4 cup water. Stir into the stew. Remove bay leaf before serving.

Squash Stew

Ingredients

3 tablespoons olive oil
1 large white onion, diced
1 tablespoon ground cinnamon
2 tablespoons chili powder
4 cloves crushed garlic
1 tablespoon cumin seeds,
toasted
2 tablespoons fresh lemon juice
4 large tomatoes - peeled,
seeded, and coarsely chopped
1 medium acorn squash, peeled
and diced
1 cup pinto beans, cooked or
canned
1 cup water
salt and pepper to taste

Directions

In a large heavy-bottomed pot, heat olive oil and saute the onion for a few minutes. Add the cinnamon and chili powder and continue to saute for another 2 minutes. Mix in the garlic and cumin seeds, saute for 2 minutes more before adding lemon juice and the tomatoes. Mix thoroughly so the stew doesn't get too chunky.

Stir the squash, pinto beans and water into the stew. Season with salt and pepper to taste. Let the stew simmer for 1 hour, or until squash is tender. Stirring occasionally throughout the cooking hour, and add more water if necessary. The finished stew should have a nice, thick stewy texture.

Heat a large skillet over a medium-high heat. Place one piece of pita bread at a time into the skillet. When one side of the pita bread gets hot, flip the bread over and heat the other side; approximately 1 minute of cooking per side. Serve the stew with the heated pita bread.

Pirate Stew

Ingredients

1 pound beef stew meat, cut into 1-inch pieces
3 tablespoons all-purpose flour
salt and ground black pepper to taste
2 tablespoons olive oil
1 small sweet potato, chopped
4 small potatoes, chopped
1 celery rib, chopped
1 turnip, chopped
2 parsnips, chopped
2 tablespoons balsamic vinegar
1 tablespoon butter
1 small onion, chopped
3/4 cup pineapple juice
1 tablespoon Worcestershire sauce
1/4 cup brown sugar
1 teaspoon crushed garlic
1 cube beef bouillon
3 tablespoons rum

Directions

Combine the beef, flour, salt, and pepper in a resealable plastic bag; shake to evenly coat the beef.

Heat the olive oil in a skillet over medium heat. Brown the beef in the olive oil. Transfer the meat into the bottom of a slow cooker and return the skillet to the heat. Add the sweet potato, potato, celery, turnip, and parsnip. Pour the vinegar into the hot skillet to deglaze the pan, scraping loose the particles from the bottom with a spatula; empty into the slow cooker. Return the skillet to the heat and melt the butter. Cook and stir the onion in the melted butter until softened; scrape into the slow cooker.

Combine the pineapple juice, Worcestershire sauce, brown sugar, garlic, beef bullion, and rum in a small saucepan; cook until the bouillon cube dissolves. Pour into the slow cooker.

Turn the slow cooker on to High; cook for 1 hour. Switch heat to Low and cook an additional 6 hours.

Colombian Stewed Flank

Ingredients

2 tablespoons corn oil
1 pound flank steak
1 large Spanish onion, thinly sliced
4 large cloves garlic, chopped
5 Roma tomatoes, chopped
1/2 teaspoon salt
2 teaspoons black pepper, or to taste
1 1/2 teaspoons ground cumin
2 1/2 cups water
2 cubes beef bouillon, crumbled

Directions

Heat the corn oil in a skillet over medium heat. Gently lie the steak in the oil and cook each side until brown. Remove the steak to a plate. Add the onions, garlic, tomatoes, salt, pepper, and cumin to the skillet; cook and stir until the onions are tender. Return the steak to the skillet. Pour the water into the skillet. Stir in the crumbled bouillon. Bring the water to a boil and drop the heat to low; cover. Allow to simmer until the meat easily pulls apart with a fork, about 2 hours.

Remove the steak to a cutting board. Use two forks to shred the meat. Transfer to a serving plate. Pour the onion and tomato mixture from the skillet over the shredded beef.

Lentil Pepperoni Stew

Ingredients

6 cups water
1 1/2 cups dry lentils, rinsed
1 medium onion, chopped
1/4 pound sliced pepperoni,
quartered
1 (6 ounce) can tomato paste
1 1/2 teaspoons salt
1/4 teaspoon dried oregano
1/4 teaspoon rubbed sage
1/8 teaspoon cayenne pepper
2 medium tomatoes, chopped
1 celery rib with leaves, chopped
1 medium carrot, chopped

Directions

In a Dutch oven, combine the water, lentils, onion, pepperoni, tomato paste and seasonings; bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Add the tomatoes, celery and carrot; cover and simmer 35-45 minutes longer or until vegetables are tender.

Shipwreck Stew

Ingredients

2 pounds ground beef
2 (10.75 ounce) cans condensed tomato soup
2 medium onions, chopped
5 large potatoes, cubed
2 (15.25 ounce) cans kidney beans, undrained

Directions

Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until browned. Drain grease, and transfer beef to a slow cooker. Mix in the tomato soups (undiluted), onions, potatoes, and beans.

Cover, and cook on the Low setting for 4 to 5 hours, until stew is thick and potatoes are tender.

Shrimp and Veggie Stew

Ingredients

1 pound uncooked medium shrimp, peeled and deveined
1/4 cup lime juice
4 fresh jalapeno peppers
6 banana peppers
1 medium onion, chopped
2 cups chopped okra
cooking spray
2 (14.5 ounce) cans diced tomatoes with juice
1 tablespoon tomato paste
1 cup sliced yellow squash
1/4 teaspoon dried thyme

Directions

In a large resealable plastic bag, toss the shrimp with the lime juice to coat. Set aside.

Remove the seeds from 2 of the jalapeno peppers and 4 of the banana peppers. In a food processor, chop all the jalapeno peppers, all the banana peppers, onion, and okra.

Spray a large, deep skillet with cooking spray. Place the pepper mixture in the skillet, and cook and stir 5 minutes over medium heat. Mix in the diced tomatoes and juice, tomato paste, and squash. Bring to a boil. Reduce heat to low, and simmer 10 minutes, until squash is tender. Season with thyme.

Mix the shrimp into the skillet. Bring the mixture to a boil, and cook 5 minutes, until shrimp are opaque.

Root Stew

Ingredients

1 pound lean ground beef
1 onion, chopped
4 stalks celery, chopped
3/4 cup ketchup
7 cups water
1/2 cup baby carrots
1 small rutabaga, chopped
4 large potatoes, chopped
1 small head cabbage, finely
chopped

Directions

Combine hamburger, onion, and celery in a stock pot. Cook and stir over medium heat until the meat is browned. Drain excess grease.

Stir in ketchup, water, baby carrots, rutabaga and potatoes. Bring to boil, then simmer on low heat for 20 minutes.

Mix in chopped cabbage. Simmer an additional 30 to 45 minutes, or until vegetables are tender.

Warm Heart Stew

Ingredients

6 bratwursts, chopped
4 carrots, chopped
1 onion, chopped
2 (14 ounce) cans chicken stock
1 (14 ounce) can beef broth
1 1/2 cups sauerkraut
1 (15 ounce) can pinto beans,
drained
1 (15 ounce) can kidney beans,
drained
1 (15 ounce) can navy beans,
drained
1/4 cup chopped fresh basil
leaves
1 tablespoon parsley
salt to taste

Directions

Place the bratwursts, carrots, and onion in a slow cooker. Pour in chicken stock and beef broth. Mix in sauerkraut, pinto beans, kidney beans, navy beans, basil, parsley, and salt.

Cover, and cook 4 hours on High.

Slow Cooker Beef Stew II

Ingredients

2 pounds stew meat, trimmed and cubed
3 (10.75 ounce) cans condensed cream of chicken soup
1 (16 ounce) package egg noodles

Directions

Spray the inside of a slow cooker with the vegetable cooking spray. Add the meat and the soups to the slow cooker.

Cook on low setting for 8 to 10 hours.

Prepare noodles according to package directions.

When stew is ready, pour over the noodles and serve hot.

Pork and Black Bean Stew

Ingredients

2 tablespoons vegetable oil
1 teaspoon minced garlic
1 large onion, chopped
1 (12 ounce) pork tenderloin, cut into 1/2 inch cubes
1 (19 ounce) can black beans, drained and rinsed
1/4 cup water
1 1/2 cups chicken stock
3 chorizo sausages, cut into 1/2 inch thick pieces
2 bay leaves
salt and pepper to taste

Directions

Heat 1 tablespoon vegetable oil in a skillet over medium heat, stir in garlic and onion, and cook a few minutes until the onion softens and turns translucent. Remove the onion, and place into a saucepan. Pour the remaining 1 tablespoon vegetable oil into the skillet, and place over medium-high heat. Add cubed pork, and cook until well browned.

Meanwhile, pour 3/4 of the black beans along with 1/4 cup water into the bowl of a blender, and pulse until finely chopped, but not quite smooth. Pour whole beans and bean puree into saucepan along with pork cubes, chicken stock, chorizo, and bay leaves. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer 30 minutes. Season to taste with salt and pepper before serving.

Brunswick Stew

Ingredients

4 ounces diced salt pork
2 pounds chicken parts
8 cups water
3 potatoes, cubed
3 onions, chopped
1 (28 ounce) can whole peeled tomatoes, chopped
2 cups canned whole kernel corn
1 (10 ounce) package frozen lima beans
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

In a large pot over high heat, combine the salt pork, chicken and water and bring to a boil. Reduce heat to low, cover and simmer for 45 minutes, or until chicken is tender.

Remove chicken and allow to cool until easy to handle. Remove meat and discard the skin and bones. Chop meat into bite size pieces and return to the soup.

Add the potatoes, onions, tomatoes, corn, lima beans, Worcestershire sauce, salt and ground black pepper. Stir well and simmer, uncovered, for 1 hour.

Homestyle Beef Stew

Ingredients

2 tablespoons all-purpose flour
1/8 teaspoon ground black pepper
1 pound beef for stew, cut into 1-inch cubes
1 tablespoon vegetable oil
1 (10.5 ounce) can Campbell's® Condensed Beef Broth
1/2 cup water
1/2 teaspoon dried thyme leaves, crushed
1 bay leaf
3 medium carrots, cut into 1-inch pieces
2 medium potatoes, cut into quarters

Directions

Stir the flour and black pepper on a plate. Coat the beef with the flour mixture.

Heat the oil in a 6-quart saucepot over medium-high heat. Add the beef and cook until well browned, stirring often. Remove the beef from the saucepot. Pour off any fat.

Stir the broth, water, thyme, and bay leaf in the saucepot and heat to a boil. Return the beef to the saucepot. Reduce the heat to low. Cover and cook for 1 1/2 hours.

Add the carrots and potatoes to the saucepot. Cover and cook for 30 minutes or until the beef is fork-tender and the vegetables are tender, stirring occasionally. Remove and discard the bay leaf.

Terri's Chicken Carcass Stew

Ingredients

1 1/2 cups shredded, cooked chicken meat
1/2 onion, chopped
2 tomatoes, chopped
2 (15 ounce) cans white hominy, drained
1 (15 ounce) can ranch-style beans
1 (7 ounce) can diced green chiles
1/2 teaspoon chili powder
1/4 teaspoon ground black pepper
1 pinch dried oregano
4 cups chicken broth
2 1/2 tablespoons dry potato flakes

Directions

Place chicken, onion, tomatoes, hominy, undrained pinto beans, green chili peppers, oregano, chili powder and pepper into a slow cooker. Add enough chicken broth to cover ingredients and cook on low for 6 hours. An hour prior to serving add potato flakes and let thicken.

Beer Braised Irish Stew and Colcannon

Ingredients

Irish Stew:

1 tablespoon vegetable oil
1 (3 pound) beef chuck roast,
trimmed of fat and cut into 1/2-
inch cubes
2 tablespoons all-purpose flour
1 cup coarsely chopped onion
1 cup coarsely chopped carrot
1 (12 fluid ounce) can or bottle
dark beer
2 bay leaves
1 teaspoon dried thyme
1 teaspoon salt
1/2 teaspoon ground black
pepper
2 cloves garlic, minced
2 tablespoons Worcestershire
sauce

Colcannon:

3 slices bacon
2 pounds russet potatoes, peeled
and cut into chunks
2 cups thinly sliced cabbage
1/4 cup milk, warmed
2 tablespoons butter
1/2 teaspoon salt
1/4 teaspoon ground black
pepper
2 tablespoons minced fresh
parsley

Directions

Preheat oven to 325 degrees F (165 degrees C).

Heat the vegetable oil in a large Dutch oven over medium-high heat until very hot, and brown the meat in 2 batches, stirring to brown the cubes on all sides. Return all the meat to the Dutch oven, sprinkle with flour, and stir lightly to coat the meat with flour. Stir in onion, carrots, dark beer, bay leaves, thyme, 1 teaspoon salt, 1/2 teaspoon pepper, garlic, and Worcestershire sauce. Bring the mixture to a boil, and cover.

Place the Dutch oven into the preheated oven, and cook for 45 minutes; uncover, stir the stew, and cook until the beef is very tender and the liquid is reduced by half, about 45 more minutes.

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Crumble the bacon and set aside.

About 30 minutes before the stew is ready, make the colcannon: Place the potatoes into a large pot and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.

Place the cabbage into a microwave-safe bowl, and add 1 or 2 tablespoons of water. Cover and microwave on High for about 2 1/2 minutes; uncover (watch out for steam) and stir the cabbage. Cover and microwave for about 2 1/2 more minutes, until the cabbage is slightly tender but not mushy. Drain excess liquid, and set the cabbage aside, covered.

Place the potatoes into a large bowl, and add milk, butter, 1/2 teaspoon of salt, and 1/4 teaspoon of pepper. Beat the potatoes with an electric mixer until smooth and creamy. Stir in the cabbage, crumbled bacon, and parsley until well combined.

To serve, place a scoop of colcannon onto a plate, make a hollow, and fill with braised beef stew.

Beef Stew with Ale

Ingredients

2 pounds beef brisket, trimmed and cut into 2-inch pieces
salt and black pepper to taste
2 tablespoons all-purpose flour
5 tablespoons canola oil
2 cups diced portobello mushroom caps
1 1/2 cups red pearl onions, peeled
1 cup diced carrot
1 cup diced celery root (celeriac)
1 cup diced turnip
2 cloves garlic, minced
2 (12 fluid ounce) cans or bottles brown lager beer
2 cups beef broth
1 cup diced potato
1 tablespoon malt vinegar
4 sprigs fresh thyme, chopped
2 sprigs fresh rosemary, chopped

Directions

Place the brisket cubes into a mixing bowl, and season with salt and pepper. Sprinkle with flour, and toss until evenly coated. Heat the canola oil in a Dutch oven or large pot over high heat. Cook the meat in small batches until browned on all sides; about 5 minutes per batch. Set the meat aside as the batches are done.

Once the meat has been browned and set aside, stir in the portobello mushrooms, and cook until browned, about 5 minutes. Remove the mushrooms, and set aside. Stir the pearl onions, carrot, celery root, and turnips into the pot. Cook and stir until the onions begin to turn light brown, about 5 minutes. Add the garlic, and continue cooking until the onions are golden brown, about 3 minutes more. Remove the vegetables and set aside.

Return the beef to the pot, and pour in the beer. Bring to a boil, and cook until the beer has reduced to 1/3 of its original volume, about 8 minutes. Pour in the beef broth and return to a boil. Reduce heat to medium-low, cover, and simmer until the meat starts to become tender, about 1 hour. Return the browned vegetables to the pot along with the potatoes, recover, and cook 1 hour more.

Stir in the reserved mushrooms, malt vinegar, thyme, and rosemary. Simmer a few minutes until heated through. Season to taste with salt and pepper before serving.

Seafood Stew

Ingredients

2 1/2 cups chicken broth
1/2 cup uncooked long grain rice
2 teaspoons chili powder
2 garlic cloves, minced
1 (14.5 ounce) can diced tomatoes, undrained
3/4 cup julienned green pepper
3/4 cup julienned sweet red or yellow pepper
1/2 cup thinly sliced onion
8 ounces orange roughy or red snapper fillets, cut into 1-inch pieces
4 ounces uncooked medium shrimp, peeled and deveined
3/4 cup orange juice concentrate

Directions

In a saucepan, bring broth to a boil. Add the rice, chili powder and garlic; return to a boil. Reduce heat; cover and simmer for 15-20 minutes or until rice is tender. Add the tomatoes, peppers and onion. Cover and cook over medium heat until vegetables are tender. Add fish, shrimp and orange juice concentrate. Cover and simmer for 2-4 minutes or until the fish flakes easily with a fork and the shrimp turn pink.

Smoky Bean Stew

Ingredients

1 (16 ounce) package miniature
smoked sausage links
1 (16 ounce) can baked beans
2 cups frozen cut green beans
2 cups frozen lima beans
1/2 cup packed brown sugar
1/2 cup thinly sliced fresh carrots
1/2 cup chopped onion
1/2 cup ketchup
1 tablespoon cider vinegar
1 teaspoon prepared mustard

Directions

In a 3-qt. slow cooker, combine all ingredients. cover and cook on high for 4-5 hours or until vegetables are tender.

Easy Peasy Venison Stew

Ingredients

2 pounds venison, cut into cubes
salt and pepper to taste
1 kiwi, peeled and sliced
1 1/2 cups red wine

1/4 cup all-purpose flour
extra-virgin olive oil
2 cloves garlic, minced
1 onion, cut into chunks
1 sprig rosemary leaves, minced
1 sprig thyme leaves, minced
balsamic vinegar
1/2 cup beef stock
5 potatoes, peeled and cubed
1 carrots, cut into 1/2 inch pieces
1 parsnips, cut into 1/2 inch pieces
1 (8 ounce) package sliced fresh mushrooms

Directions

Season the venison with salt and pepper, and place into a bowl. Stir in the kiwi slices and red wine until evenly mixed. Cover, and marinate in the refrigerator overnight.

Drain the venison, reserving the red wine marinade. Pick out the pieces of kiwi from the venison, and place them with the red wine marinade. Squeeze as much marinade from the venison as you can.

Heat the olive oil in a large skillet or saucepan over medium-high heat. Place the floured venison cubes in the hot oil, and cook until browned on all sides, 5 to 10 minutes. Remove the venison cubes to a slow cooker. Stir the garlic, onion, rosemary, and thyme into the skillet, and cook until the edges of the onion begins to soften, about 3 minutes. Pour in the balsamic vinegar and the reserved red wine marinade. Bring to a boil and cook for 5 minutes. Pour the onion mixture into the slow cooker, and stir in the beef stock, potatoes, carrots, parsnips, and mushrooms until evenly mixed. Add water if needed to just cover the vegetables.

Cover the slow cooker, and set to LOW. Cook until the venison is easily pulled apart with a fork and the vegetables are tender, about 4 hours. Season to taste with salt and pepper before serving.

Vankaya Pulusu Pachadi (Andhra Sweet and Sour

Ingredients

- 1 eggplant
- 1 teaspoon vegetable oil
- 2 tablespoons vegetable oil
- 2 dried red chile peppers, broken into pieces
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seed
- 1 pinch asafoetida powder
- 2 large onions, chopped
- 3 green chile peppers, chopped
- 2 sprigs fresh curry leaves
- 1 1/2 cups water
- 1 tablespoon tamarind paste
- 1/4 cup jaggery (palm sugar)
- 1 teaspoon white sugar
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground red pepper
- salt to taste

Directions

Preheat an oven to 200 degrees F (95 degrees C).

Coat the outside of the eggplant with 1 teaspoon vegetable oil. Place on a baking sheet and bake in the oven until soft, 20 to 30 minutes. Allow to cool before coarsely mashing; set aside.

Heat 2 tablespoons vegetable oil in a large skillet. Fry the dried red chile peppers, cumin seeds, mustard seed, and asafoetida powder in the hot oil until the seeds start to splutter. Add the onions, green chile peppers, and curry leaves; cook and stir until the onions are soft and begin to brown, about 5 minutes. Stir the mashed eggplant, water, tamarind paste, jaggery, white sugar, turmeric, ground red pepper, and salt into the mixture; bring to a boil and cook until the mixture begins to thicken, 5 to 10 minutes.

Chickpea and Eggplant Stew

Ingredients

1 tablespoon olive oil
1 1/2 cups cubed salami
1 medium onion, diced
1 medium green bell pepper, diced
6 cloves garlic, crushed
1 large eggplant - peeled, seeded, and cubed
1 tablespoon tomato paste
1 bunch cilantro, chopped
salt and pepper to taste
dried oregano to taste
1 (15 ounce) can garbanzo beans (chickpeas)
1 (14.5 ounce) can diced tomatoes
2 bay leaves
4 green onions, chopped
6 cups water
1 tablespoon distilled white vinegar (optional)
hot sauce (optional)

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the salami, and cook until evenly browned. Mix in onion, bell pepper, and garlic. Cook until tender. Mix in eggplant, tomato paste, and cilantro, and season with salt, pepper, and oregano. Continue cooking 15 minutes. Mash the eggplant as it softens, and add a little water if necessary to keep the ingredients from drying out.

Stir the garbanzo beans, tomatoes, bay leaves, and green onions into the skillet, and pour in the water. Bring to a boil for 5 minutes. Reduce heat to low, cover, and simmer 15 minutes. Stir in vinegar and hot sauce before serving.

Green Chile Stew

Ingredients

1 pound ground beef
1 small onion, chopped
1 clove garlic, chopped
1 (4 ounce) can green chiles
2 (14.5 ounce) cans whole peeled tomatoes, chopped
2 (8 ounce) cans tomato sauce
1 (15 ounce) can whole kernel corn
3 potatoes, peeled and cut into chunks
2 cups water
ground cayenne pepper to taste
salt and pepper to taste

Directions

Place the ground beef, onion, and garlic in a deep skillet or saucepan over medium heat. Cook and stir until beef is evenly browned and onion is tender. Drain grease. Mix in green chiles. Stir in the tomatoes, tomato sauce, corn, and potatoes. Pour in water. Bring to a boil, reduce heat to low, and simmer 15 minutes, or until potatoes are tender. Season with cayenne pepper, salt, and pepper.

Thunderbird Stew

Ingredients

2 pounds chuck roast
1 (1 ounce) package dry onion
soup mix
1 (.75 ounce) packet dry brown
gravy mix
1 1/2 cups apple juice

Directions

Slow Cooker instructions: Place stew beef, onion soup mix, brown gravy mix, and apple juice into a slow cooker, and cook on Low for 5 to 8 hours.

Oven instructions: Mix together the apple juice, onion soup mix, and brown gravy mix in a casserole dish. Add stew beef, and cook covered for 2 1/2 to 3 hours in a 325 degree oven.(165 degrees C)

Posse Stew

Ingredients

1 pound ground beef
1 (20 ounce) can white or yellow hominy, rinsed and drained
2 (14.5 ounce) cans stewed tomatoes
1 (15.25 ounce) can whole kernel corn
1 (15 ounce) can kidney beans
2 (15 ounce) cans ranch-style beans
1 large yellow onion, chopped
2 green chile peppers, chopped

Directions

In a large skillet over medium-high heat, cook ground beef until evenly browned, stirring frequently to crumble. Drain grease, and transfer to a soup pot. Pour in the hominy, stewed tomatoes, corn, kidney beans, ranch-style beans, and add the onion and green chilies. Cover, and cook over medium heat for 1 hour.

Lentil Stew

Ingredients

7 medium potatoes, chopped
1 (28 ounce) can diced tomatoes
1 large onion, chopped
2 cloves garlic, minced
1 pound Polish sausage, sliced
1 (16 ounce) package lentils
salt and pepper to taste

Directions

Place the potatoes, tomatoes, onion, garlic, and sausage in a large pot with enough water to cover. Bring to a boil, and cook 15 minutes.

Stir lentils into the pot. Add more water if necessary to just cover all ingredients. Season with salt and pepper. Bring to a boil. Reduce heat to medium-low, and continue cooking 20 minutes, stirring occasionally, until lentils are tender.

Beef and Irish Stout Stew

Ingredients

2 pounds lean beef stew meat, cut into 1-inch cubes
3 tablespoons vegetable oil, divided
2 tablespoons all-purpose flour
1 pinch salt and ground black pepper to taste
1 pinch cayenne pepper
2 large onions, chopped
1 clove garlic, crushed
2 tablespoons tomato paste
1 1/2 cups Irish stout beer (such as Guinness®)
2 cups chopped carrot
1 sprig fresh thyme
1 tablespoon chopped fresh parsley for garnish

Directions

Toss the beef cubes with 1 tablespoon of vegetable oil. In a separate bowl, stir together the flour, salt, pepper, and cayenne pepper. Dredge the beef in this to coat.

Heat the remaining oil in a deep skillet or Dutch oven over medium-high heat. Add the beef, and brown on all sides. Add the onions, and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium, cover, and cook for 5 minutes.

Pour 1/2 cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. This adds a lot of flavor to the broth. Pour in the rest of the beer, and add the carrots and thyme. Cover, reduce heat to low, and simmer for 2 to 3 hours, stirring occasionally. Taste and adjust seasoning before serving. Garnish with chopped parsley.

Slow Cooker Beef Stew

Ingredients

2 pounds beef stew meat, diced into 1 inch pieces
1 tablespoon Worcestershire sauce
1 teaspoon no salt herb seasoning
5 potatoes
4 carrots
1 yellow onion
3/4 cup tomato juice
1 (14.5 ounce) can stewed tomatoes
2 fresh jalapeno peppers, sliced into rings

Directions

The night before, cut up potatoes and carrots and slice onions. Put all the vegetables in a plastic container filled with water overnight.

Also the night before, marinate the stew meat with Worcestershire sauce and herb seasoning in a plastic storage bag. Place in the refrigerator.

In the morning, put the raw beef in the bottom of your slow cooker. Drain the vegetables, and pour in on top of the beef. Pour in the stewed tomatoes and tomato juice. If you like your stew a little spicy, add a chopped jalapeno pepper or two.

Turn the slow cooker on high for 1 hour. Then, set your slow cooker to low for 6-8 hours. The beef will cook completely, and will be very tender.

Porotos Granados (Chilean Bean Stew)

Ingredients

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 2 cups cubed butternut squash
- 1 (15 ounce) can great Northern beans, rinsed and drained
- 1 cup frozen lima beans
- 3 cups chicken stock
- 2 cups frozen corn
- 2 tablespoons chopped fresh basil
- 1 banana pepper, chopped

Directions

Heat the olive oil in a stock pot over medium heat; add the onion and cover. Cook the onions until soft and translucent, about 5 minutes. Stir the squash, great Northern beans, and lima beans into the pot; pour the chicken stock over the mixture. Cover and cook until the squash is tender and beginning to break apart, 30 to 45 minutes.

Stir the corn and basil into the stew; cook until the stew reaches the consistency of pancake batter, about 10 minutes more. Sprinkle the chopped banana pepper over individual portions to serve.

Italian Stewed Tomatoes

Ingredients

24 large tomatoes - peeled,
seeded and chopped
1 cup chopped celery
1/2 cup chopped onion
1/4 cup chopped green bell
pepper
2 teaspoons dried basil
1 tablespoon white sugar

Directions

In a large saucepan over medium heat, combine tomatoes, celery, onion, bell pepper, basil and sugar. Cover and cook for 10 minutes, stirring occasionally to prevent sticking.

Hobo Stew

Ingredients

1 pound ground beef
2 (15 ounce) cans mixed vegetables
1 (15 ounce) can whole peeled tomatoes
3 cups uncooked elbow macaroni
1 cup water
salt and pepper to taste

Directions

Heat a cast iron Dutch oven over a campfire, and brown the ground beef. Drain off the excess grease, then pour in the mixed vegetables, tomatoes, macaroni, and water. Season with salt and pepper to taste. Cover, and cook until the macaroni is tender, and the stew has reached desired thickness.

Pork Stew in Green Salsa (Guisado de Puerco con

Ingredients

1/2 cup all-purpose flour
1 teaspoon salt
1 tablespoon ground black pepper
1/2 teaspoon ground cumin
1 (3 pound) boneless pork
shoulder roast, trimmed of excess
fat and cut into 1-inch cubes
2 tablespoons olive oil, or more if
needed
1 large onion, chopped
3 cloves garlic, minced
2 cups chopped fresh tomatillos
1 (7 ounce) can diced green
chiles, drained
2 fresh jalapeno peppers, seeded
and chopped
2 teaspoons dried marjoram
1/2 cup chopped fresh cilantro
1 cup water
1 pinch salt, or to taste (optional)
2 tablespoons sour cream, divided
6 sprigs cilantro

Directions

Stir together the flour, 1 teaspoon salt, pepper, and cumin in a large bowl. Place the cubed pork into the mixture, and stir well to coat the meat with the seasonings.

Heat the olive oil in a large, heavy pan or Dutch oven over medium-high heat until the oil shimmers. Working in batches if necessary, place the meat into the hot pan in a single layer. Pan-fry the pork until brown on all sides, about 15 minutes. Remove the pork to a bowl, and cover to keep warm.

Cook and stir the onion in the hot pan over medium heat, adding more olive oil if necessary, until the onion is translucent and beginning to brown, about 7 minutes. Return the meat to the pan and stir in the garlic, tomatillos, chiles, marjoram, chopped cilantro, and water. Check seasoning and add 1 pinch of salt to taste, if needed. Cover and simmer over low heat, stirring occasionally, until the meat is tender, about 1 hour. Skim excess fat off the stew before serving in bowls, garnished with a dollop of sour cream and a cilantro sprig on each bowl.

Feijoada (Brazilian Black Bean Stew)

Ingredients

1 (12 ounce) package dry black beans, soaked overnight
1 1/2 cups chopped onion, divided
1/2 cup green onions, chopped
1 clove garlic, chopped
2 smoked ham hocks
8 ounces diced ham
1/2 pound thickly sliced bacon, diced
1 tablespoon olive oil
2 bay leaves, crushed
1/8 teaspoon ground coriander
salt and pepper to taste
1/2 cup chopped fresh cilantro (optional)
1/4 cup chopped fresh parsley (optional)

Directions

Heat the oil in a large pot or Dutch oven. Add 3/4 cup of chopped onion, green onions, and garlic; cook and stir until softened, about 4 minutes. Pour in the soaked beans and fill with enough water to cover beans by 3 inches. Bring to a boil, then reduce heat to medium-low, and simmer uncovered for 2 hours, or until tender.

While beans are cooking, place ham hocks in smaller pot with 1/4 cup of the chopped onion. Cover with water and simmer, until meat pulls off of the bone easily, about 1 hour. Drain and add to the beans.

Preheat oven to 375 degrees F (190 degrees C). Place ham, bacon, and remaining onion in a baking dish. Bake 15 minutes or until mixture is crispy.

Drain the bacon and ham mixture, and add to the beans. Season with bay leaves, coriander, salt and pepper. Simmer uncovered 30 minutes more. Stir in chopped cilantro and parsley just before serving.

Dad's New Zealand Mince Stew

Ingredients

- 1 tablespoon vegetable oil
- 3 large onions, sliced
- 2 pounds ground beef
- 2 cloves garlic, chopped
- 1 cup water
- 2 cups ketchup
- 1 cup beef stock
- 2 tablespoons teriyaki sauce
- 3 tablespoons black pepper
- 1 tablespoon curry powder
- 1 teaspoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon all-purpose flour
- 1/2 cup water

Directions

Heat oil in a large pot over medium heat. Saute onions until browned; remove from pot, and set aside. Add ground beef to pot, and cook until evenly brown. Add garlic, and cook for 2 minutes. Stir in browned onions, and cook on high heat for 3 to 5 minutes. Stir in 1 cup of water. Reduce heat, cover, and simmer for 20 minutes.

Stir in ketchup, beef stock, and teriyaki sauce. Season with pepper, curry powder, garlic powder, and onion powder. Cover, and simmer for about 2 hours.

Mix together 1 tablespoon flour and 1/2 cup water. Stir into stew, and cook until thickened.

Irish Stew

Ingredients

1 tablespoon olive oil
2 pounds boneless lamb shoulder,
cut into 1 1/2 inch pieces
1/2 teaspoon salt
freshly ground black pepper to
taste
1 large onion, sliced
2 carrots, peeled and cut into
large chunks
1 parsnip, peeled and cut into
large chunks (optional)
4 cups water, or as needed
3 large potatoes, peeled and
quartered
1 tablespoon chopped fresh
rosemary (optional)
1 cup coarsely chopped leeks
chopped fresh parsley for garnish
(optional)

Directions

Heat oil over medium heat in a large stockpot or Dutch oven. Add lamb pieces and cook, stirring gently, until evenly browned. Season with salt and pepper.

Add the onion, carrots, and parsnips and cook gently alongside the meat for a few minutes. Stir in the water. Cover and bring to a boil before turning the heat down to low. Simmer for 1 hour or longer, depending on the cut of meat you used and if it is tender yet.

Stir in potatoes, and simmer for 15 to 20 minutes, before adding leeks and rosemary. Continue to simmer uncovered, until potatoes are tender but still whole. Serve piping hot in bowls garnished with fresh parsley.

Spicy Chunks of Stewed Beef Soup

Ingredients

1 cup dry mixed beans
1 1/2 pounds cubed beef stew meat
5 cups beef broth
1 cup red wine
1 (28 ounce) can whole peeled tomatoes
4 large carrots, cut into 2 inch pieces
3 stalks celery, cut into 2 inch pieces
3 potatoes, peeled and cubed
3 cloves garlic, minced
4 green onions, chopped
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon ground cayenne pepper
1/2 teaspoon crushed red pepper flakes
1 tablespoon dried oregano
1 tablespoon ground dry mustard
1 dash hot sauce

Directions

Rinse and pick through beans and place in a medium saucepan with water to cover by 2 inches. Bring to a boil for 10 minutes, then remove from heat, cover and let soak 2 hours. Drain and rinse.

In a 5 quart slow cooker, combine beans, stew meat, broth, wine, tomatoes, carrots, celery, potatoes, garlic and onions. Season with salt, pepper, cayenne, red pepper flakes, oregano, mustard and hot sauce. Cover and cook on low 10 to 12 hours.

Southwestern Beef Stew

Ingredients

1 1/2 pounds boneless beef round steak, cut into 1/2-inch cubes
1 (14.5 ounce) can beef broth
1 cup potatoes, peeled and cubed
1 cup sliced carrots
1 cup chopped onion
1/4 cup chopped red bell pepper
1 jalapeno pepper, seeded and chopped*
1 garlic clove, minced
1 1/2 teaspoons chili powder
1/2 teaspoon salt
1 (14.5 ounce) can diced tomatoes, undrained
2 tablespoons all-purpose flour
2 tablespoons water
2 tablespoons minced fresh cilantro or parsley

Directions

In a Dutch oven coated with nonstick cooking spray, brown meat on all sides over medium-high heat. Add the broth, potatoes, carrots, onion, red pepper, jalapeno, garlic, chili powder and salt. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until potatoes and carrots are tender. Add tomatoes; cover and cook 1 hour longer or until meat is tender.

Combine flour and water until smooth; stir into pot. Stir in cilantro. Bring to a boil; cook and stir for 2 minutes or until thickened.

Rocky Mountain Stew

Ingredients

2 tablespoons vegetable oil
2 pounds sirloin tips, cubed
4 1/3 cups water, divided
1 tablespoon salt
1 teaspoon lemon juice
1/4 teaspoon paprika
1 clove garlic, crushed
1 teaspoon white sugar
1 teaspoon Worcestershire sauce
1 bay leaf
4 potatoes, quartered
6 carrots, cut into 2 inch pieces
1 (14.5 ounce) can tiny whole onions
1/4 cup all-purpose flour
1/2 (10 ounce) package frozen green peas, thawed

Directions

In a large pot over medium heat, cook sirloin in oil until quite brown. Pour 1 cup of water over the meat and drippings and cook, stirring, 2 minutes, until a dark gravy forms. Stir in 3 cups water with the salt, lemon juice, paprika, garlic, sugar, Worcestershire and bay leaf. Cover, reduce heat and simmer 2 1/2 hours.

Stir potatoes and carrots into simmering stew and cook until tender, 20 minutes.

Stir in onions. In a small bowl, combine flour with remaining 1/3 cup water. Stir flour mixture into stew and cook until stew thickens. Top with peas just before serving.

Stewed Korean Short Ribs (Kalbi Jim)

Ingredients

2 pounds beef short ribs, trimmed
1 green onion, chopped
2 carrots, peeled and chopped
4 cloves garlic, minced
1 (1 inch) piece fresh ginger root, chopped
1/2 cup reduced-sodium soy sauce
1/4 cup brown sugar
2 cups water to cover

Directions

Score the surface of each beef short rib in a diamond pattern. Combine beef, green onion, carrots, garlic, ginger, soy sauce, and brown sugar in a large skillet. Pour enough water to cover the beef. Bring to a boil over medium-high heat, then reduce heat to medium-low. Simmer until beef is tender, about 1 hour. Skim off excess oil before serving.

Paksiw na Pata (Pig's Feet Stew)

Ingredients

3 1/4 pounds pig's feet, rinsed and patted dry
1 1/2 cups vinegar
1 1/2 cups water
1/3 cup soy sauce
1 onion, diced
2 cloves garlic, crushed
1 tablespoon whole black peppercorns, crushed
3 bay leaves
1 tablespoon white sugar
salt to taste

Directions

Combine the pig's feet, vinegar, water, soy sauce, onion, garlic, peppercorns, bay leaves, sugar, and salt together in a stockpot; bring to a boil for 2 to 3 minutes. Reduce heat to medium-low; allow the stew to simmer, stirring occasionally, until the meat pulls easily from the bones and the liquid has thickened, about 1 hour. Serve hot.

Kielbasa Stew

Ingredients

1 pound kielbasa sausage, cut into 1 inch pieces
1 tablespoon butter
1 (14 ounce) can beef broth
1 (10.75 ounce) can tomato soup
1 1/2 cups water
3 cups shredded cabbage
1 onion, chopped
1/2 cup diced green bell pepper
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1/4 cup sour cream

Directions

In a large saucepan over medium heat, cook sausage in butter until brown. Pour broth, tomato soup and water into pan with sausage. Stir in cabbage, onion and bell pepper and season with salt and pepper. Bring to a boil, then reduce heat and simmer 45 minutes, or until flavors are well blended. Stir in sour cream and heat through before serving.

Baked Beef Stew

Ingredients

2 pounds beef stew meat, cut into 1 inch cubes
1 (14.5 ounce) can diced tomatoes with juice
1 cup water
3 tablespoons instant tapioca
1 tablespoon beef bouillon granules
2 teaspoons white sugar
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
4 carrots, cut into 1 inch pieces
2 strips celery, cut into 3/4 inch pieces
3 potato, peeled and cubed
1 onion, roughly chopped
1 slice bread, cubed

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.

In a large skillet over medium heat, brown the stew meat; drain and set aside.

In a mixing bowl, combine the tomatoes, water, tapioca, beef bouillon granules, sugar, salt and pepper. Stir in the beef, carrots, celery, potatoes, onion, and bread cubes. Pour into the prepared baking dish.

Cover and bake for 2 hours, or until meat and vegetables are tender.

Yummy Beef or Venison Stew

Ingredients

3 pounds venison (deer meat)
7 cups water as needed
5 cubes beef bouillon cube
1 onion, thinly sliced
1/3 cup all-purpose flour
2 tablespoons vegetable oil
1 1/2 cups sliced carrots
1 1/2 cups chopped celery
1 1/2 cups potatoes, cubed
1/2 cup all-purpose flour
1 cup hot water

Directions

Cut meat into bite-sized pieces. Mix with onions, and toss mixture with 1/3 cup flour. Heat oil in a large saucepan, and cook over medium low heat until browned.

Place browned meat and bouillon cubes into crock pot. Add water until meat is covered with 1 inch liquid. Cover. Slow cook on high for about 5 hours. This should be long enough to make meat very tender.

To thicken up the gravy, mix 1/2 cup flour with 1 cup hot water until flour is dissolved. Pour into crock pot, and stir. Repeat if not thick enough. If you are not using veggies, the stew is ready to pour over the rice now. If you are going to use veggies, add them now. Cook until vegetables are tender.

Belgium Beef Stew

Ingredients

2 pounds beef stew meat, cut into 1 inch cubes
3/8 cup all-purpose flour
1/4 cup butter
4 onions, diced
1 2/3 cups water
1 sprig fresh thyme
2 bay leaves
salt and ground black pepper to taste
1 (12 fluid ounce) can or bottle brown beer
1 slice bread
1 tablespoon prepared mustard
2 carrots, cut into 1 inch pieces
1 tablespoon white wine vinegar
2 tablespoons brown sugar

Directions

Dredge the meat in the flour. In a Dutch oven, melt the butter over medium heat. Brown meat in butter, then add the onions and fry until glazed. Stir in water and vinegar. Season with thyme, bay leaves, and salt and pepper to taste. Cover, and simmer for 30 minutes.

Mix in the beer. Spread mustard over bread, then add the bread and the carrots to the meat. Cover, and simmer for 30 minutes. Mix in the brown sugar (two tablespoons is a minimum! A lot of people prefer more).

Wakula's First Attempt at Vegetable Stew

Ingredients

2 tablespoons butter
1 large yellow onion, chopped
2 bunches leeks, chopped
1 clove elephant garlic, chopped
4 stalks celery, chopped
3 large carrots, chopped
1 1/2 quarts vegetable broth
1 (29 ounce) can tomato sauce
1 (15 ounce) can black beans
1/2 head Chinese cabbage, cored and shredded
4 large potatoes
1 tablespoon dried oregano
2 teaspoons dried basil
1 teaspoon freshly ground black pepper
1/4 teaspoon celery salt
1 dash ground cayenne pepper
2 bay leaves
grated Parmesan cheese to taste

Directions

Heat the butter in a large pot, and cook the onion, leeks, and garlic until tender. Mix in celery and carrots. Stir in broth, tomato sauce, black beans, cabbage, and potatoes. Season with oregano, basil, black pepper, celery salt, cayenne pepper, and bay leaves. Bring to a boil. Reduce heat to low, cover, and simmer 25 minutes, stirring occasionally, until vegetables are tender. Top with Parmesan to serve.

Slow Cooker Beef and Mushroom Stew

Ingredients

1 (1 1/2) pound beef bottom round roast or chuck pot roast, cut into 1-inch pieces

ground black pepper

1/4 cup all-purpose flour

2 tablespoons vegetable oil

1 (10.5 ounce) can Campbell's®

Condensed French Onion Soup

1 cup Burgundy or other dry red wine

2 cloves garlic, minced

1 teaspoon Italian seasoning, crushed

10 ounces mushrooms, cut in half

3 medium carrots, cut into 2-inch pieces

1 cup frozen whole small white onions

1/4 cup water

Directions

Season the beef with the black pepper. Coat the beef with 2 tablespoons flour. Heat the oil in a 12-inch skillet over medium-high heat. Add the beef and cook until well browned, stirring often.

Stir the beef, soup, wine, garlic, Italian seasoning, mushrooms, carrots and onions in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 10 to 11 hours* or until the beef is fork-tender.

Stir the remaining flour and water in a small bowl until the mixture is smooth. Stir the flour mixture in the cooker. Increase the heat to HIGH. Cover and cook for 15 minutes or until the mixture boils and thickens.

'Calabacitas Guisada' (Stewed Mexican Zucchini)

Ingredients

1 tablespoon vegetable oil
1/2 small white onion, sliced thinly
2 cloves garlic, minced
4 zucchini, sliced 1/4-inch thick
1 (14 ounce) can stewed tomatoes
salt to taste
1 cup shredded mild Cheddar
cheese

Directions

Heat the vegetable oil in a saucepan over medium heat; cook the onion and garlic in the hot oil until soft, about 5 minutes. Add the zucchini slices and stewed tomatoes and stir gently. Cover and cook until the zucchini is tender, 8 to 10 minutes. Remove from heat, season with salt, and add the Cheddar cheese; allow to sit until the cheese has melted.

Old-Fashioned Beef Stew

Ingredients

1 pound lean beef chuck, trimmed and cut into 1 inch cubes
2 tablespoons all-purpose flour
2 teaspoons vegetable oil
2 onions, thinly sliced
2 cups fresh sliced mushrooms
2 cloves garlic, minced
2 teaspoons tomato paste
2 cups beef broth
4 cups sliced carrots
2 russet potatoes, sliced into 1/4 inch slices
1 cup chopped fresh green beans
1 tablespoon cornstarch
1 tablespoon cold water
1/4 cup chopped parsley

Directions

Coat beef with flour, shaking off excess. In a large nonstick stock pot, heat oil over medium-high heat, add beef and saute until brown, approximately 6 minutes. Remove beef from stock pot and set aside.

Add onions and mushrooms to stock pot and saute for 6 minutes. Add garlic and saute for 1 minute, continually stirring.

Skim off fat any fat from the stock pot and return cooked beef to pot; stir in tomato paste and broth. Add enough water to just cover ingredients and bring to a boil. Reduce heat to low and simmer until beef is tender, about 1 hour and 15 minutes.

Skim off any foam that has accumulated on the surface of stew and add carrots, potatoes and green beans. Cover partially and simmer for 15 minutes.

In a small mixing bowl, mix cornstarch and cold water. Stir mixture into stew. Increase heat and boil uncovered for 1 minute. Sprinkle with parsley and serve.

Chicken Claridge Stew

Ingredients

3 skinless, boneless chicken breast halves - cut into cubes
1 onion, chopped
2 stalks celery, chopped
4 carrots, chopped
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
1 cup chicken broth
salt and pepper to taste
1/4 teaspoon dried sage
1 clove garlic, minced
1 (14.5 ounce) can diced tomatoes

Directions

Spray a large skillet with cooking spray. Saute the chicken in the oil. Add the onion and saute until translucent. Add the celery and carrots and saute briefly.

Add the chicken soup, mushroom soup, water or broth, salt and pepper, sage and garlic. Do not add the tomatoes yet as they retard cooking time. Bring all to a boil, then cover and simmer for about 20 minutes. Add the tomatoes and simmer for 10 more minutes, uncovered. Serve over hot cooked rice if desired. Delicious!

Anna's Linguica and Potato Stew

Ingredients

6 slices bacon
1 large onion, sliced
2 cloves garlic, chopped
1 pound linguica sausage, sliced
3 pounds potatoes, cubed
4 small zucchini, sliced
2 (8 ounce) cans tomato sauce
1/2 cup red wine
1/4 cup chopped fresh parsley
1 tablespoon dried basil
salt and pepper to taste

Directions

In a skillet over medium-high heat, cook the bacon until crisp and evenly brown. Drain, reserving juices, and break into bite-size pieces. Place the pieces in a slow cooker. Cook the onion and garlic in the reserved bacon juices over medium heat until tender. Drain, and place in the slow cooker. Quickly brown the linguica sausage in the skillet over medium-high heat, and place in the slow cooker.

Add the potatoes, zucchini, tomato sauce, and red wine to the slow cooker, and season with parsley, basil, salt, and pepper. Stir to evenly distribute ingredients. Cover, and cook 2 1/2 hours on High, stirring occasionally, until the potatoes are tender.

Mom's Secret Recipe Beef Stew

Ingredients

1 1/2 pounds lean beef, cut into 1-inch pieces
1/3 cup all-purpose flour
3 tablespoons vegetable oil
1 (28 ounce) can Italian-style stewed tomatoes, undrained
1 (14.5 ounce) can beef broth
1 medium onion, coarsely chopped
1/2 teaspoon black pepper
1/2 teaspoon dried thyme leaves
3 medium potatoes, peeled and cut into 1-inch pieces
2 cups baby carrots, or carrots cut into 1-inch thick slices

Directions

Toss beef with flour. Heat oil in a large, heavy saucepan or Dutch oven over medium-high. Heat until hot. Add the beef. Cook for 5 minutes or until browned, turning occasionally.

Add tomatoes, broth, onion, pepper and thyme; bring to a boil over high heat. Reduce heat to low and cover. Simmer for 45 minutes or until the beef is just tender.

Add the potatoes and carrots; return to a boil. Reduce heat and cover. Simmer for 45 minutes or until the beef and vegetables are tender.

Swiss Steak Stew

Ingredients

1/4 cup all-purpose flour
1/2 teaspoon salt
1 1/2 pounds boneless round
steak, cut into bite size pieces
1 (14.5 ounce) can Italian-style
diced tomatoes
3/4 cup water
3 cups peeled and quartered new
red potatoes
1 onion, diced
1 cup sweet corn

Directions

In medium bowl combine flour and salt mix well. Add beef and coat well.

Coat a nonstick skillet with cooking spray and heat over medium heat. Add beef and cook until browned.

In a slow cooker layer potatoes, beef and onion. Stir tomatoes with juice, water and any remaining flour mixture together. Pour over top. Cover and cook on low setting for 7 to 8 hours or until beef is tender. Add corn, cover and cook an additional 25 minutes.

Mom's Portuguese Beef Stew

Ingredients

2 tablespoons extra-virgin olive oil
1 pound beef stew meat, cut into cubes
1 tablespoon all-purpose flour
8 cloves garlic, minced
2 bay leaves
1 pinch ground black pepper
1 pinch salt
1 onion, chopped
1 green bell pepper, chopped
1 carrot, chopped
1 pinch paprika
1/2 fresh tomato, chopped
1 cup white wine
1 cup water
2 sprigs fresh parsley
3 red potatoes, peeled and cubed
1 sweet potato, peeled and cubed
1 (14.5 ounce) can green beans, drained

Directions

Heat the oil in a stockpot over medium-high heat. Dust the beef with the flour. Place the beef, garlic, bay leaves, and pepper in the stockpot; cook until the beef is brown; season with salt and cook until beef is tender, about 5 minutes. Add the onion, green pepper, carrot, and paprika; cook until the onion softens, about 5 minutes. Stir in the tomato, wine, water, and parsley. Cover, reduce heat to medium-low and simmer 30 minutes.

Mix in the red potatoes, sweet potatoes, and green beans; continue to cook until potatoes are easily pierced through with a fork, about 45 minutes.

Filipino Oxtail Stew

Ingredients

1 1/2 pounds beef oxtail, cut into pieces
1 large onion, quartered
2 cloves garlic, chopped
1 teaspoon salt
1/2 teaspoon ground black pepper, or to taste
1 large eggplant, cut into 2-inch chunks
1/2 head bok choy, cut into 1-inch pieces
1/2 pound fresh green beans, trimmed and snapped into 2-inch pieces
1/4 cup peanut butter, or as needed to thicken sauce

Directions

Fill a large saucepan with water, and drop in the oxtail pieces, onion, garlic, salt, and pepper. Bring to a boil, and simmer for 2 hours over medium-low heat, skimming the foam occasionally, until the oxtail meat is very tender and the broth is reduced to 3 cups.

Stir in the eggplant, bok choy, and green beans, and simmer for about 20 minutes, until the vegetables are tender.

Just before serving, place the peanut butter in a small bowl and thin with 1 or 2 tablespoons of broth. Stir until smooth and add to the stew.

Rustic Slow Cooker Stew

Ingredients

3 pounds beef stew meat
salt and pepper to taste
2 (14 ounce) cans beef broth
1 (10.5 ounce) can condensed
beef consomme
2 cups Burgundy wine
1 cup water
1 teaspoon ground mustard seed
1 teaspoon dried thyme
5 red potatoes, cut into chunks
1/2 pound baby carrots
1/2 pound pearl onions, peeled
2 tablespoons cornstarch
(optional)
1 tablespoon water (optional)

Directions

Season the beef with salt and pepper, and place in a skillet over medium heat. Cook until evenly brown, and drain.

In a slow cooker, mix the beef broth, condensed beef consomme, wine, water, mustard, and thyme. Place beef into the liquid, and stir in the potatoes, carrots, and onions.

Cover, and cook 6 hours on Low or 4 hours on High. If you prefer a thick stew, mix the cornstarch and water together and stir into the slow cooker about 30 minutes before the end of the cooking time. Stir occasionally until thickened.

Marinated Rabbit Stew

Ingredients

1 (2 pound) rabbit, cleaned and cut into pieces
3 cups red wine vinegar
3 cups water
1/2 cup white sugar
1 onion, sliced
2 carrots, peeled and sliced
1 tablespoon salt
1 cup pickling spice
1/4 teaspoon ground black pepper
1/3 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon ground black pepper
3 tablespoons rendered bacon fat
1/4 cup all-purpose flour

Directions

Put rabbit into a deep bowl and cover with a mixture of the vinegar, water, sugar, onion, carrots, 1 tablespoon salt, pickling spices, and 1/4 teaspoon pepper. Cover and refrigerate 2 to 3 days to marinate, turning pieces frequently.

Drain rabbit; strain and reserve marinade. Dry rabbit with absorbent paper. Coat pieces with a mixture of 1/3 cup flour, 1 teaspoon salt, and 1/4 teaspoon pepper.

Heat the fat in a Dutch oven or saucepot. Add the rabbit and brown slowly on all sides. Add 2 cups of the marinade. Cover and cook slowly about 45 minutes, or until meat is tender.

Thoroughly blend 1/2 up of the reserved marinade and the 1/4 cup of flour. Slowly pour on half of the mixture into cooking liquid, stirring constantly. Bring to boiling. Gradually add only what is needed of remaining mixture for consistency desired. Bring to boiling after each addition. Finally, cook 3 to 5 minutes.

Arrange rabbit on serving platter. Pour some of the gravy over the rabbit and serving remaining gravy in a gravy boat.

Southwest Stew

Ingredients

2 pounds ground beef
1 onion, chopped
1 (14.5 ounce) can peeled and diced tomatoes
1 (15 ounce) can pinto beans, drained and rinsed
1 (15.25 ounce) can whole kernel corn, drained
4 potatoes, cubed
1 cup medium salsa
2 cups water
1 teaspoon ground cumin
salt to taste
ground black pepper to taste
1/2 teaspoon garlic powder
1/2 cup shredded Cheddar cheese

Directions

Cook ground beef and onion until done.

In a large pan add beef, onion, tomatoes, beans, corn, potatoes, picante sauce, water, cumin, salt and pepper to taste, and garlic powder. Simmer, covered, for 45 minutes. I like to use slow cooker and let it simmer all day. Serve; top with cheese.

Irish Canadian Beef Stew

Ingredients

2 1/4 pounds cubed beef stew meat
1 onion, chopped
4 potatoes, peeled and cut into bite-size pieces
4 carrots, peeled and cut into bite-size pieces
1 turnip, peeled and cut into bite-size pieces
1/4 cup all-purpose flour
1 clove garlic, chopped
2 cups beef stock
3 cups vegetable stock
1 1/2 cups Irish stout beer (such as Guinness®) (optional)
1/2 cup pearl barley
2 sprigs fresh thyme
2 bay leaves
1/4 teaspoon salt
1/4 teaspoon black pepper

Directions

Cut any excess fat from the beef, reserving about 2 tablespoons of fat. Place the fat into a large pot over low heat, and cook, stirring occasionally, until the liquid fat renders out, about 15 minutes. Remove and discard any solid bits that remain.

Place the beef into the hot melted beef fat, and brown on all sides over medium heat, stirring often, about 10 minutes. Cook until nearly all the beef juices have evaporated and begun to brown. Stir in the onion, and cook and stir until the onion starts to become translucent, about 2 minutes. Stir in potatoes, carrots, and turnip, and sprinkle on the flour in several batches, cooking and stirring to coat the ingredients with flour. Stir in the garlic, and cook and stir the meat and vegetables for about 2 minutes to remove any raw flour taste.

In a saucepan over medium-low heat, mix the beef stock and vegetable stock together, and heat until hot but not boiling. Pour the stock mixture, Irish stout beer, barley, thyme, bay leaves, salt, and pepper over the beef and vegetables and stir to dissolve any brown flavor bits from the bottom of the pot. Bring the stew to a boil, reduce heat, cover the pot, and simmer until the meat is very tender, about 2 hours. Stir every 30 minutes, and check seasoning after 1 hour of cooking time. The cover can be removed in the last 30 minutes if you want a thicker stew.

Beef Stew I

Ingredients

2 tablespoons olive oil
2 pounds cubed beef stew meat
2 tablespoons all-purpose flour
6 cups water
1/2 teaspoon salt
1/2 teaspoon ground black pepper
4 cups cubed potatoes
2 cups chopped carrots
1/2 teaspoon browning sauce
2 teaspoons dried rosemary
1 cup fresh corn kernels
1 cup fresh green beans, cut into 1 inch pieces
1/4 cup instant rice

Directions

Heat oil in large pot. Add beef and flour, stirring to coat beef; brown.

Add water, salt, and pepper. Heat to boiling; reduce heat, and simmer 1 hour.

Stir in potatoes, carrots (or turnips), browning sauce, and rosemary. Simmer 1-2 hours.

Add corn, green beans, and rice; simmer for 30 minutes longer.

Cookson Stew

Ingredients

1 pound ground pork sausage
1 (16 ounce) can pinto beans
1 (4 ounce) can sliced jalapeno peppers
1 (15 ounce) can kidney beans
1 (14.5 ounce) can yellow wax beans
1 (16 ounce) can baked beans with pork
1 (18 ounce) bottle barbeque sauce
1 (28 ounce) can peeled and diced tomatoes
1 (6 ounce) can tomato paste
1/2 cup brown sugar

Directions

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Preheat oven to 350 degrees F (175 degrees C).

In a large oven proof pot or Dutch oven, combine cooked sausage, pinto beans, peppers, kidney beans, wax beans, baked beans, barbeque sauce, chopped tomatoes, tomato paste and brown sugar. Note that all of the juice from the cans is added as well.

Bake in preheated oven for 60 minutes.

Lamb Stew with Green Beans

Ingredients

3 tablespoons olive oil
1 large onion, chopped
1 stalk celery, chopped
3 pounds boneless lamb shoulder,
cut into 2 inch pieces
1 (8 ounce) can tomato sauce
3 cups hot water
2 pounds fresh green beans,
trimmed
1 tablespoon chopped fresh
parsley
1/2 teaspoon dried mint
1/2 teaspoon dried dill weed
1 pinch ground cinnamon
1 pinch white sugar
salt and pepper to taste

Directions

Heat oil in a large pot over medium heat. Saute onion and celery until golden. Stir in lamb, and cook until evenly brown. Stir in tomato sauce and water. Reduce heat, and simmer for about 1 hour.

Stir in green beans. Season with parsley, mint, dill, cinnamon, sugar, salt and pepper. Continue cooking until beans are tender.

Beer Beef Stew II

Ingredients

2 tablespoons vegetable oil
3 1/2 pounds beef stew meat, cut
into 1 1/2 inch pieces
1 cup all-purpose flour
2 large potatoes, chopped
1 cup chopped carrots
3/4 cup chopped celery
3/4 cup chopped onion
3 cloves garlic, chopped
1 tablespoon dried basil
1 tablespoon dried thyme
1 cup chili sauce
1 cup beer
1/4 cup brown sugar

Directions

Heat the oil in a skillet over medium heat. Place the beef stew meat and flour in a large resealable plastic bag, and shake to coat. Transfer coated meat to the skillet, and cook about 1 minute, until browned.

Mix the potatoes, carrots, celery, onion, and garlic in a slow cooker. Place browned beef over the vegetables, and season with basil and thyme.

In a bowl, mix the chili sauce, beer, and brown sugar, and pour over meat in the slow cooker.

Cover slow cooker, and cook 8 hours on Low or 2 hours on High.

Guinataan Sitaw and Kalabasa (String Beans and

Ingredients

2 cups light coconut milk
2 tablespoons shrimp paste
1 onion, chopped
1 (2 inch) piece fresh ginger root, peeled and sliced
1/2 pound pork, cut into bite-sized pieces
1/2 pound peeled and deveined prawns
1 pound fresh green beans, trimmed and cut into 2-inch pieces
1 (1 pound) calabash gourd, peeled and cut into cubes
1 green chile pepper, halved lengthwise
1 cup thick coconut milk

Directions

Whisk the light coconut milk and shrimp paste together in a bowl. Pour into a large pot with the onion, ginger, and pork; bring the mixture to a boil for 5 minutes. Add the prawns; reduce heat to medium, cover, and cook another 2 minutes. Add the green beans, calabash, and green chile pepper; cover again and continue cooking until the mixture is nearly dry, about 10 minutes. Stir the thick coconut milk into the mixture and continue cooking until nearly all the moisture is absorbed, about 5 minutes. Serve hot.

Campfire Stew

Ingredients

1 pound ground beef
1 (15 ounce) can mixed vegetables, drained
1 (10.75 ounce) can condensed tomato soup, undiluted
1 (10.75 ounce) can condensed vegetable beef soup, undiluted
1/4 cup water
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a large saucepan over medium heat, brown beef; drain. Add the remaining ingredients and mix well. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until heated through.

Autumn Beef Stew

Ingredients

12 small red potatoes, halved
1 pound carrots, cut into 1-inch pieces
1 large onion, cut into wedges
2 pounds lean beef stew meat, cut into 1-inch cubes
1/3 cup butter or stick margarine
1 tablespoon all-purpose flour
1 cup water
1 teaspoon salt
1 teaspoon dried parsley flakes
1/2 teaspoon celery seed
1/2 teaspoon dried thyme
1/8 teaspoon pepper

Directions

Place potatoes, carrots and onion in a 5-qt. slow cooker. In a large skillet, brown beef in butter. Transfer beef to slow cooker with a slotted spoon.

Stir flour into the pan drippings until blended; cook and stir until browned. Gradually add water. Bring to a boil; cook and stir for 2 minutes or until thickened. Add salt, parsley, celery seed, thyme and pepper; pour over beef. Cover and cook on low for 8-9 hours or until meat and vegetables are tender.

No Peek Irish Beef Stew

Ingredients

2 pounds cubed stew meat
6 carrots, chopped
2 onions, chopped
2 cups cubed potatoes
1 tablespoon brown sugar
3 tablespoons tapioca flour
1 cup tomato-vegetable juice
cocktail

Directions

Preheat oven to 250 degrees F (120 degrees C).

In a roasting pan, combine the meat, carrots, onions and potatoes. In a separate bowl, combine the sugar, tapioca flour and juice cocktail and mix well. Pour this mixture over the meat and vegetables and cover tightly with foil.

Bake in the preheated oven for 5 hours.

Lamb and Okra Stew

Ingredients

2 tablespoons extra-virgin olive oil
1/4 cup crushed garlic
2 pounds cubed leg of lamb meat
1 teaspoon ground cumin
1 teaspoon chopped fresh mint
1 teaspoon ground dried turmeric
1 teaspoon chopped fresh rosemary
2 (14.5 ounce) cans diced tomatoes, drained
2 tablespoons tomato paste
1 pound baby okra
1 teaspoon lemon juice
1 cup water

1 tablespoon butter
1 cup thin egg noodles
2 cups long grain rice
2 cups chicken broth
2 cups water
1 pinch salt and pepper to taste
1 teaspoon olive oil

Directions

Heat olive oil in a large skillet over medium heat. Add the garlic, and cook until transparent. Add the cubed lamb, and cook until browned on all sides. Season with cumin, mint, turmeric and rosemary. Cook for another 5 minutes. Add the diced tomatoes, tomato paste and okra. Combine the lemon juice and water, and stir into the skillet. Cover, and simmer over low heat for 45 minutes.

Meanwhile, melt the butter in a saucepan over medium heat. Add the egg noodles, and saute until toasted. Pour in the chicken broth and water, and bring to a boil. Stir in rice, cover and simmer over low heat until the rice is tender, about 15 minutes. Season with salt and pepper and stir in olive oil before serving. Serve the lamb stew over the rice pilaf.

Fish Stew

Ingredients

1 (15 ounce) can mackerel,
undrained
1 (10.75 ounce) can tomato soup
(not condensed) (optional)
4 potatoes, sliced
1 onion, sliced
red pepper flakes (to taste)
1 egg (optional)

Directions

Place undrained mackerel, tomato soup (if using), potatoes, onion, and red pepper flakes in a medium stock pot. Add just enough water to cover.

Bring to a boil over medium-high heat, reduce to a simmer, and cook 30 minutes, or until potatoes are tender.

Break the egg over the stew, if desired, and serve.

Seafood Stew

Ingredients

2 1/2 cups chicken broth
1/2 cup uncooked long grain rice
2 teaspoons chili powder
2 garlic cloves, minced
1 (14.5 ounce) can diced tomatoes, undrained
3/4 cup julienned green pepper
3/4 cup julienned sweet red or yellow pepper
1/2 cup thinly sliced onion
8 ounces orange roughy or red snapper fillets, cut into 1-inch pieces
4 ounces uncooked medium shrimp, peeled and deveined
3/4 cup orange juice concentrate

Directions

In a saucepan, bring broth to a boil. Add the rice, chili powder and garlic; return to a boil. Reduce heat; cover and simmer for 15-20 minutes or until rice is tender. Add the tomatoes, peppers and onion. Cover and cook over medium heat until vegetables are tender. Add fish, shrimp and orange juice concentrate. Cover and simmer for 2-4 minutes or until the fish flakes easily with a fork and the shrimp turn pink.

Kielbasa Kale Stew

Ingredients

6 large potatoes, peeled and cubed
1/4 cup butter
10 cups water
1 teaspoon salt
1 teaspoon ground black pepper
2 1/2 pounds kale - rinsed, dried and chopped
2/3 pound kielbasa sausage, sliced into 1/2 inch pieces

Directions

Place the potatoes into a large stockpot, over medium high heat. Add butter and water, and bring to a boil. Cook potatoes until tender. Reserve liquid and mash potatoes in the pan until smooth. Return the potato water to the pot and stir in salt and pepper. Simmer for 20 minutes.

Stir in the fresh kale and sausage and simmer for another 30 minutes. Serve hot.

Traditional Lamb Stew

Ingredients

- 1 1/2 pounds lamb stew meat
- 2 tablespoons olive oil, divided
- 3 large onions, quartered
- 3 medium carrots, cut into 1 inch pieces
- 4 small potatoes, peeled and cubed
- 1 (14.5 ounce) can beef broth
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1 1/2 teaspoons minced fresh parsley
- 1 1/2 teaspoons minced chives
- 1/2 teaspoon minced fresh thyme

Directions

In a Dutch oven, brown meat in 1 tablespoon oil over medium heat. Remove with a slotted spoon; set aside. Add onions, carrots and remaining oil to pan. cook for 5 minutes or until onions are tender, stirring occasionally. add potatoes, broth, salt, pepper and lamb. bring to a boil. Remove from the heat. Cover and bake at 350 degrees F for 50-60 minutes or until meat and vegetables are tender.

With a slotted spoon, remove meat and vegetables to a large bowl; keep warm. Pour pan juices into another bowl; set aside. In the Dutch oven, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the parsley, chives, thyme, and meat and vegetables; heat through.

Coconut-Curry Lentil Stew Served over Quinoa

Ingredients

2 cups quinoa
3 1/2 cups water
1 tablespoon salt

2 tablespoons coconut oil
1 small onion, chopped
6 cloves garlic, minced
5 large tomatoes, chopped
1 cup water
1 (14 ounce) can coconut milk
1 tablespoon molasses
1/4 cup coconut powder
1 (4 inch) cinnamon stick
3 tablespoons curry powder
2 tablespoons ground coriander
2 cups red lentils
salt and pepper to taste
1 bunch fresh cilantro, chopped

Directions

Soak the quinoa in a bowl filled with cold water for 5 minutes, then drain using a fine mesh strainer, and rinse with running water. Set the strainer aside so the quinoa can drain, then bring 3 1/2 cups of water and 1 tablespoon of salt to a boil in a saucepan. Stir in the quinoa, cover, and reduce the heat to medium-low. Simmer until the quinoa has absorbed the liquid and is tender, about 15 minutes. Set aside, and keep warm.

Melt the coconut oil in a large saucepan over medium heat. Add the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tomatoes, and cook for 5 minutes more. Pour in the water and coconut milk, and add the molasses, coconut powder, cinnamon, curry powder, and ground coriander. Bring to a simmer over medium-high heat, then stir in the lentils, and cook until just tender, 10 to 15 minutes. Stir frequently as the lentils cook to keep them from sticking. Be careful not to overcook them, as they will quickly lose shape and become a paste.

Once the lentils are done, season to taste with salt and pepper, and stir in the chopped cilantro. Serve the lentil stew over a bed of quinoa.

Zesty Pantry Potato Stew

Ingredients

2 cups chopped carrots
1/2 cup texturized vegetable protein (TVP)
1/4 cup uncooked long-grain rice
1 onion, sliced
2 (15 ounce) cans sliced potatoes, drained
1 cup salsa
1/8 cup dry sherry
1/8 cup Italian-style salad dressing
2 cups water
1 teaspoon cornstarch
1/4 cup dry bread crumbs
1/2 cup grated Parmesan cheese

Directions

Preheat oven to 250 degrees F (120 degrees C).

In a large bowl toss together carrots, TVP, rice and onion. Transfer to a deep, round casserole dish. Press mixture down evenly. Layer potatoes on top of carrot mixture.

In a medium bowl combine salsa, sherry, salad dressing, water and cornstarch. Slowly pour over potatoes.

Bake, covered, in preheated oven for 1 hour. Remove cover and sprinkle with bread crumbs and Parmesan cheese.

Heat oven to 400 degrees F (200 degrees C) and bake, uncovered, for 1 1/2 hours. Cool slightly before serving.

Korean Soft Tofu Stew (Soon Du Bu Jigae)

Ingredients

1 teaspoon vegetable oil
1 teaspoon Korean chile powder
2 tablespoons ground beef
(optional)
1 tablespoon Korean soy bean
paste (doenjang)
1 cup water
salt and pepper to taste
1 (12 ounce) package Korean
soon tofu or soft tofu, drained and
sliced
1 egg
1 teaspoon sesame seeds
1 green onion, chopped

Directions

Heat the vegetable oil in a large saucepan over medium heat. Stir in the Korean chile powder and ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Stir in the soy bean paste, coating the beef. Pour in the water and bring to a boil. Season with salt and pepper. Gently drop tofu into the soup and continue cooking until the tofu is heated through, 1 to 2 minutes. Remove from heat and quickly add the egg into the soup, stirring gently to break it up. Garnish with sesame seeds and green onion.

Stewed Squash

Ingredients

1 slice bacon, cut into strips
1 small onion, chopped
2 yellow squash, cut into large chunks
1 large zucchini, cut into large chunks
salt and pepper to taste
2 cups water

Directions

Saute bacon in a medium skillet; when it is half done, add onion and saute until lightly caramelized and bacon is done.

Add squash and zucchini and brown lightly on both sides. Season with salt and pepper to taste and pour in water. Reduce heat to low, cover pan and simmer for about 15 to 20 minutes, or until tender.

Sausage Bean Stew

Ingredients

1 pound fully cooked smoked sausage, halved and cut into 1/4-inch slices
2 (10 ounce) cans diced tomatoes and green chilies, undrained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can lima beans, drained
1 (15 ounce) can black beans, rinsed and drained
1/2 teaspoon salt
1/8 teaspoon pepper
Hot cooked rice

Directions

In a large saucepan, combine the first eight ingredients. Heat through. Serve in bowls over rice if desired.

Louisiana Beef Stew

Ingredients

2 tablespoons all-purpose flour
1 teaspoon salt
1/2 teaspoon celery salt
1/4 teaspoon garlic salt
1/4 teaspoon black pepper
1/2 teaspoon ground ginger
3 pounds chuck roast, cut into 2-inch pieces
2 tablespoons bacon drippings
1 (14.5 ounce) can diced tomatoes
3 medium onions, chopped
1/3 cup red wine vinegar
1/2 cup molasses
1/2 cup water
6 carrots, chopped
1/2 cup raisins
4 cups cooked rice

Directions

Combine flour, salt, celery salt, garlic salt, black pepper, and ground ginger in a small bowl. Sprinkle the mixture evenly on to the beef.

Heat a large heavy-bottomed pot on medium-high heat. Add the bacon drippings. Brown the beef in the pot, stirring as necessary. Drain excess fat.

Add the diced tomatoes, onions, vinegar, molasses, and water to the pot and bring to a boil. Cover and simmer for 2 hours.

Add the carrots and raisins and simmer for an additional 30 minutes, or until the carrots are tender. Serve with steamed rice.

Green Bean Stew

Ingredients

3 tablespoons vegetable oil
2 tablespoons tomato paste
8 ounces fresh green beans, cut
into 1 inch pieces
1/2 cup water
1 large onion, cut into rings
1 green bell pepper, chopped
1/2 teaspoon salt
1/4 teaspoon ground turmeric
1/4 teaspoon ground black
pepper

Directions

Heat oil in a small frying pan over medium heat. Stir in tomato paste, and heat through. Set aside.

Place green beans and water in a medium saucepan. Arrange onions and green pepper in layers over beans. Sprinkle turmeric, and salt and pepper over vegetables, and pour tomato paste over everything. Cover. Cook over medium heat until vegetables are tender and all water has evaporated.

Vegetable Beef Stew

Ingredients

3/4 pound lean beef stew meat,
cut into 1/2-inch cubes
2 teaspoons canola oil
1 (14.5 ounce) can beef broth
1 (14.5 ounce) can stewed
tomatoes, cut up
1 1/2 cups peeled and cubed
butternut squash
1 cup frozen corn, thawed
6 dried apricot or peach halves,
quartered
1/2 cup chopped carrot
1 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons cornstarch
1/4 cup water
2 tablespoons minced fresh
parsley

Directions

In a nonstick skillet, brown beef in oil over medium heat. Transfer to a slow cooker. Add the broth, tomatoes, squash, corn, apricots, carrot, oregano, salt and pepper. Cover and cook on high for 5-6 hours or until vegetables and meat are tender.

Combine cornstarch and water until smooth; stir into stew. Cover and cook on high for 30 minutes or until gravy is thickened. Stir in parsley.

Salmon Stew (Abalos Style)

Ingredients

1 tablespoon olive oil
4 cloves garlic, minced
1 onion, diced
1 tomato, diced
1 (14.75 ounce) can pink salmon
2 1/2 cups water
bay leaf (optional)
salt and ground black pepper to taste
1 teaspoon fish sauce (optional)

Directions

Heat the olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tomato and cook until softened, then add the salmon. Flake the salmon and continue cooking for 3 minutes. Stir in water, bay leaf, salt, pepper, and fish sauce. Bring to a simmer. Cover and cook for 20 minutes.

Creamy Cajun Crawfish Stew

Ingredients

nonstick cooking spray
1 onion, thinly sliced
1 green bell pepper, cut into strips
1 red bell pepper, cut into strips
2 cups fresh okra, cut into 1/2 inch slices
1 whole boneless, skinless chicken breast, cubed
1 tablespoon Cajun seasoning
1 pound whole cooked crawfish, peeled
1/4 cup butter
2 tablespoons all-purpose flour
3 cups milk
1/3 cup half-and-half cream
1 pinch salt
3 cups shredded Cheddar cheese
1 cup freshly grated Romano cheese
1/3 cup chili powder
1 tablespoon ground paprika

Directions

Spray a heavy bottom pot with cooking spray, and place over medium heat. Saute onion, green bell pepper, red bell pepper and okra until soft. Season with a pinch of Cajun seasoning. Remove from pot, and set aside.

Coat pot with cooking spray (turn off flame while spraying), and return to medium high heat. Saute chicken until no longer pink, and juices run clear. Season with 1 tablespoon Cajun seasoning. Stir in crawfish, and cook for 1 minute. Remove from pot, and set aside with vegetables.

Melt butter in pot on medium low heat. Whisk in flour until roux begins to bubble. Add milk, and whisk until smooth. Add half-and-half, and whisk continuously until mixture thickens enough to coat the back of a spoon. Add a pinch of salt. Stir in shredded Cheddar cheese a little at a time until well incorporated. Add grated Romano cheese and whisk until incorporated. Season with chili powder and paprika. Stir in chicken, crawfish and vegetable mixture. Simmer for 5 minutes.

Beef Stew III

Ingredients

1 1/2 pounds cubed beef stew meat
2 tablespoons vegetable oil
1 onion, finely diced
1/4 cup all-purpose flour
4 cups diced potatoes
2 cups diced carrots
1 (10.75 ounce) can beefy mushroom soup
2 tablespoons cornstarch
1/2 cup cold water
salt and pepper to taste

Directions

Using a large stock pot, brown stewing meat in oil. Add onions and sprinkle flour into stock pot, stirring until flour is well incorporated.

Fill stock pot with water. If you prefer a thick stew fill stock pot only half full, if you prefer a more diluted stew fill your stock pot within one inch of the top. Let meat cook until tender, checking frequently on water level. When water evaporates add more. Cook for 1 1/2 hours.

When beef is tender add potatoes, carrots and beefy mushroom soup. Cook for 30 to 45 minutes, or until tender.

In a separate bowl mix cornstarch and cold water. Stir into soup and simmer. If not to desired thickness add another mixture of cornstarch and cold water. Heat through, season with salt and pepper, and serve.

Beef Stew VI

Ingredients

2 pounds cubed beef stew meat
3 tablespoons vegetable oil
4 cubes beef bouillon, crumbled
4 cups water
1 teaspoon dried rosemary
1 teaspoon dried parsley
1/2 teaspoon ground black pepper
3 large potatoes, peeled and cubed
4 carrots, cut into 1 inch pieces
4 stalks celery, cut into 1 inch pieces
1 large onion, chopped
2 teaspoons cornstarch
2 teaspoons cold water

Directions

In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.

Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.

Beef and Bean Stew

Ingredients

1/2 cup all-purpose flour
1 tablespoon paprika
1 teaspoon salt
1/4 teaspoon cayenne pepper
2 1/2 pounds beef stew meat, cut into 1 inch cubes
3 tablespoons olive or vegetable oil, divided
2 medium onions, thinly sliced
2 cups water
1 (6 ounce) can tomato paste
3/4 teaspoon rubbed sage
1/2 teaspoon dried thyme
1 (16 ounce) can kidney beans, rinsed and drained

Directions

In a large resealable plastic bag, combine the flour, paprika, salt and cayenne. Add beef and shake to coat. In a Dutch oven over medium heat, brown beef in 2 tablespoons oil. Remove with a slotted spoon. In the same pan, saute onions in the remaining oil. Add water, tomato paste, sage and thyme; mix well. Return beef to pan. Bring to a boil; reduce heat. Cover and simmer for 1-1/4 hours, stirring occasionally. Add more water if needed. Stir in beans. Cover and simmer 15 minutes longer or until meat is tender.

Pomegranate Stew with Chicken (Khoresh

Ingredients

2 tablespoons olive oil
1 1/2 pounds chicken legs, cut up
1 white onion, thinly sliced
1/2 pound walnuts, toasted and
finely ground in a food processor
1 teaspoon salt
4 cups pomegranate juice
1/2 teaspoon cardamom (optional)
2 tablespoons sugar (optional)

Directions

Heat olive oil in a large skillet over medium heat. Place chicken and onions in skillet, and cook 20 minutes, stirring occasionally. Mix in pureed walnuts, salt, pomegranate juice, and cardamom. Bring to a boil. Reduce heat to low, cover, and simmer for 1 1/2 hours, stirring occasionally. (If the sauce becomes too thick, stir in 1/4 cup warm water.) Mix in sugar, adjust seasoning, and simmer 30 minutes more.

Venison Stew I

Ingredients

2 tablespoons vegetable oil
2 pounds venison stew meat
3 onions, chopped
2 cloves garlic, minced
1 tablespoon Worcestershire sauce
1 bay leaf
1/2 teaspoon dried oregano
1 tablespoon salt
3 cups water
7 small potatoes, peeled and quartered
1 pound carrots, cut into 1 inch pieces
1/4 cup all-purpose flour
1/4 cup water

Directions

In a skillet, deeply brown the meat in oil. Add onions, garlic, Worcestershire sauce, bay leaf, oregano, salt, and water. Simmer, covered, for 1 1/2 to 2 hours, or until meat is tender.

Add potatoes and carrots; cook until tender.

Combine flour and water. Stir into the stew. Remove bay leaf before serving.

Red Veggie Stew

Ingredients

- 2 tablespoons olive oil
- 1 red bell pepper, chopped
- 1/2 red onion, chopped
- 1 clove garlic, minced
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 red potato, sliced
- 2 cups vegetable stock
- 1 cup water
- 2 tablespoons Worcestershire sauce
- 1 teaspoon dried oregano
- 1 cup uncooked elbow macaroni
- 1 cup shredded Cheddar cheese

Directions

Heat the olive oil in a skillet over medium heat. Stir in the red bell pepper, red onion, and garlic, and cook 5 minutes, until tender. Mix in tomatoes, beans, potato, vegetable stock, water, Worcestershire sauce, and oregano. Bring to a boil, reduce heat to low, and simmer 30 minutes, until potato is tender.

Stir macaroni into the stew, and continue cooking 8 to 10 minutes, until al dente. Top with Cheddar cheese to serve.

Grandma's Stewed Rhubarb

Ingredients

8 quarts diced fresh rhubarb
1 cup white sugar, or more to taste
8 whole cloves
1 tablespoon lemon juice
1 (3 ounce) package red gelatin dessert mix
1/4 cup honey, warmed (optional)

Directions

Place the rhubarb, sugar, cloves, and lemon juice into a large stockpot over low heat. Cover the pot and cook, stirring occasionally, until the rhubarb begins to release its juice, soften, and break apart, about 10 minutes. Turn up the heat, bring the rhubarb mixture to a full rolling boil, and stir in the gelatin mix until the gelatin powder has dissolved. Remove from heat, cool to room temperature, and sweeten to taste with honey.

Walkers' Brown Oyster Stew

Ingredients

1 pound bacon, diced
1/4 cup rendered bacon fat
1 large onion, finely chopped
2 stalks celery, thinly sliced
1/4 cup all-purpose flour
2 cups clam juice
2 cups water
4 large potatoes, peeled and cubed
1 teaspoon salt
1 teaspoon ground black pepper
1 quart shucked oysters

Directions

Cook the bacon in a Dutch oven or large pot over medium heat until browned and crispy, about 10 minutes. Pour off all but 1/4 cup of bacon fat, and stir in the onions and celery until the onions have turned translucent, about 5 minutes. Add the flour, and cook until the flour begins to brown, about 10 minutes.

Pour in the clam juice, water, and potatoes. Bring to a boil over high heat, stirring constantly then reduce heat to medium-low, cover, and simmer until the potatoes are just tender, about 15 minutes. Season with salt and pepper, and stir in the oysters. Recover, and simmer 5 minutes until the oysters have firmed. Ladle into bowls to serve.

Bison Stew

Ingredients

2 tablespoons canola oil
2 pounds bison meat, cut into 1-inch cubes
1 tablespoon canola oil
1 cup minced yellow onion
1/2 cup minced celery
2 cloves garlic, minced
2 tablespoons flour
4 cups low-sodium chicken broth
1 cup water
2 tablespoons white wine
1 teaspoon salt (optional)
1/2 teaspoon ground black pepper
3 whole cloves
1 (8 ounce) can tomato sauce
2 tablespoons chopped fresh parsley
1/4 teaspoon ground thyme

Directions

Heat 2 tablespoons canola oil in a Dutch oven over medium-high heat; brown the bison in oil, 2 to 3 minutes per side; remove bison and set aside. Pour 1 tablespoon canola oil into the Dutch oven; cook and stir the onion and celery in the oil until soft, about 5 minutes. Add the garlic; cook and stir another 2 to 3 minutes. Sprinkle the flour over the mixture and stir to coat. Stir in the broth, water, wine, salt, pepper, cloves, tomato sauce, parsley, and thyme to the mixture; bring to a boil. Return the bison to the mixture and stir through. Reduce heat; cover and simmer until meat is fork tender, about 1 hour.

Maltese Rabbit Stew

Ingredients

1/4 cup oil
1 (3 pound) rabbit, cleaned and cut into pieces
1 large onion, chopped
3 cloves garlic, chopped
1/2 cup red wine
1 bay leaf
1 cube beef bouillon
1/4 teaspoon ground nutmeg
2 tablespoons tomato paste
1/4 teaspoon white sugar
salt and pepper to taste
4 large potatoes, peeled and quartered
2 carrots, chopped
1/2 cup peas

Directions

Heat the oil in a large saucepan over medium heat; cook the rabbit, onion and garlic in the hot oil until the garlic and onion are fragrant and the rabbit is brown. Stir in the wine, bay leaf, beef bouillon, nutmeg, tomato paste, and sugar; season with salt and pepper. Add the potatoes, carrots, and peas. Pour enough water over everything until covered. Bring stew to a boil; reduce heat to low and allow to simmer until the potatoes are completely cooked through, about 1 hour.

Mushroom Lentil Barley Stew

Ingredients

2 quarts vegetable broth
2 cups sliced fresh button mushrooms
1 ounce dried shiitake mushrooms, torn into pieces
3/4 cup uncooked pearl barley
3/4 cup dry lentils
1/4 cup dried onion flakes
2 teaspoons minced garlic
2 teaspoons dried summer savory
3 bay leaves
1 teaspoon dried basil
2 teaspoons ground black pepper
salt to taste

Directions

In a slow cooker, mix the broth, button mushrooms, shiitake mushrooms, barley, lentils, onion flakes, garlic, savory, bay leaves, basil, pepper, and salt.

Cover, and cook 4 to 6 hours on High or 10 to 12 hours on Low. Remove bay leaves before serving.

SwansonB® Greek-Style Beef Stew

Ingredients

2 pounds boneless beef bottom round roast or chuck pot roast, cut into 1-inch pieces
1 (16 ounce) bag frozen whole small white onions
1 (16 ounce) package fresh or frozen whole baby carrots
2 tablespoons all-purpose flour
1 3/4 cups SwansonB® Beef Broth (Regular, 50% Less Sodium or Certified Organic)
1 (5.5 ounce) can Campbell'sB® V8B® 100% Vegetable Juice
1 tablespoon packed brown sugar
Bouquet Garni
Hot cooked egg noodles

Directions

Place the beef, onions and carrots into a 3 1/2- to 6-quart slow cooker. Sprinkle with the flour and toss to coat.

Stir the broth, vegetable juice and brown sugar in a medium bowl. Pour the broth mixture over the beef and vegetables. Submerge the Bouquet Garni into the broth mixture.

Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender. Remove the Bouquet Garni. Serve the beef mixture over the noodles.

Hasenpfeffer (Rabbit Stew)

Ingredients

3 pounds rabbit meat, cleaned and cut into pieces
1/2 teaspoon salt
1/3 cup all-purpose flour
1/2 pound bacon, diced
1/2 cup finely chopped shallots
1 clove garlic, finely chopped
1 cup dry red wine
1 cup water
1 tablespoon chicken bouillon granules
1 tablespoon currant jelly
10 black peppercorns, crushed
1 bay leaf
1/4 teaspoon dried rosemary, crushed
1/8 teaspoon dried thyme, crushed
2 teaspoons lemon juice
3 tablespoons water
2 tablespoons all-purpose flour

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain on paper towels and set aside. Sprinkle rabbit with salt and coat with 1/3 cup flour, shaking off excess. Brown rabbit in remaining bacon fat. Remove from skillet, along with all but 2 tablespoons of the fat, and reserve.

Saute shallots and garlic in skillet for about 4 minutes, until tender. Stir in wine, 1 cup water and bouillon. Heat to boiling, then stir in jelly, peppercorns, bay leaf, rosemary and thyme. Return rabbit and bacon to skillet. Heat to boiling, then reduce heat to low. Cover and let simmer about 1 1/2 hours or until rabbit is tender.

Remove bay leaf and discard. Place rabbit on a warm platter and keep warm while preparing gravy.

To Make Gravy: Stir lemon juice into skillet with cooking liquid. Combine 3 tablespoons water with 2 tablespoons flour and mix together; stir mixture into skillet over low heat. Finally, stir in thyme. Pour gravy over stew and serve, or pour into a gravy boat and serve on the side.

Quick Texas Stew

Ingredients

1 pound ground beef
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (16 ounce) can ranch style chili
beans
1 (15.25 ounce) can whole kernel
corn
1 (19 ounce) can minestrone soup
salt and pepper to taste

Directions

In Dutch oven, over medium heat brown and drain 1 pound ground beef.

Mix in diced tomatoes, ranch style chili beans, corn with liquid, minestrone soup. Season with salt and pepper to taste.

Cover and simmer 30 minutes.

Rabbit Stew with Coconut Cream

Ingredients

- 1/4 cup oil for frying
- 1 (2 pound) rabbit, cleaned and cut into pieces
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 1 green bell pepper, seeded and sliced into strips
- 1 red bell pepper, seeded and sliced into strips
- 1 bird's eye chile, seeded and minced
- 1 large tomatoes - peeled, seeded and chopped
- 1 3/4 cups chicken stock
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2/3 cup cream of coconut

Directions

Heat the oil in a skillet over medium-high heat. Fry the rabbit pieces until browned on the outside. Transfer to a soup pot or large saucepan. Add the onion, garlic, green pepper, red pepper and chile pepper to the skillet; cook and stir until onion is transparent. Transfer to the saucepan.

Add the tomatoes, chicken stock, salt and pepper to the saucepan, and bring to a boil. Simmer over medium-low heat for about 2 hours. Remove the rabbit pieces with a slotted spoon, and keep warm. Turn the heat up to high under the saucepan, and boil the liquid until it has reduced by half.

Return the rabbit pieces to the pan, and stir in the coconut milk. Cook, stirring gently, until heated through. Serve.

Oven Chicken Stew

Ingredients

1 (3 pound) broiler-fryer chicken,
cut up
1 cup chicken broth
1 cup water
2 medium carrots, sliced
2 medium onions, chopped
2 celery ribs, sliced
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon dried basil

Directions

Place the chicken, broth and water in a Dutch oven or 3-qt. baking dish. Top with carrots, onions and celery; sprinkle with salt, pepper and basil.

Cover and bake at 350 degrees F for 1-1/2 to 2 hours or until chicken juices run clear.

Beef and Onion Stew

Ingredients

1 1/2 pounds beef stew meat
all-purpose flour
1/4 cup butter or margarine
3 cups diced onion
1 garlic clove, minced
1 1/2 cups beef broth
2 tablespoons cider vinegar
1 tablespoon tomato paste
1 bay leaf
1 1/2 teaspoons salt
1 teaspoon lemon-pepper
seasoning
1/2 teaspoon dried thyme
cooked rice or noodles

Directions

Dredge meat in flour; brown in butter in a Dutch oven. Add the onion and garlic; cook, stirring occasionally, for 10 minutes. Add broth, vinegar, tomato paste and seasonings. Cover and simmer for 1-1/2 to 2 hours or until meat is tender. Serve over rice or noodles.

Fall-Apart Pork Stew

Ingredients

2 tablespoons onion powder
1 tablespoon chopped fresh parsley
1 tablespoon garlic powder
1 1/2 tablespoons seasoned salt
1 1/2 tablespoons ground black pepper
1 teaspoon dried marjoram
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
3 pounds boneless pork shoulder, cubed
1 bunch spinach leaves, washed
1/4 cup olive oil
2 tablespoons all-purpose flour
1/4 cup butter
1 onion, thinly sliced
2 stalks chopped celery
1 pound fresh mushrooms, sliced
1 1/2 cups beef broth
2 (28 ounce) cans stewed tomatoes
2 bay leaves
1 teaspoon crushed red pepper flakes
1 teaspoon garlic powder
2 (15 ounce) cans butter beans, rinsed and drained
1 yellow squash, sliced
1 zucchini, sliced
salt and pepper to taste

Directions

Toss together the onion powder, parsley, 1 tablespoon garlic powder, seasoned salt, 1 1/2 tablespoons black pepper, marjoram, cinnamon, and nutmeg in a large, resealable plastic bag. Add the cubed pork, toss until well coated, then seal, and refrigerate overnight.

Preheat oven to 250 degrees F (120 degrees C). Line a 9x9 inch baking dish with half of the spinach leaves.

Pack the marinated pork into the baking dish, and cover with the remaining spinach leaves. Cover the pan with aluminum foil, and bake in the preheated oven for 3 hours, or until the pork is tender.

Heat the olive oil in a large pot over medium heat. Whisk in the flour, and cook for 15 minutes, stirring frequently until the flour has toasted. Scrape into a heatproof dish, and set aside. Melt the butter in the pot, and stir in the onions and celery. Cook and stir until the onion has softened and turned translucent, about 10 minutes. Add the mushrooms, and cook until tender; stir the flour mixture back into the pot to coat the vegetables.

Pour in the beef broth, stewed tomatoes, cooked pork and spinach, bay leaves, red pepper flakes, and 1 teaspoon garlic powder. Simmer 1 1/2 hours.

Stir in the butter beans, yellow squash, and zucchini. Simmer 30 minutes until the vegetables are tender. Season to taste with salt and pepper before serving.

Tava or Turkish Stew

Ingredients

2 tablespoons olive oil, divided
1 1/2 pounds skinless, boneless
chicken breast halves - cut into 1
inch cubes
1/2 (12 ounce) jar roasted red bell
peppers, drained
1 (14.5 ounce) can diced tomatoes
with juice
1 (6 ounce) jar mushrooms,
drained
1 onion, diced
1 tablespoon minced garlic
salt and pepper to taste
1 (16 ounce) package shredded
mozzarella cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.

Heat 1 tablespoon oil in a skillet over medium heat, and cook the chicken until juices run clear.

Puree the roasted red peppers in a blender or food processor until smooth. In the prepared casserole dish, mix the cooked chicken, roasted red peppers, tomatoes, mushrooms, onion, and garlic. Season with salt and pepper. Drizzle with remaining 1 tablespoon olive oil, and top with mozzarella cheese.

Bake 30 minutes in the preheated oven, until cheese is melted and bubbly.

Connie's Quick Stew

Ingredients

1 1/2 pounds lean ground beef
salt and pepper to taste
3 (10.75 ounce) cans condensed
tomato soup
1 pound baby carrots, chopped
3 potatoes, diced
16 ounces frozen green beans
(optional)

Directions

In a 6 quart stock pot, over medium heat, brown ground beef and season with salt and pepper.

Add tomato soup, water (fill pot 2/3 full), carrots and potatoes. If desired add green beans and then bring soup to a boil and simmer for 15 to 20 minutes, or until vegetables are tender.

Shrimp And Onion Stew

Ingredients

1/4 cup vegetable oil
4 onions, chopped
4 cloves garlic, minced
1 pound medium shrimp - peeled and deveined
1/4 teaspoon ground turmeric
1/2 teaspoon salt
1 teaspoon ground black pepper
3 tablespoons tomato paste
1/3 cup water

Directions

In a large skillet, heat oil over medium heat. Add onions; cook and stir until soft. Stir in garlic, and cook for 2 to 3 minutes

Add shrimps; cook just until shrimp turn pink and begin to curl.

Mix in turmeric, salt, and pepper. Mix in tomato paste and water. Reduce heat to low, cover, and simmer for 1 hour. Add more water if necessary to prevent sticking. Serve.

Slow Cooker Manly Stew

Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed Cheddar cheese soup
1 (1.25 ounce) package beef with onion soup mix
3 pounds beef stew meat

Directions

Pour the cream of mushroom soup, cheese soup and onion soup mix into a slow cooker, and mix well. Add beef, cover and cook on Low for 8 hours, or on High for 4 to 5 hours.

Mussel and Potato Stew

Ingredients

2 pounds Yukon Gold potatoes, peeled and cubed
1/2 pound broccoli rabe, thick stems peeled
1/2 cup olive oil
4 anchovy filets, rinsed and chopped
4 cloves garlic, minced
2 1/2 pounds mussels, cleaned and debearded
2 tablespoons chopped fresh parsley
1/2 cup water
salt to taste

Directions

In a medium saucepan, cover the potatoes with cold water. Add salt, and bring to a boil. Cook until tender, about 15 minutes. Drain.

Bring a saucepan of salted water to a boil. Add the broccoli rabe, and cook until just tender; it should be bright green. Drain well, and cut into 2 inch lengths.

Combine the oil, anchovies, and garlic in a large, deep skillet. Cook over high heat, mashing the anchovies, for about 1 minute. Spread the mussels in the skillet, top with the potatoes, broccoli rabe, and chopped parsley. Add 1/2 cup water, and season with salt. Cover, and cook until mussels are open. Serve.

Pork and Hominy Stew

Ingredients

1 (2 pound) pork roast, diced
1 tablespoon ground cumin
salt and pepper
1 tablespoon olive oil
2 (15.5 ounce) cans white hominy
20 dried chile de arbol peppers
water
1 1/4 cups finely chopped onion
1 teaspoon minced garlic
12 corn tortillas, warmed
2 limes, quartered
1 bunch fresh cilantro, chopped
1 1/2 cups shredded cabbage

Directions

Heat oil in a large skillet over medium heat; add diced pork, cumin, and salt and pepper to taste. Cook, stirring frequently, until evenly browned.

Transfer pork to a large pot. Stir in hominy and 3 cups water. Cook over medium heat for 1 hour.

While pork and hominy are cooking, place chiles in a small saucepan with 2 cups water. Boil for 45 minutes, covered. Drain, and remove stems. Place chiles in a blender with 1/4 cup water, onion, and garlic. Blend until smooth (you may still see seeds). Set aside.

Serve pork and hominy soup in bowls, garnished with lime juice, cilantro, cabbage. For spicy soup, stir one teaspoon of chile into each bowl of soup.

Lots-A-Veggies Stew

Ingredients

- 1 pound ground beef
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 (16 ounce) can baked beans, undrained
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can butter beans, rinsed and drained
- 1 (14.5 ounce) can beef broth
- 1 (11 ounce) can whole kernel corn, undrained
- 1 (10.5 ounce) can condensed vegetable soup, undiluted
- 1 (6 ounce) can tomato paste
- 1 medium green pepper, diced
- 1 cup sliced carrots
- 1 cup sliced celery
- 2 tablespoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon pepper

Directions

In a skillet, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Transfer to a 5-qt. slow cooker. Add the remaining ingredients and mix well. Cover and cook on low for 5 hours or until vegetables are tender.

Tomato Rice Stew

Ingredients

- 4 cups water
- 2 cups uncooked white rice
- 2 unpeeled potatoes, diced
- 1 (12 ounce) can tomato paste
- 1 (15 ounce) can tomato sauce
- 1 teaspoon dried basil
- 1 tablespoon white sugar
- 1 tablespoon salt
- 2 bay leaves
- 1 (13.5 ounce) can whole leaf spinach, drained
- 1 (14.5 ounce) can stewed tomatoes, drained and sliced
- 1/2 tablespoon fresh lemon juice

Directions

In a large saucepan, mix the water, rice, potatoes, tomato paste, and tomato sauce. Stirring constantly, bring to a boil. Reduce heat to medium, and stir in basil, sugar, salt, and bay leaves. Cook about 15 minutes, stirring often, until potatoes and rice are tender but firm.

Mix spinach, stewed tomatoes, and lemon juice into the saucepan. Reduce heat, and simmer 15 minutes, or until rice has finished cooking and the mixture has thickened.

Chicken Stew 'Fricot'

Ingredients

1 tablespoon butter
1 (2 to 3 pound) whole chicken,
cut into pieces
1 onion, chopped
5 carrots, chopped
6 potatoes, cubed
2 teaspoons dried savory
salt to taste
ground black pepper to taste

Directions

Melt butter in cooking pot, brown chicken with chopped onions.
Add water to cover. Simmer for 30 minutes.

Add carrots, potatoes, and savory. Simmer some more until
vegetables are cooked. Salt and pepper to taste.

Gizzard Stew

Ingredients

2 pounds chicken gizzards
water to cover
4 (3 ounce) packages chicken
flavored ramen noodles
1 teaspoon all-purpose flour
water as needed
salt and pepper to taste

Directions

Rinse gizzards and place in a large pot. Add water to cover, cover pot with lid and boil over medium high heat until gizzards are tender, about 30 to 45 minutes.

Once gizzards are tender, drain 1/2 of the water out of the pot. In a small bowl, combine the ramen flavor packet mixes with the flour and add enough water to liquefy mixture. Pour into pot with gizzards and season with salt and pepper to taste. Reduce heat to low and simmer until sauce/gravy is thickened to taste.

Meanwhile, bring a large pot of lightly salted water to a boil. Add ramen noodles and cook for 5 to 6 minutes or until al dente; drain and serve hot with gizzards stew on top.

Harvest Pork Stew

Ingredients

2 tablespoons butter or oil
1 1/2 pounds boneless pork, cut into 1/2-inch cubes
2 cloves garlic, minced
1 medium onion, chopped
3 cups chicken broth
1/2 teaspoon salt
1/4 teaspoon dried rosemary, crushed
1/4 teaspoon rubbed sage
1 bay leaf
3 cups frozen, cubed butternut squash
2 MacIntosh apples, cored and cubed
2 large potatoes, peeled and cubed (optional)
2 cups carrots, peeled and diced (optional)

Directions

Melt the butter in a large skillet over medium-high heat. Add the pork and cook until lightly browned on all sides. Stir in the garlic and onion, and continue to cook until the onion has softened, and the pork is firm, and no longer pink, about 5 minutes.

Place the pork and onions into a large saucepan. Pour in the chicken broth, and season with salt, rosemary, sage, and the bay leaf. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 20 minutes.

Stir in the butternut squash, apples, potatoes, and carrots. Return to a simmer, then cook, uncovered until the squash and apples are tender, about 20 minutes. Remove the bay leaf and serve.

Pueblo Green Chile Stew

Ingredients

2 pounds boneless pork sirloin or shoulder, cubed
1 tablespoon vegetable oil
3 (12 ounce) cans corn kernels, drained
2 stalks celery, without leaves, diced
2 medium potatoes, diced
2 medium tomatoes, coarsely chopped
3 (4 ounce) cans diced green chiles
4 cups chicken broth
2 teaspoons ground cumin
1 teaspoon dried oregano
Salt, to taste

Directions

In large Dutch oven or deep skillet with lid, brown pork cubes in oil over medium-high heat until lightly browned. Add rest of ingredients to pot; cover and simmer for one hour. Serve hot with fresh corn or flour tortillas.

Beefy Stew

Ingredients

1/2 (17.3 ounce) package
Pepperidge Farm® Puff Pastry
Sheets
1 1/2 pounds beef cube steak, cut
into 1-inch pieces
ground black pepper
2 tablespoons all-purpose flour
1/4 cup vegetable oil
1 (18.6 ounce) can Campbell's®
Select® Vegetable Medley Soup
1/2 cup Swanson® Lower
Sodium Beef Broth

Directions

Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 425 degrees F.

Unfold pastry sheet on lightly floured surface. Cut pastry into 4 (4-inch) rounds. Place rounds on baking sheet. Bake 12 minutes or until golden. Set aside and keep warm.

Sprinkle beef with black pepper. Coat beef with flour.

Heat oil in saucepot. Add beef and cook until browned.

Add soup and broth. Heat to a boil. Cook over medium heat 15 minutes or until beef is done and sauce is slightly thickened. Season to taste.

Divide stew among 4 (12-ounce) bowls. Top each with pastry round.

Indian Peanut Stew

Ingredients

2 cups uncooked brown rice
6 cups water
1 tablespoon olive oil
1 large white onion, chopped
4 cloves garlic, minced
3 tablespoons grated fresh ginger root
1 (28 ounce) can diced tomatoes with juice
1/8 teaspoon cayenne pepper
1 cup chunky natural peanut butter

Directions

Place rice and water in a large saucepan and bring to a boil. Cover, and reduce heat to low. Simmer until rice is tender and water has absorbed, about 30 minutes.

Heat olive oil in a large saucepan over medium-low heat. Add onion, and cook until soft and golden, stirring frequently. Add garlic and ginger, and cook until fragrant, about 5 minutes. Stir in tomatoes, and season with cayenne pepper. Increase heat to medium, and bring to a gentle simmer. Stir in peanut butter and heat through. The mixture will thicken. Serve over rice.

Porkolt (Hungarian Stew) Made With Pork

Ingredients

5 slices bacon, diced
2 large onions, diced
1/4 cup Hungarian paprika
1 1/2 teaspoons garlic powder
1/4 teaspoon ground black pepper
5 pounds boneless pork chops, trimmed
1 large yellow bell pepper, seeded and diced
2 (14 ounce) cans diced tomatoes, with liquid
2/3 cup beef broth
2 cups reduced-fat sour cream
2 (6 ounce) packages wide egg noodles

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat until evenly browned, about 10 minutes. Drain, and reserve the drippings. Add the onions to the bacon and cook together until the onion is translucent. Remove skillet from heat and stir the paprika, garlic powder, and pepper into the bacon mixture. Transfer the mixture into a large stockpot.

Heat a small amount of the reserved bacon drippings in the skillet again over medium-high heat. Cook the pork chops in batches in the hot drippings until evenly browned on both sides. Use additional bacon drippings for each batch as needed. Remove the pork chops to a cutting board and blot excess fat off the surface of the chops with a paper towel; cut into bite-sized cubes and stir into the bacon mixture.

Heat a small amount of the bacon drippings in the skillet; cook and stir the bell pepper in the hot drippings until softened and fragrant; drain on a plate lined with paper towels. Stir the cooked pepper into the bacon mixture.

Pour the tomatoes with liquid and beef broth into a stockpot and place the pot over medium-high heat. Bring to a simmer and reduce heat to medium-low. Cook until the stew begins to thicken, stirring occasionally, about 90 minutes. Stir the sour cream into the stew just before serving.

Bring a pot with lightly-salted water and bring to a rolling boil; add the egg noodles to the water and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink. Ladle the stew over the drained noodles to serve.

Mediterranean Vegetable Stew

Ingredients

2 tablespoons olive oil, divided
1 cup chopped red onion
2 cups coarsely chopped green pepper
2 large garlic cloves, crushed
1 cup sliced mushrooms
1 small eggplant, unpeeled, cut in 1- to 2-inch chunks
1 (28 ounce) can crushed tomatoes
1/2 cup kalamata olives, pitted and sliced
1 (15 ounce) can chickpeas, drained and rinsed
1 tablespoon chopped fresh rosemary
1 cup coarsely chopped parsley

Directions

In a large skillet, heat 1 Tb. oil. Saute onion and pepper until soft, about 10 minutes. Add 1 Tb. oil, garlic, mushrooms and eggplant. Simmer, stirring occasionally, until eggplant is softened but not mushy, about 15 minutes. Add tomatoes, olives, chickpeas and rosemary. Simmer until heated through, about 10 minutes. Stir in parsley. Sprinkle feta cheese over stew if desired.

Bratwurst Stew

Ingredients

2 (14.5 ounce) cans chicken broth
4 medium carrots, cut into 3/4 inch chunks
2 celery ribs, cut into 3/4-inch chunks
1 medium onion, chopped
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/2 teaspoon salt
1/4 teaspoon garlic powder
3 cups chopped cabbage
2 (15.5 ounce) cans great northern beans, rinsed and drained
5 fully cooked bratwurst links, cut into 3/4 inch slices

Directions

In a large saucepan, combine the broth, carrots, celery, onion and seasonings. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Add the cabbage; cover and cook for 10 minutes. Stir in beans and bratwurst; heat through.

Baked Beef Stew

Ingredients

1 (14.5 ounce) can diced tomatoes, undrained
1 cup water
3 tablespoons quick-cooking tapioca
2 teaspoons sugar
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 pounds lean beef stew meat, cut into 1-inch cubes
4 medium carrots, cut into 1-inch chunks
3 medium potatoes, peeled and quartered
2 celery ribs, cut into 3/4-inch chunks
1 medium onion, cut into chunks
1 slice bread, cubed

Directions

In a large bowl, combine the tomatoes, water, tapioca, sugar, salt and pepper. Add remaining ingredients; mix well. Pour into a greased 13-in. x 9-in. x 2-in. or 3-qt. baking dish.

Cover and bake at 375 degrees for 1-3/4 to 2 hours or until meat and vegetables are tender. Serve in bowls.

Green Chili Stew

Ingredients

1 1/2 pounds boneless pork loin roast, cut into 3/4-inch cubes
2 tablespoons olive or canola oil
1 large onion, diced
1 jalapeno pepper, seeded and chopped*
3 garlic cloves, minced
1 1/2 teaspoons ground cumin
1 teaspoon salt
1/4 teaspoon white pepper
1 bay leaf
5 medium potatoes, peeled and cubed
3 cups water
1 (14.5 ounce) can diced tomatoes, undrained
3 (4 ounce) cans chopped green chilies

Directions

In a Dutch oven or large saucepan, brown pork in oil. Add the onion, jalapenos, garlic, cumin, salt, pepper and bay leaf; saute until onion is tender. Add potatoes and water; bring to boil. Reduce heat; cover and simmer for 15-20 minutes or until potatoes are tender. Add tomatoes and chilies; simmer 10 minutes longer. Discard bay leaf before serving.

Mediterranean Lamb and Lentil Stew

Ingredients

1 tablespoon olive oil
1 1/2 pounds lamb shoulder arm chops, cubed, round bones reserved
1 teaspoon salt
1/2 teaspoon ground black pepper
1 onion, chopped
4 cloves garlic, minced
1 cup lentils, picked over and rinsed
2 cups chicken broth, or more as needed
1 (14 ounce) can diced tomatoes
3 carrots, peeled and sliced
1/2 teaspoon dried thyme
1/2 teaspoon dried sage
1/2 teaspoon dried basil
2 cups coarsely chopped fresh spinach
1 lemon, juiced and zested
1/2 cup ricotta salata cheese, crumbled

Directions

Heat oil in a heavy pot over medium-high heat. Add the lamb cubes and bones and brown on all sides, about 3 minutes. Sprinkle with salt and pepper. Add onion and garlic and continue cooking about 2 minutes, stirring frequently.

Stir in the lentils, 2 cups of the chicken broth, tomatoes, carrots and the thyme, sage and basil. Bring to a boil, reduce the heat to low and simmer, covered, until the lentils are tender but not quite done, stirring occasionally. Depending on the type and freshness of the lentils, this will take from 15 to 30 minutes. If the stew seems dry, add more broth (up to one cup additional). Discard the lamb bones.

Add the spinach and cook 5 minutes more. Stir in the lemon zest and juice. Garnish individual servings with some of the crumbled cheese.

Summer Zucchini Stew

Ingredients

1 tablespoon olive oil
2 Italian sausages, sliced
1 medium onion, finely diced
1 large potato, diced
1 medium green bell pepper, sliced
2 cloves garlic, minced
1 large zucchini, diced
1 (28 ounce) can roma tomatoes, with juice
21 fluid ounces water
1 tablespoon chopped fresh basil
1 teaspoon dried oregano
1 teaspoon chopped fresh parsley
salt and pepper to taste
1 (15 ounce) can green beans, drained

Directions

Heat the olive oil in a large pot over medium heat. Mix in the sausages, onion, potato, green bell pepper, and garlic. Cook 10 minutes, stirring often, until potatoes are slightly tender.

Mix the zucchini into pot. Pour in the tomatoes and their liquid and 3/4 tomato can (21 fluid ounces) water. Season with basil, oregano, parsley, salt, and pepper. Bring to a boil, reduce to low, and simmer 40 minutes.

Stir the green beans into the pot, and continue cooking 5 minutes, until beans are heated through.

Hamburger Stew

Ingredients

1 pound ground beef
1 (1.25 ounce) package taco seasoning mix
1 (10.75 ounce) can condensed tomato soup
3 3/4 cups water
1 cup chopped onion
4 carrots, chopped
3 potatoes, peeled and cubed
1 stalk celery, chopped
1 (15 ounce) can pork and beans

Directions

In a large pot over medium high heat, saut E the ground beef. Add the taco seasoning, soup, water, onions, carrots, potatoes, celery and beans. Reduce heat to low. Cover and simmer about 30 minutes, or until the vegetables are tender.

Stewed Tomatoes (Gobbledygook)

Ingredients

1 (28 ounce) can whole peeled tomatoes, with liquid
3 slices stale bread, torn into pieces
2/3 cup white sugar
1/4 cup butter, melted
1 pinch salt
1 teaspoon black pepper

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 1 1/2 quart baking dish.

Stir the tomatoes, bread, sugar, butter, salt, and pepper in a bowl; pour into the prepared dish.

Bake until hot and the tomatoes are tender, about 45 minutes.

Apple Chicken Stew

Ingredients

4 medium potatoes, cubed
4 medium carrots, cut into 1/4-inch slices
1 medium red onion, halved and sliced
1 celery rib, thinly sliced
1 1/2 teaspoons salt
3/4 teaspoon dried thyme
1/2 teaspoon pepper
1/4 teaspoon caraway seeds
2 pounds boneless, skinless chicken breasts, cubed
2 tablespoons olive or vegetable oil
1 large tart apple, peeled and cubed
1 1/4 cups apple cider or apple juice
1 tablespoon cider vinegar
1 bay leaf
Minced fresh parsley

Directions

In a slow cooker, layer potatoes, carrots, onion and celery. Combine salt, thyme, pepper and caraway; sprinkle half over vegetables. In a skillet, saute chicken in oil until browned; transfer to slow cooker. Top with apple. Combine apple cider and vinegar; pour over chicken and apple. Sprinkle with remaining salt mixture. Top with bay leaf.

Cover and cook on high for 4-5 hours or until vegetables are tender and chicken juices run clear. Discard bay leaf. Stir before serving. Sprinkle with parsley.

Pressure Cooker Beef Stew

Ingredients

- 1 tablespoon vegetable oil
- 1 small onion, diced
- 2 pounds cubed beef stew meat
- 5 carrots, peeled and diced
- 8 medium baking potatoes, peeled and cubed
- 2 cubes beef bouillon
- 2 cups water
- 2 teaspoons cornstarch
- 2 teaspoons salt, or to taste

Directions

Heat the oil in the bottom of the pressure cooker over medium-high heat. If your cooker has an insert, remove it and cook directly in the bottom of the pot. Add the onion and beef, and cook until browned on the outside.

Stir in the water, bouillon cubes and carrots, close the lid, and secure the pressure regulator. Heat until you start to hear sizzling, then reduce the heat to medium, and set your timer for 20 minutes. If you have an adjustable pressure regulator, set it for 10 pounds of pressure.

Meanwhile, place the potatoes in a saucepan with enough water to cover. Bring to a boil, and cook until tender, about 10 minutes. Drain. This whole process should take about the same amount of time as the rest of the stew.

When the 20 minutes are up, release the pressure from the pot according to the manufacturer's instructions - mine needs to sit under cold running water for 5 minutes until the lid can be released.

Remove the lid, and place the pot over medium heat. Bring to a boil. Stir the cornstarch into a small amount of cold water to make a slurry. Stir this into the stew, and cook for a few minutes. Add the potatoes to the stew, or place them in serving dishes, and ladle the stew over them.

Vegan Stew

Ingredients

1 onion, chopped
3 carrots, chopped
3 potatoes, chopped
1 parsnip, chopped
1 turnip, chopped
1/4 cup uncooked white rice
1 teaspoon ground black pepper
1 teaspoon ground cumin
1 teaspoon salt
2 1/2 cups water

Directions

In a large pot over medium-high heat, combine onion, carrots, potatoes, parsnip, turnip, rice, pepper, cumin, salt and water. Boil until vegetables are tender, about 30 minutes, adding more water if necessary.

Mediterranean Fish Stew

Ingredients

4 cloves garlic, minced
2 onions, chopped
1 tablespoon olive oil
1 (28 ounce) can crushed tomatoes
6 cups water
1/2 cup chopped fresh parsley
1/2 cup chopped fresh cilantro
2 tablespoons Worcestershire sauce
1 teaspoon ground cinnamon
1 teaspoon paprika
1 1/2 pounds cod fillets, cubed
3 ounces dry pasta
salt to taste
1 tablespoon ground black pepper

Directions

In a large pot over medium heat, saute the garlic and onions in the olive oil for 5 minutes, stirring constantly. Add the tomatoes with liquid, water, parsley and cilantro. Bring to a boil, reduce heat to low and simmer for 15 minutes.

Stir in the Worcestershire sauce, cinnamon, paprika and fish. Simmer over medium heat for 10 minutes. Add the pasta and simmer for an additional 8 minutes, or until pasta is tender. Season with salt to taste and ground black pepper.

Mexican Potato Stew

Ingredients

1 pound ground beef
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (15 ounce) can ranch-style
beans
garlic salt to taste
4 potatoes, sliced
salt and ground black pepper to
taste

Directions

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain. Stir in the diced tomatoes, ranch-style beans, and garlic salt. Bring to a boil; reduce the heat to low.

Layer the sliced potatoes evenly over the ground beef mixture; season with salt and black pepper. Cover; simmer until potatoes are tender, about 30 minutes.

Roasted Green Chile Stew

Ingredients

1 tablespoon olive oil
1 pound boneless pork shoulder, cubed
4 cloves garlic, chopped
1 large onion, chopped
1 teaspoon ground cumin
1 teaspoon dried Mexican oregano
2 pounds roasted Anaheim or New Mexico chiles
4 serrano chile peppers, diced
1 large russet potatoes, peeled and cubed
3 roma (plum) tomatoes, chopped
1 (14.5 ounce) can vegetable broth
salt to taste

Directions

Heat the olive oil in a Dutch oven or heavy saucepan over medium-high heat. Add the cubed pork, garlic, onion, cumin and oregano. Cook and stir until pork is browned.

Cook and stir for a few more minutes, then pour in the vegetable broth. Reduce the heat to low, and simmer for about 30 minutes.

Add the potato to the stew, and simmer for about 45 minutes. You can roast your chilies during this time, peel, seed chop and add to the stew along with the serrano peppers. If the stew becomes too dry, add a little water. When the potatoes are soft and the pork is tender, add the tomatoes. Cook for about 10 minutes, then remove from the heat and serve.

Pueblo Stew

Ingredients

2 tablespoons lard
6 pounds boneless pork shoulder,
cubed
1 teaspoon whole coriander seeds
2 onions, chopped
2 potatoes, cubed
2 carrots, chopped
5 cloves garlic, chopped
1 (18.75 ounce) can tomatillos,
coarsely chopped
1 (16 ounce) can chopped green
chiles
1 (11 ounce) can jalapeno
peppers, drained and diced
1 (30 ounce) jar sliced nopalitos,
drained and rinsed
2 teaspoons dried oregano
1 (20 ounce) can hominy, drained
4 teaspoons cumin seed

2 cups crumbled queso fresco
1/2 cup chopped fresh cilantro

Directions

Melt lard in a large pot over high heat. Stir in cubed pork and coriander seeds. Cook until the pork has browned, about 10 minutes. Stir in the onions, potatoes, carrots, garlic, tomatillos, green chiles, jalapeno peppers, nopalitos, and hominy. Season with oregano and cumin seed. Add water if the mixture seems too dry.

Bring to a boil, then reduce heat to medium-low, cover, and simmer, stirring occasionally, until the pork is tender, about 45 minutes. To serve, ladle the stew into serving bowls and sprinkle with crumbled cheese and chopped cilantro.

Meatball Garden Stew

Ingredients

1 pound lean ground beef
4 tablespoons all-purpose flour, divided
1 teaspoon salt
Dash pepper
1 egg
1/4 cup milk
1/4 cup chopped onion
1 tablespoon butter or margarine
1 clove garlic, minced
1 (14.5 ounce) can beef broth
2/3 cup water
1/2 teaspoon dried thyme
6 medium potatoes, peeled and quartered
6 medium carrots, halved lengthwise and crosswise
6 green onions, chopped
1 (10 ounce) package frozen peas, defrosted

Directions

In a medium bowl, combine beef, 2 tablespoons flour, salt, pepper, egg, milk and onion. Form into 1-in. balls. Melt butter in a large skillet or Dutch oven. Saute garlic for 1 minute. Brown meatballs on all sides. Push the meatballs to the side. Blend remaining flour into the drippings. Add the broth, water and thyme. Cook, stirring constantly, until thickened. Add potatoes, carrots and onions and stir with meatballs and sauce. Cover and simmer until vegetables are tender, about 30-35 minutes. Add peas and continue to cook 10 minutes. Adjust seasonings, if desired.

Meatball Stew

Ingredients

3 medium potatoes, peeled and cut into 1/2-inch cubes
1 (16 ounce) package fresh baby carrots, quartered
1 large onion, chopped
3 celery ribs, sliced
1 (14 ounce) package frozen fully cooked meatballs
1 (10.75 ounce) can condensed tomato soup, undiluted
1 (10.5 ounce) can beef gravy
1 cup water
1 envelope onion soup mix
2 teaspoons beef bouillon granules

Directions

Place the potatoes, carrots, onion, celery and meatballs in a 5-qt. slow cooker. In a bowl, combine the remaining ingredients. Pour over meatball mixture. Cover and cook on low for 9-10 hours or until the vegetables are crisp-tender.

Barley Burger Stew

Ingredients

1/2 pound ground beef
1 small onion, chopped
1/4 cup chopped celery
2 1/4 cups tomato juice
1/2 cup water
1/4 cup medium pearl barley
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a saucepan over medium heat, cook beef, onion and celery until meat is no longer pink; drain. Stir in tomato juice, water, barley, chili powder, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until barley is tender.

Texas Cowboy Stew

Ingredients

2 pounds ground beef
2 (16 ounce) packages kielbasa
sausage, sliced into 1/2 inch
pieces
2 cloves garlic, chopped
1 onion, chopped
2 (14.5 ounce) cans peeled and
diced tomatoes, drained
4 medium baking potatoes,
peeled and diced
2 (15 ounce) cans pinto beans,
with liquid
2 (15.2 ounce) cans whole kernel
corn, with liquid
1 (14.5 ounce) can diced tomatoes
with green chile peppers, with
liquid
1 (10 ounce) package frozen
mixed vegetables
4 cups water
2 teaspoons ground cumin
2 teaspoons chili powder
salt and pepper to taste

Directions

Crumble the ground beef into a large skillet over medium-high heat. Add the sausage, garlic and onion; cook and stir until the meat is no longer pink. Drain off grease, and transfer the contents of the skillet to a large pot.

Pour the tomatoes into the pot with the meat, and stir in the potatoes, pinto beans, corn, diced tomatoes with chilies, mixed vegetables and water. Season with cumin, chili powder, salt and pepper. Cover, and simmer over medium-low heat for at least 1 hour. Stir occasionally. The longer this stew cooks, the better it gets.

Chicken 'n' Carrot Dumpling Stew

Ingredients

1/2 pound boneless skinless chicken breasts
1 cup chicken broth
1 small onion, chopped
1 celery rib, sliced
1/8 teaspoon salt
1 dash dried thyme
Dash pepper
4 1/2 teaspoons all-purpose flour
3 tablespoons water
DUMPLINGS:
1/2 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons shortening
1/4 cup milk
2 tablespoons finely grated carrot
1/2 teaspoon minced fresh parsley

Directions

In a large saucepan, combine the chicken, broth, onion, celery, salt, thyme and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until chicken juices run clear and vegetables are tender. Combine flour and water until smooth. Stir into broth. Bring to a boil; cook and stir for 1 minute or until thickened.

For dumplings, in a bowl, combine the flour, baking powder and salt; cut in shortening until mixture resembles coarse crumbs. Stir in the milk, carrot and parsley. Drop by rounded tablespoonfuls into simmering broth. Cover and simmer for 20 minutes or until a toothpick inserted in a dumpling comes out clean (do not lift the cover while simmering).

Ted's Beef Stew

Ingredients

- 1 cup flour
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 3 pounds cubed beef stew meat
- 1/4 cup vegetable oil
- 1 onion, minced
- 4 cups beef broth
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 2 bay leaves
- salt and ground black pepper to taste
- 3 large potatoes, peeled and cubed
- 4 carrots, peeled and chopped
- 4 stalks celery, chopped
- 2 teaspoons cornstarch
- 2 teaspoons cold water
- 1 cup frozen peas

Directions

Combine the flour, garlic powder, 1 teaspoon salt, and 1 teaspoon pepper in a resealable plastic bag. Place the beef in the bag and shake to coat.

Heat the oil in a large stockpot over medium heat; brown the beef in the hot oil and remove to a plate lined with paper towels. Add the onion to the remaining oil and cook until browned. Pour the beef broth into the stockpot. Stir in the rosemary, thyme, and bay leaves. Season with salt and pepper. Return the beef to the pot. Bring the mixture to a boil; reduce heat to low, cover, and simmer 1 hour.

Add the potatoes, carrots, and celery to the pot. Whisk together the cornstarch and cold water in a small bowl and mix into the stew. Cover and simmer 45 minutes more. Stir in the frozen peas and cook another 15 minutes.

Five Hour Stew

Ingredients

2 pounds cubed beef chuck roast
4 carrots, chopped
2 onions, sliced into rings
2 tablespoons brown sugar
1/2 cup Burgundy wine
3 tablespoons tapioca
salt to taste
ground black pepper to taste
1 (28 ounce) can crushed tomatoes
1 (8 ounce) can tomato sauce
2 cups canned potatoes
1 (5 ounce) can water chestnuts
2 cups canned mushrooms, drained

Directions

Preheat oven to 250 degrees F (120 degrees C).

Combine the cubed chuck, carrots, onions, brown sugar, wine, tapioca, tomatoes, tomato sauce in a large baking dish. Season with salt and pepper to taste.

Bake at 250 degrees F (120 degrees C) for 4 hours. Remove from oven and add stir in the potatoes, water chestnuts and mushrooms.

Raise oven temperature to 300 degrees F (150 degrees C) for 1 more hour.

Lucky New Year's Black-eyed Pea Stew

Ingredients

3 tablespoons vegetable oil
1 onion, chopped
2 cloves garlic, minced
3 cups finely shredded Napa cabbage
1 (8 ounce) can sliced water chestnuts, drained
1 pound ham hocks
1/8 teaspoon cayenne pepper
2 bay leaves
1/2 teaspoon Cajun seasoning
salt to taste
1 quart chicken stock
1 (10 ounce) package frozen black-eyed peas
1 1/2 cups basmati rice, well rinsed
3 cups water

Directions

Heat the oil in a deep pan or stockpot set over medium-high heat. Stir in the onions and garlic, and cook until transparent, about 5 minutes. Mix in the Napa cabbage; toss and cook until wilted, about 2 minutes. Add the ham hocks, cayenne pepper, bay leaf, Cajun seasoning, and salt, stirring for 2 minutes more. Pour in the chicken stock and black-eyed peas. Bring the mixture to a boil, then reduce heat to low and cook uncovered for 2 hours.

Meanwhile, place the rice and water into a saucepan. Bring to a boil, reduce heat to low, cover, and simmer until all liquid is absorbed and rice is light and fluffy, about 20 minutes.

Before serving, remove the ham hocks from the pot. Coarsely chop the meat, and return to the black-eyed pea mixture. Serve hot over Basmati rice.

West African Chicken Stew

Ingredients

1 tablespoon vegetable oil
3 pounds boneless chicken, cut into 1/2 inch cubes
1 large onion, chopped
5 medium potatoes, peeled and cubed
2 cloves garlic, crushed
1 teaspoon coarse ground black pepper
1 teaspoon salt
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon crushed red pepper flakes
1 cup water
1 cup chicken broth
3/4 cup peanut butter
2 cups chopped fresh spinach

Directions

Heat the oil in a large, heavy skillet over medium-heat; cook the chicken in the skillet until completely brown, 5 to 7 minutes; remove and set aside. Add the onion, potatoes, garlic, pepper, salt, coriander, cumin, and red pepper to the skillet and cook until the onions soften, about 5 minutes. Stir in the water, chicken broth, and peanut butter. Return the chicken to the skillet and top with the spinach. Cover and simmer until the potatoes are cooked through, about 20 minutes.

Sauerbraten Stew

Ingredients

1/2 cup water
1/4 cup red wine vinegar
1 tablespoon sugar
3/4 pound boneless beef chuck
roast, cut into 1-inch cubes
3/4 teaspoon salt
Dash pepper
1 dash ground nutmeg
1 small onion, sliced
2 teaspoons minced fresh parsley
1 bay leaf
3 tablespoons raisins
2 teaspoons cornstarch
2 tablespoons half-and-half cream
Hot cooked egg noodles

Directions

In a small saucepan, combine the water, vinegar and sugar. Cook and stir over medium heat until sugar is dissolved; cool. Sprinkle beef with salt, pepper and nutmeg; place in a large resealable plastic bag. Add onion, parsley, bay leaf and cooled marinade. Seal bag and turn to coat; refrigerate overnight.

Drain, reserving 1/2 cup marinade. Discard bay leaf. Place the beef and reserved marinade in a saucepan; bring to a boil. Reduce heat; cover and simmer for 2 hours or until meat is tender.

Stir in raisins. Combine cornstarch and cream; stir into beef mixture. Bring to a boil; cook and stir for 2 minutes or until slightly thickened. Serve over noodles.

Manifold Stew

Ingredients

2 squirrels - skinned, gutted, and cut into pieces
4 potatoes, peeled and diced
1 yellow onion, chopped
3 carrots, sliced
3 cloves garlic, chopped
1 (14 ounce) can chicken broth
4 cups water
2 teaspoons salt
1 teaspoon ground black pepper
2 teaspoons paprika
2 teaspoons rubbed sage
2 teaspoons dried rosemary, crushed

Directions

Preheat car for at the amount of time it takes to prepare vegetables, about 20 minutes.

Place squirrel, potatoes, onion, carrots and garlic into a medium sized dutch oven with a lid. Pour in the can of chicken broth and water. Stir in the salt, pepper, paprika, sage and rosemary. Place pot between the fender skirt and manifold. Be sure to place the lid on the pot.

Drive at least 60 mph (95 kmph) for 4 to 5 hours or until squirrel is tender.

Aunt Dot's Brunswick Stew

Ingredients

2 cups water
2 potatoes, diced
1 onion, chopped
1 (15 ounce) can peas, drained
1 (15.25 ounce) can whole kernel corn, with liquid
2 (14.5 ounce) cans peeled and diced tomatoes with juice
1 pound ground turkey
4 slices bacon, diced
3 teaspoons salt, or to taste
3 teaspoons ground black pepper, or to taste
3 teaspoons garlic salt, or to taste
1 tablespoon sugar
1 tablespoon all-purpose flour (optional)

Directions

Bring water to boil in a saucepan; add potatoes, and boil until tender (about 15 minutes).

Pour the potatoes and the water used to boil them into a large pot. Stir in onion, peas, corn, tomatoes, ground turkey, and bacon. Bring to a boil. Cover, reduce heat to medium-low, and simmer for 2 hours, stirring occasionally.

Stir in the salt, pepper, garlic salt, and sugar. If stew appears too watery, stir together flour and some of the stew liquid in a small cup, and then stir mixture into the stew. Continue cooking for 1 hour.

Russell's Fish Stew

Ingredients

1/4 cup olive oil
4 stalks celery
1/2 onion, diced
3 carrots, diced
3 cloves garlic, diced
1 (14 ounce) can stewed tomatoes
2 1/2 cups water
1 cup white wine
1 (8 ounce) bottle clam juice
1/4 cup sherry
2 cubes chicken bouillon
1/2 teaspoon red pepper flakes
salt and pepper to taste
1/2 bunch cilantro
1/2 pound medium shrimp -
peeled and deveined
1/2 pound white fish, cut into
small chunks

Directions

Heat the oil in a large pot over medium heat. Mix in the celery, onion, carrots, and garlic. Cook and stir until onion is tender. Stir in the tomatoes, water, wine, clam juice, and sherry. Dissolve bouillon cubes in the stew, and season with red pepper, salt, and pepper. Bring to a boil, reduce heat to low, and simmer 1 hour.

Mix the cilantro, shrimp, and fish into the stew. Continue cooking 5 minutes, or until shrimp is opaque and fish is easily flaked. Remove from heat, and allow to sit 10 minutes before serving.

Chili Chicken Stew

Ingredients

2 tablespoons vegetable oil
1 green bell pepper, chopped
1 onion, chopped
1 (10.75 ounce) can condensed cream of chicken soup
2 (14.5 ounce) cans chicken broth
1 teaspoon chili powder
2 cups cubed, cooked chicken meat
1 (14.5 ounce) can diced tomatoes
1 (16 ounce) package frozen mixed vegetables

Directions

In a saucepan over medium heat, heat oil. Cook green bell pepper and onion until tender, stirring often.

Add cream of chicken soup, broth, chili powder and cooked chicken. Bring to a boil and then simmer for 10 minutes.

Add tomatoes and mixed vegetables. Cook for 30 minutes and then serve.

Fisherman Stew

Ingredients

2 cups water
1 pound cod fillets, cubed
1 clove garlic, minced
1 tablespoon olive oil
1 onion, chopped
1/4 cup chopped almonds
1/4 cup dried bread crumbs,
seasoned
2 cups vegetable broth
2 tomatoes, chopped
1/4 teaspoon paprika
1/4 teaspoon ground black
pepper
salt to taste

Directions

In large saucepan or Dutch oven, bring water to a boil over high heat. Once boiling add fish and garlic. Cover and reduce heat to low and simmer for 15 minutes or until fish is opaque and flakes easily when tested with fork. Remove fish with slotted spoon and set aside. Keep stock in saucepan for later use, approximately 2 cups.

In a small nonstick saute pan, heat olive oil over medium heat until hot. Saute onions for approximately 5 minutes or until tender. Once onions are tender add almonds and bread crumbs, stirring for 3 to 5 minutes or until lightly browned.

Add onion and bread crumb mixture to reserved fish stock along with the vegetable broth, tomatoes, paprika and pepper. Add fish; cover and cook over medium heat until fish is heated through. Season to taste with salt. Serve hot!!

Best Ever Beef Stew

Ingredients

1/2 pound cubed beef stew meat
1 teaspoon salt
1 teaspoon ground black pepper
2 tablespoons all-purpose flour
1 tablespoon vegetable oil
6 cups beef broth
1 (11.5 ounce) can tomato juice
1 (10 ounce) package frozen
mixed vegetables
1 cup peeled and cubed potatoes
1 cup chopped cabbage

Directions

Toss beef with salt, pepper and flour to coat. Heat oil in a large pot over medium heat. Cook coated beef in oil, stirring constantly, until well browned on all sides. Pour in broth and tomato juice, and stir in mixed vegetables, potatoes and cabbage. Bring to a boil, then reduce heat, cover and simmer 1 hour, until potatoes are soft and meat is fully cooked.

Eggplant and Lamb Stew

Ingredients

- 2 tablespoons butter
- 1 1/2 pounds lamb shoulder
- 2 large eggplants, peeled and chopped
- 2 large tomatoes, chopped
- 2 large onions, chopped
- 2 green bell peppers, chopped
- 10 cloves garlic, chopped
- 1 tablespoon tomato paste
- 1/2 cup water
- 1 teaspoon allspice
- 2 teaspoons salt
- 1 teaspoon ground black pepper

Directions

In a large pot, melt the butter over medium heat, and brown the lamb on all sides. Mix in the eggplants, tomatoes, onions, green bell peppers, and garlic. Cook and stir until tender and lightly browned.

In a small bowl, blend the tomato paste and water. Mix into the pot with the lamb. Season lamb with allspice, salt, and pepper. Reduce heat, and simmer about 1 1/2 hours, stirring occasionally, until the meat shreds easily with a fork. Add a little water as necessary to keep the ingredients moist.

Diego's Special Beef Stew

Ingredients

1 pound cubed beef stew meat
1 tablespoon all-purpose flour
2 tablespoons olive oil
2 teaspoons butter
1 medium yellow onion, thinly sliced
1/4 cup red wine
1 beef bouillon cube
1 cup hot water
1 large potato, cubed
1/2 cup baby carrots
1/2 teaspoon rosemary
1/2 teaspoon dried thyme
1/2 tablespoon garlic powder
1/2 teaspoon ground black pepper
1/4 cup water
2 dashes Worcestershire sauce

Directions

Place cubed beef and flour in a resealable plastic bag. Seal and shake to evenly coat beef with flour. Heat the oil in a skillet over medium heat, and brown beef on all sides. Transfer to a slow cooker.

Melt the butter in the skillet over medium heat, and cook onion until tender. Transfer to the slow cooker with the beef. Pour wine into the skillet to deglaze, then pour wine into slow cooker.

Dissolve the beef bouillon cube in 1 cup hot water, and pour into slow cooker. Place potato and carrots in slow cooker, and season with rosemary, thyme, garlic powder, and pepper. Mix in remaining water and Worcestershire sauce. Add more water if needed to cover all ingredients.

Cover slow cooker, and cook stew 7 to 8 hours on Low.

Green Chile Stew with Pork

Ingredients

3 pounds boneless pork loin,
cubed
3 tablespoons peanut oil
3 stalks celery, chopped
2 tomatoes, chopped
7 green chile peppers, chopped
4 cloves crushed garlic
4 cups chicken broth
1 (10 ounce) jar prepared green
chile salsa
salt to taste

Directions

In a large skillet over medium high heat, brown the pork in oil, doing so in 2 to 3 batches.

Place the meat in 3 to 4-quart covered casserole and add celery, tomatoes, chilies, and garlic.

Add about 1 cup chicken broth or water to skillet pork was cooked in, stirring over high heat to scrape up browned bits on bottom and bring to boil. Add to pot with enough additional water or broth to barely cover the ingredients. Cover and simmer until stew is thick and meat very tender, about 1 1/2 hours. Add salt to taste before serving. If stew is not hot enough, add a bit of jalapeno salsa.

White Bean, Spinach, and Barley Stew

Ingredients

- 1 cup uncooked pearl barley
- 3 cups water
- 1 teaspoon olive oil
- 1 cup chopped yellow onion
- 2 cloves garlic, minced
- 1/2 teaspoon dried rosemary
- 3/4 cup small fresh mushrooms
- 1 cup chopped yellow bell pepper
- 2 tablespoons white wine
- 1 (15.5 ounce) can white beans, drained and rinsed
- 1 (14.5 ounce) can Italian-style diced tomatoes, drained
- 2 cups fresh spinach
- 1 pinch red pepper flakes

Directions

Bring the barley and water to a boil in a pot. Cover, reduce heat to low, and simmer 30 minutes, or until tender.

Heat the olive oil in a large pot over medium heat, and cook the onion and garlic until tender. Season with rosemary. Mix the mushrooms, yellow bell pepper, and wine into the pot, and cook 5 minutes. Stir in the cooked barley, beans, tomatoes, and spinach. Season with red pepper flakes. Continue cooking 10 minutes, or until spinach is wilted.

Granny's Beef Stew

Ingredients

2 tablespoons vegetable oil
2 pounds sirloin steak, cubed
1/4 cup all-purpose flour for coating
2 cups boiling water
1 tablespoon Worcestershire sauce
2 teaspoons garlic powder
salt to taste
ground black pepper to taste
1 onion, chopped
4 carrots, cut into 1 inch pieces
1 (29 ounce) can diced tomatoes
3 potatoes, cubed

Directions

Heat oil in a large pot over medium heat. Coat beef with flour. Place in the pot, and evenly brown on all sides.

Place 2 cups boiling water, Worcestershire sauce, and garlic powder into pot with beef. Season with salt and pepper. Reduce heat to low, and simmer beef for 2 hours, or until tender.

Add onion, carrots, diced tomatoes and potatoes to pot. Continue cooking 30 minutes to 1 hour, until vegetables are soft.

Melissa's Green Chile Stew

Ingredients

1 tablespoon vegetable oil
1 pound ground beef
5 medium potatoes - peeled and cubed
1 (14.5 ounce) can stewed tomatoes
1 cup chopped green chile peppers
1/2 cup chopped onion
2 cups water
salt and pepper to taste

Directions

Heat oil in a large stockpot over medium-high heat. Crumble beef into pot and cook, stirring frequently, until well-browned. Drain excess fat, and return to the stove.

Add potatoes, stewed tomatoes, green chilies, onion, and water to the pot with the beef, and stir to combine. Bring to a boil, reduce heat, and simmer 1 hour to blend flavors. Season to taste with salt and pepper, and serve.

French Beef Stew

Ingredients

3 medium potatoes, peeled and cut into 1/2-inch cubes
2 pounds beef stew meat
4 medium carrots, sliced
2 medium onions, sliced
3 celery ribs, sliced
2 cups tomato juice
1 cup water
1/3 cup quick-cooking tapioca
1 tablespoon sugar
1 tablespoon salt
1 teaspoon dried basil
1/2 teaspoon pepper

Directions

Place the potatoes in a greased 5-qt. slow cooker. Top with the beef, carrots, onions and celery. In a bowl, combine the remaining ingredients. Pour over the vegetables. Cover and cook on low for 9-10 hours or until vegetables and beef are tender.

Kerr Lake Catfish Stew

Ingredients

5 slices bacon
1 1/2 cups chopped onion
1 (28 ounce) can tomatoes with liquid
1 (8 ounce) can tomato sauce
3 cups diced potatoes
2 tablespoons Worcestershire sauce
6 dashes hot pepper sauce (such as Tabasco®), or to taste
salt and pepper to taste
2 pounds catfish, cut into bite-sized pieces

Directions

Place the bacon in a Dutch oven or a large pot with a lid; cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Reserving the drippings in the skillet, remove the bacon to a plate lined with paper towels to drain. Crumble the bacon and set aside.

Put the onions in the pot; cover and allow to cook about 5 minutes. Stir the tomatoes, tomato sauce, potatoes, Worcestershire sauce, and hot pepper sauce into the onions. Season with salt and pepper; allow to simmer 30 minutes. Stir the crumbled bacon and catfish into the mixture; continue cooking until the fish flakes easily, about 10 minutes more.

Pumpkin Stew

Ingredients

2 pounds beef stew meat, cut into 1 inch cubes
3 tablespoons vegetable oil, divided
1 cup water
3 large potatoes, peeled and cubed
4 carrots, sliced
1 large green bell pepper, chopped
4 cloves garlic, minced
1 onion, chopped
2 teaspoons salt
1/2 teaspoon ground black pepper
1 (14.5 ounce) can whole peeled tomatoes, chopped
2 tablespoons beef bouillon granules
1 sugar pumpkin

Directions

Heat 2 tablespoons oil in a large saucepan over medium-high heat. Place beef in the saucepan and cook until evenly brown. Mix in the water, potatoes, carrots, green bell pepper, garlic, onion, salt and pepper. Bring to a boil. Reduce heat and simmer approximately 2 hours.

Dissolve the bouillon into the beef mixture. Stir in the tomatoes.

Preheat oven to 325 degrees F (165 degrees C).

Cut top off the pumpkin and remove seeds and pulp. Place the pumpkin in a heavy baking pan. Fill the pumpkin with the beef mixture. Brush outside of the pumpkin with remaining oil.

Bake in the preheated oven 2 hours, or until tender. Serve the stew from the pumpkin, scraping out some of the pumpkin meat with each serving.

Savory Beef Stew

Ingredients

1/2 cup all-purpose flour
1 teaspoon salt
2 pounds lean beef stew meat, cut into 1-inch cubes
4 bacon strips, cut into 1-inch pieces (optional)
10 small onions
2 cups cranberry juice, divided
1 (14.5 ounce) can beef broth
4 whole cloves
1 bay leaf
1/2 teaspoon pepper
1/2 teaspoon dried marjoram
1/4 teaspoon dried thyme
1/4 teaspoon garlic powder
5 medium carrots, cut into chunks
5 medium potatoes, peeled and cubed
2 cups frozen peas, thawed

Directions

Combine flour and salt if desired; coat beef cubes. Reserve remaining flour mixture. Place beef in a Dutch oven. Add bacon if desired. Bake, uncovered, at 400 degrees F for 30 minutes. Add onions, 1-1/2 cups cranberry juice, broth and seasonings. Cover and bake at 350 degrees F for 1 hour. Add carrots and potatoes; bake 1 hour or until meat and vegetables are tender. Combine reserved flour mixture and remaining cranberry juice until smooth; stir into stew. Cover and bake 30 minutes longer. Remove bay leaf. Add peas; return to the oven for 5 minutes.

Oven Stew I

Ingredients

2 pounds cubed beef stew meat
1 onion, chopped
8 carrots, chopped
5 potatoes, chopped
3/4 cup tomato sauce
1/3 cup water
3 tablespoons tapioca
1 teaspoon white sugar
salt and pepper to taste

Directions

In a large stock pot combine meat, onion, carrots and potatoes.

Mix together tomato sauce, water, tapioca, sugar and season with salt and pepper. Pour over meat and vegetables and cover. Bake at 250 degrees F (120 degrees C) for 5 hours.

Cowboy Stew I

Ingredients

1 1/2 pounds ground beef
1 onion, chopped
1 (14.75 ounce) can cream-style corn
1 (15 ounce) can chili with beans
1 (15 ounce) can baked beans with pork
1 (15 ounce) can tomato sauce
1 (4 ounce) can diced green chiles

Directions

Crumble the ground beef into a large skillet or Dutch oven over medium-high heat. Add onion; cook and stir until beef is no longer pink. Drain off grease. Reduce heat to medium-low and stir in the corn, chili with beans, baked beans, tomato sauce and green chilies. Cover and simmer for 30 minutes, stirring occasionally.

Lengua (Beef Tongue) Stew

Ingredients

1 (2 pound) beef tongue
1 teaspoon salt

2 tablespoons vegetable oil
1 large onion, thinly sliced
1 small leek, thinly sliced
2 stalks celery, thinly sliced
2 large carrots, shredded
1 (6 ounce) can tomato paste
2 (1 ounce) packets taco
seasoning mix (such as Goya®)
salt and black pepper to taste

Directions

Place the beef tongue into a tight-fitting pot and cover with water by 1 inch. Add the salt and bring to a boil. Reduce heat to medium-low, cover, and simmer until the meat is tender, about 2 hours. Strain and reserve the cooking liquid. Remove and discard the skin from the tongue. Shred the meat using two forks; set aside.

Heat the vegetable oil in a large pot over medium-high heat. Stir in the onion, leek, celery, and carrots. Cook and stir until the vegetables soften, about 5 minutes. Stir in the tomato paste until no lumps remain and cook for 1 minute more. Add the shredded meat to the pot along with the reserved broth and taco seasoning. Bring to a boil; reduce heat to medium-low and simmer until the vegetables are tender, 20 to 30 minutes. Season to taste with salt and pepper before serving.

Oven Meatball Stew

Ingredients

1 egg
1/3 cup milk
1/4 cup cornmeal
2 tablespoons finely chopped onion
2 tablespoons finely chopped green pepper
1 1/2 teaspoons ground mustard
1 teaspoon salt
1 teaspoon chili powder
1 pound lean ground beef
2 tablespoons olive oil or vegetable oil
1/4 cup all-purpose flour
2 1/2 cups tomato juice
12 fresh pearl onions, peeled
3 medium potatoes, peeled and quartered
6 medium carrots, cut into 3-inch pieces

Directions

In a bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Shape into 12 meatballs. In an ovenproof Dutch oven, brown meatballs in oil. Remove with a slotted spoon and set aside. Whisk flour into drippings until smooth. Gradually whisk in tomato juice; bring to a boil. Cook and stir for 2 minutes or until thickened. Return meatballs to pan. Add vegetables; stir gently. Cover and bake at 350 degrees F for 1 hour or until meat is no longer pink and vegetables are tender.

Oven Stew with Burgundy Wine

Ingredients

2 pounds cubed beef stew meat
3 tablespoons all-purpose flour
4 carrots, sliced
2 stalks celery, sliced
2 onions, sliced
1 teaspoon salt
1 teaspoon dried thyme
1 teaspoon ground dry mustard
1/4 teaspoon ground black pepper
3 cubes beef bouillon, crumbled
1 cup water
1 cup Burgundy wine

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cook the beef on the stove over medium heat in a large, ovenproof pot or roaster until brown. Remove from heat and stir in flour until cubes are coated. Stir in carrots, celery and onions. Season with salt, thyme, mustard, pepper and bouillon. Finally, pour in water and wine. Cover.

Bake in preheated oven 4 hours. Serve hot.

Taco Stew

Ingredients

2 pounds ground beef
1 onion, chopped
2 (15 ounce) cans ranch-style beans
1 (15.25 ounce) can whole kernel corn
1 (10 ounce) can diced tomatoes with green chile peppers
1 (14.5 ounce) can peeled and diced tomatoes with juice
1 (1.25 ounce) package taco seasoning mix

Directions

In a large pot over medium high heat, combine the ground beef and onion and saute for 5 to 10 minutes, or until meat is browned and onion is tender; drain excess fat.

Next, stir in the beans, corn, tomatoes and green chile peppers, tomatoes and taco seasoning. Mix well, reduce heat to medium and allow to heat through, about 15 minutes.

Beef Stew V

Ingredients

3 pounds beef stew meat, cut into 1 inch cubes
2 teaspoons salt, divided
1 teaspoon ground black pepper, divided
1/4 cup all-purpose flour
1/4 cup butter
1 tablespoon vegetable oil
1 onion, chopped
1 (8 ounce) can whole peeled tomatoes
3 cups water
2 cubes beef bouillon
2 cloves garlic, minced
2 tablespoons chopped parsley
1/8 teaspoon dried thyme
1 cup red wine
6 carrots, chopped
6 stalks celery, chopped
6 potatoes, cubed
2 cups pearl onions

Directions

Season the stew meat with some of the salt and pepper and coat with flour. In a large skillet over medium-high heat, Sautee the beef and onions in the butter and oil until browned on the outside. Transfer the beef and onions to a stockpot and stir in the tomatoes, water and bouillon cubes. Season with garlic, parsley, thyme and remaining salt and pepper. Stir in the red wine.

Cover soup and simmer for 1 1/2 hours before adding carrots, celery potatoes and pearl onions. Continue to simmer until potatoes are tender, about 1 hour.

Chicken and Fresh Tomato Slow Cooker Stew

Ingredients

5 potatoes, peeled and cubed
1 1/2 cups chopped fresh tomato
1 cup sliced carrot
1 onion, chopped
2 bay leaves
3 large skinless boneless chicken breast halves
2 (8 ounce) cans tomato sauce
1 (14.5 ounce) can chicken broth
1 1/2 teaspoons Italian seasoning
1/4 teaspoon red pepper flakes
water, as needed

Directions

Combine the potatoes, tomato, carrot, onion, and bay leaves in a slow cooker. Place the chicken breasts atop the vegetables. Stir the tomato sauce, chicken broth, and Italian seasoning in a bowl; pour over the chicken breasts. Add water as needed to assure the chicken is completely covered. Cook on Low for 6 hours. Remove the chicken breasts and cut into bite sized chunks and return to slow cooker. Continue cooking until the vegetables are tender, another 1 to 2 hours.

Artichoke and Chickpea Stew

Ingredients

2 tablespoons olive oil
1 medium yellow onion, chopped
6 cloves garlic, minced
1/8 teaspoon red pepper flakes
2 carrots, chopped
4 medium roma (plum) tomatoes, chopped
1 (15 ounce) can artichoke hearts, drained and quartered
1 (15.5 ounce) can garbanzo beans, drained
1 quart low-sodium chicken broth
1 tablespoon chopped fresh sage
1 teaspoon lemon juice
salt and pepper to taste

Directions

Heat oil in a large pot over medium heat, cook the onion until translucent. Stir in the garlic and chili flakes; cook until the garlic has begun to soften, about 1 minute. Add the carrots, tomatoes, artichokes, garbanzo beans, and chicken broth. Bring to a boil over medium-high heat, then reduce heat to low and simmer until the carrots are tender.

Season with sage, lemon juice, salt, and pepper to taste. Cook for 5 to 10 minutes more to meld the flavors.

Bachelor's Stew

Ingredients

2 pounds lean beef chuck,
trimmed and cut into 1 inch cubes
1/3 cup dried bread crumbs
1 teaspoon salt
1/8 teaspoon ground black
pepper
1 yellow onion
3 carrots, cut into thick strips
4 stalks celery, chopped
1 teaspoon dried basil
1/3 cup quick-cooking tapioca
1 (4.5 ounce) can sliced
mushrooms
1 teaspoon soy sauce
2 (10.75 ounce) cans condensed
tomato soup
1 cup beef broth

Directions

Combine bread crumbs with salt and pepper and toss with beef. Place coated beef cubes into a slow cooker and add onion, carrots, celery, basil, tapioca, mushrooms, soy sauce, tomato soup and broth. Stir well, cover and cook on low for 10 to 12 hours, or on high for 3 to 5 hours.

Sasser Family Oven Stew

Ingredients

1 pound ground beef
4 potatoes, chopped
2 carrots, chopped
1 onion, minced
1 (46 fluid ounce) bottle tomato-vegetable juice cocktail

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large oven-proof pot, combine beef, potatoes, carrots, onion and vegetable juice. Cover and bake in preheated oven 1 1/2 hours.

Pork and Sauerkraut Stew

Ingredients

2 onions, thinly sliced
3 cloves crushed garlic
4 potatoes, peeled and cubed
2 tablespoons vegetable oil
2 pounds boneless pork loin,
cubed
1 teaspoon caraway seed
1 tablespoon browning sauce
salt and pepper to taste
22 ounces sauerkraut with juice

Directions

In a large stockpot, heat the oil over medium high heat. Add the pork cubes and brown. Stir in the onion and garlic; cook until onion is soft.

Stir in potatoes, sauerkraut, caraway seeds, browning sauce and salt and pepper to taste. Reduce heat and simmer over low for 1 1/2 to 2 hours.

Oyster Stew

Ingredients

50 baby carrots, cut in half lengthwise
4 russet potatoes, cut into bite-sized pieces
1 small yellow onion, chopped
3 stalks celery, chopped
4 cubes beef bouillon
2 (8 ounce) cans oysters
1 teaspoon ground black pepper
1 (5 ounce) can evaporated milk
2 tablespoons butter
salt and pepper to taste

Directions

Place the carrots, potatoes, onion, celery, and bouillon cubes in a stock pot; pour enough water over the vegetables to cover. Turn heat to medium-high and bring to a boil; allow to boil for 30 minutes. Add the oysters with their juices and 1 teaspoon black pepper; boil another 3 minutes; reduce heat to low. Stir in the evaporated milk and butter; cook and stir until the butter melts completely. Season with salt and pepper to serve.

Auntie Anita's Lobster Stew

Ingredients

2 (1 pound) Maine lobsters
1/2 cup butter
1 quart whole milk

Directions

Bring a large pot of water to a boil over high heat. Add the lobsters; boil until the lobsters turn bright red and the claws are easily pulled off, 12 to 14 minutes. Once done, remove with a pair of tongs, and allow to cool until cool enough to handle.

Split the lobsters in half lengthwise. Remove and reserve the green tomalley (liver), the red coral (eggs), and the thick white substance from inside the claws. Melt the butter in a large saucepan over medium heat. Stir in the reserved tomalley and coral. Cook and stir for 8 minutes, breaking up the tomalley.

Remove the meat from the claws and tail. Remove the black vein from the tail, cut the meat into bite sized pieces, and add to the tomalley. Reduce the heat to low; cook for 10 minutes, stirring frequently. Pour the milk into the saucepan a trickle at a time, stirring constantly, until the stew is thick, hot, and has blossomed into a rich salmon color.

Place the stew in the refrigerator, and let stand 5 to 6 hours. This is one off the secrets of truly fine flavor. It's called aging. Once the stew has aged, return to the stove over medium-low heat, and cook until hot. You do not need salt or pepper when the stew is prepared in this manner.

Hearty Harvest and Ham Stew

Ingredients

1 tablespoon olive oil
1 red onion, chopped
2 cloves garlic, chopped
1 pound ham steak, cubed
1/2 medium head cabbage, chopped
1 cup water
2 large potatoes, sliced thick
3 carrots, chopped
1/2 teaspoon celery seed
1/2 teaspoon caraway seed
1/2 teaspoon paprika
Salt and black pepper to taste
3 cups firmly packed greens, such as spinach, chard or beet tops

Directions

Warm olive oil in a large pot over medium heat. Stir in onions and cook until tender, about 3 minutes. Stir in the garlic and ham; cook for another 2 minutes. Stir in the chopped cabbage and water. Cover, and simmer 10 minutes.

Stir in potatoes, carrots, celery seed, caraway seed, paprika, salt, and pepper. Cover, and simmer 10 to 12 minutes.

Reduce the heat to medium low, stir in the greens, adjust seasonings, and cook for 10 minutes. Serve with bread.

Cozy Cottage Beef Stew Soup

Ingredients

3/4 pound beef stew meat, cut into 1 inch cubes
2 onions, diced
3 cloves garlic, minced
1 large stalk celery, minced
2 carrots, finely chopped
1/4 pound green beans, cut into 1 inch pieces
8 ounces fresh mushrooms, coarsely chopped
3 potatoes, peeled and diced
1 (14.5 ounce) can crushed tomatoes
1 (8 ounce) can tomato sauce
1 bay leaf
1/2 teaspoon ground black pepper
1/2 teaspoon dried thyme
1/4 teaspoon dried marjoram
2 (14.5 ounce) cans fat-free chicken broth
1/2 cup all-purpose flour
2 (10.5 ounce) cans beef consomme

Directions

In a slow cooker, combine beef, onions, garlic, celery, carrots, green beans, mushrooms, and potatoes. Pour in the tomatoes and tomato sauce. Season with bay leaf, pepper, thyme, and marjoram. Stir together chicken broth and flour. Pour chicken broth mixture and beef consomme into slow cooker, and stir.

Cover, and cook on Low 6 to 10 hours. Remove bay leaf before serving.

Beef Stew II

Ingredients

2 pounds cubed beef stew meat
1/2 cup all-purpose flour
3 tablespoons margarine
1 onion, chopped
4 carrots, sliced
3 stalks celery, sliced
1 clove garlic, minced
2 bay leaves
1 teaspoon salt
1 teaspoon white sugar
1/2 teaspoon ground black pepper
1/2 teaspoon paprika
1/8 teaspoon ground cloves
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce
4 cups water

Directions

Dredge beef cubes in flour until evenly coated.

Melt butter in a skillet, and cook coated beef cubes until evenly browned.

Transfer beef to slow cooker and add onions, carrots, celery, garlic, bay leaves, salt, sugar, pepper, paprika, cloves, lemon juice and Worcestershire sauce. Pour in water and stir.

Cover and cook on LOW 10 to 12 hours or on HIGH 5 to 6 hours.
Serve hot!!

Mung Bean Stew

Ingredients

1/2 cup raw mung beans
5 potatoes, peeled and quartered
1/4 teaspoon salt
1 tablespoon canola oil
1 onion, peeled and chopped
2 carrots, sliced
2 stalks celery, sliced
5 button mushrooms, sliced
2 cups vegetable stock
salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place the mung beans in a saucepan and cover with water. Bring to a boil over medium-high heat, and cook for 10 minutes. Lower heat to medium, and simmer until soft, about 10 minutes. Drain beans into a strainer and rinse under cold water. Set aside.

Meanwhile, place the potatoes in saucepan, cover with water, and stir in 1/4 teaspoon salt. Bring to a boil over medium-high heat, and cook just until potatoes begin to soften when pierced with a fork, about 10 minutes. Drain, and set aside.

Heat the oil in a skillet over medium heat. Add the onion; cook and stir until transparent, about 5 minutes. Add the carrots, celery, and mushrooms. Cook and stir until the vegetables are tender, about 5 minutes. Pour in the stock, and add salt and pepper to taste. Cook vegetable mixture 5 minutes more. Combine with the mung beans and potatoes in an oven-proof casserole. Cover with a lid.

Bake in preheated oven until mixture bubbles, about 30 minutes.

Oven Stew II

Ingredients

1/4 cup all-purpose flour
2 pounds cubed stew meat
2 tablespoons vegetable oil
1 (14.5 ounce) can stewed tomatoes
5 carrots, chopped
3 potatoes - peeled and cubed
1/2 (10 ounce) package frozen peas
1 1/2 cups water
1 (1 ounce) package dry onion soup mix
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place the flour in a large resealable plastic bag. Pour in the meat, seal the bag and shake well to coat. Spread the oil in the bottom of a 10x15 inch roasting pan, then arrange the meat in a single layer in the pan.

Bake at 400 degrees F (200 degrees C) for 30 minutes.

Remove from oven and add the tomatoes, carrots, potatoes, peas, water, onion soup mix, salt and ground black pepper. Stir with a wooden spoon, cover and return to the oven.

Reduce oven temperature to 375 degrees F (190 degrees C) for 1 1/2 to 2 hours, or to desired tenderness.

Taiwanese Sesame Oil Chicken Stew

Ingredients

1 1/2 pounds bone-in chicken, cut into pieces
2 tablespoons vegetable oil
3/4 cup rice wine
3/4 cup dark sesame oil
2 tablespoons light sesame oil
7 slices fresh ginger root
1 1/2 cups water
1 (16 ounce) package uncooked somen noodles

Directions

Bring a large pot of water to a boil. Stir in the chicken pieces, return to a boil, and cook for 2 minutes; drain. Heat the vegetable oil in a large skillet over high heat. Stir in the chicken pieces, and cook until browned on the outside, about 3 minutes. Pour in the rice wine, dark sesame oil, light sesame oil, and ginger slices. Bring to a boil, then reduce heat to medium, and simmer for 3 minutes. Add the water, return to a boil, and cook until the chicken is no longer pink, and easily pulls away from the bone, about 5 minutes more.

Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, drop the somen in a few noodles at a time and return to a boil. Cook uncovered, stirring occasionally, until the noodles have cooked through, but are still firm to the bite, 5 to 7 minutes. Drain well in a colander set in the sink.

Stir the somen noodles into the simmering chicken to serve.

No-Peek Beef Stew

Ingredients

2 pounds beef stew meat, cut into
1 inch cubes
1 (10.5 ounce) can condensed
French onion soup
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (4.5 ounce) can mushrooms,
drained
1/2 cup dry red wine

Directions

Place beef stew meat, condensed French onion soup, condensed cream of mushroom soup, mushrooms and dry red wine into a slow cooker. Cover and cook on low for 8 hours.

Posole Stew

Ingredients

8 ounces blue corn posole
2 quarts water
Salt to taste
3 cloves garlic, minced
10 drops hot pepper sauce
1 1/2 pounds pork loin, cut into 1 inch cubes
3 tablespoons ketchup
2 tablespoons diced green chile pepper
1 tablespoon dried minced onion
3 carrots
1/3 large eggplant, diced
1 onion, chopped
2 yellow squash, chopped
3 cloves garlic, minced

Directions

Soak the posole in 6 cups of salted water overnight. Drain and rinse.

In a large stock pot combine 2 quarts water, salt to taste, garlic and hot pepper sauce. Bring to a boil and boil for two hours, checking often to make sure posole is fully covered; add water as necessary. If adding meat, do so at this time. Cook one more hour.

Add the ketchup, green chile peppers, onion flakes, carrots, eggplant, onion, squash and garlic. Stir together and reduce heat to low. Let simmer for 1/2 hour to 1 hour depending on altitude.

Christmas Eve Oyster Stew

Ingredients

2 tablespoons butter
1 small onion, minced
2 (8 ounce) cans oysters, liquid reserved
4 cups milk
2 tablespoons Worcestershire sauce
1 dash garlic powder

Directions

Melt the butter in a large pot over medium-high heat; cook the onion in the melted butter until tender, about 5 minutes. Pour the oysters with their juices into the pot and bring to a boil; cook 3 minutes. Add the milk, Worcestershire sauce, and garlic powder; stir. Allow the soup to cook until heated completely through, 5 to 10 minutes.

Oven Beef Stew

Ingredients

1 pound beef stew meat, cut into
1 inch cubes
2 cups cubed potatoes
2 cups chopped carrots
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.5 ounce) can condensed
French onion soup
1 3/4 cups water
1 cup frozen green peas

Directions

Preheat oven to 250 degrees F (120 degrees C).

In a 2 to 3 quart casserole dish, combine the stew meat, potatoes, carrots, mushroom soup, French onion soup and water. Mix together well.

Bake, uncovered, for 4 to 5 hours, stirring occasionally. Mix in the peas 15 minutes before serving.

Pork and Pepper Stew

Ingredients

- 1/4 cup bacon grease
- 2 pounds pork tenderloin, cut into 1/2 inch strips
- 1/4 cup butter
- 3 onions, thinly sliced
- 2 tablespoons all-purpose flour
- 3 tablespoons paprika
- 1 green bell pepper, cut into strips
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 2 fresh jalapeno peppers, sliced into rings
- 1 cup beef stock
- 3 tablespoons tomato paste
- 2 large cloves garlic, peeled and minced
- 1 teaspoon salt
- 1 bay leaf

Directions

Heat bacon grease in a large pot over medium heat. Stir in the pork, and cook until evenly browned. Remove pork and liquid from the pot, and set aside.

In the large pot, melt the butter over medium heat, and saute the onions until tender and lightly browned. Mix in the flour and paprika, and, stirring constantly, cook until thickened.

Mix pork, green bell pepper, red bell pepper, yellow bell pepper, and jalapeno peppers into the pot. Stir in the beef stock, tomato paste, garlic, salt, and bay leaf. Bring the mixture to a boil. Reduce heat, cover, and simmer 1 to 1 1/2 hours, stirring occasionally.

Curried Stew with Lamb

Ingredients

1 cup yogurt
1 tablespoon minced garlic
2 pounds lamb sirloin, cut into cubes
2 cups water
1 cup uncooked rice
1 tablespoon vegetable oil
1 large onion, grated
1/2 teaspoon ground cloves
1/2 teaspoon ground ginger
1/2 teaspoon ground cumin
3/4 teaspoon ground cayenne pepper
3 tablespoons curry powder
2/3 cup slivered almonds, toasted
1 cup currants
8 cups vegetable broth

Directions

In a medium bowl, combine yogurt and garlic. Stir in the lamb cubes until coated. Cover, and refrigerate overnight.

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Remove from heat, and set aside.

Heat oil in a large skillet over medium high heat. Saute onions until tender. Stir in marinated lamb mixture. Season with cloves, ginger, cumin, cayenne and curry powder. Stir in raisins, reduce heat, and simmer for 2 hours. Stir in cooked rice and vegetable stock. return to a simmer, and cook 5 more minutes.

Vegetarian Green Chile Stew

Ingredients

1 tablespoon olive oil
1/4 teaspoon minced garlic
1/2 onion, chopped
2 large carrots, peeled and chopped
1 stalk celery, chopped
4 potatoes, cut in one-inch cubes
1/4 teaspoon chili powder
1/4 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1 yellow squash, cut in one-inch cubes
2 cups packed fresh spinach
1/3 cup frozen corn kernels
1 (16 ounce) can pinto beans, drained
1 cup cooked, shredded spaghetti squash (optional)
2 cups vegetable broth
5 cups water
3 (4 ounce) cans chopped green chile peppers

Directions

Heat olive oil in a large pot over medium-high heat. Add garlic, onion, carrots, celery, potatoes, chili powder, paprika, salt, and pepper. Cook, stirring occasionally, until potatoes are golden brown, about 10 minutes.

Toss yellow squash, spinach leaves, corn, pinto beans, and spaghetti squash into the pot. Continue to stir until spinach leaves have wilted, 1 to 2 minutes.

Pour vegetable broth, water, and green chiles into the mixture. If necessary, add more water to make sure vegetables are covered. Bring stew to a boil, then reduce heat to medium low, cover, and simmer until the vegetables are tender, about 45 minutes.

Spicy Beef Curry Stew for the Slow Cooker

Ingredients

1 tablespoon olive oil
1 pound beef stew meat
salt and pepper to taste
2 cloves garlic, minced
1 teaspoon chopped fresh ginger
1 fresh jalapeno peppers, diced
1 tablespoon curry powder
1 (14.5 ounce) can diced tomatoes with juice
1 onion, sliced and quartered
1 cup beef broth

Directions

Heat the olive oil in a skillet over medium heat, and brown the beef on all sides. Remove from skillet, reserving juices, and season with salt and pepper. Cook and stir the garlic, ginger, and jalapeno in the skillet for 2 minutes, until tender, and season with curry powder. Mix in the diced tomatoes and juice.

Place the onion in the bottom of a slow cooker, and layer with the browned beef. Scoop the skillet mixture into the slow cooker, and mix in the beef broth.

Cover, and cook 6 to 8 hours on Low.

Campbell's Kitchen Savory Chicken Stew

Ingredients

1 tablespoon vegetable oil
1 pound skinless, boneless
chicken breast, cut into 1" pieces
1 (10.75 ounce) can
Campbell's® Condensed Cream
of Chicken & Broccoli Soup
1/2 cup milk
1/8 teaspoon ground black
pepper
4 small red potatoes, cut into
quarters
2 medium carrots, sliced
1 cup broccoli flowerets

Directions

Heat oil in skillet. Add chicken and cook until browned, stirring often. Remove chicken.

Add soup, milk, pepper, potatoes, carrots and broccoli. Heat to a boil. Cover and cook over low heat 15 minutes, stirring occasionally. Return chicken to pan. Cover.

Cook 5 minutes or until done.

Beef Heart Stew

Ingredients

1 medium beef heart, rinsed and cubed
2 tablespoons all-purpose flour
2 tablespoons vegetable oil
1 large onion, peeled and sliced
1 cup water
2 teaspoons salt
1/2 teaspoon seasoned salt

Directions

Dredge the beef heart in flour until coated. Heat the oil in a Dutch oven over medium-high heat. Fry the pieces of heart until browned. Stir in onions and water. Season with salt and seasoning salt. Cover, reduce heat to low, and simmer for 2 to 3 hours, or until the meat is very tender. Serve over noodles or mashed potatoes.

Greek Potato Stew

Ingredients

2 1/2 pounds potatoes, peeled
and cubed
1/3 cup olive oil
2 cloves garlic, minced
3/4 cup whole, pitted kalamata
olives
1 1/3 cups chopped tomatoes
1 teaspoon dried oregano
salt and pepper to taste

Directions

In a large saute pan, heat the oil over medium heat. Add the potatoes and stir. Stir in the garlic. Add the olives and cook and stir for several minutes. Stir in the tomatoes, and oregano.

Reduce heat, cover and simmer for 30 minutes or until potatoes are tender. Season to taste with salt and pepper.

Easy Oven Beef Stew

Ingredients

3 pounds chuck roast
1 packet dry onion soup mix
1 (12 fluid ounce) can or bottle
ginger ale
1 (8 ounce) can mushrooms,
drained

Directions

Preheat oven to 200 degrees F (95 degrees C).

Cut the roast into cubes, then place in a 10x15 inch roasting pan with soup mix, ginger ale and mushrooms; mix well.

Bake in preheated oven for 4 hours.

Chinese Ham Stew

Ingredients

1 (5 pound) pork leg, cut into bite size pieces
4 ounces dried wood ear mushrooms
5 tablespoons soy sauce
10 cloves minced garlic
4 cups water

Directions

Wash garlic and leave skin intact; wash and soak all of the mushrooms until soft.

Put the pork, mushrooms, soy sauce and garlic in a large pot. Add water, put heat on low, and let simmer for 1 to 1 1/2 hours, or until internal temperature of pork has reached 160 degrees F (70 degrees C).

Roasted Vegetable and Beef Stew

Ingredients

2 pounds beef chuck roast, cubed
4 tablespoons olive oil
1 onion, chopped
1/4 pound fresh mushrooms, sliced
4 carrots, coarsely chopped
4 large russet potatoes, cut into quarters
2 stalks celery, chopped
4 cloves garlic, minced
2 tablespoons all-purpose flour
1 bay leaf
2 cups beef broth
1/2 cup red wine
1/4 cup tomato paste
salt and pepper to taste

Directions

Preheat oven to 450 degrees F (230 degrees C). Place beef cubes in a metal roasting pan and stir in 2 tablespoons olive oil. Put in the oven, on the middle rung and cook for 30 minutes, turning occasionally, until brown and tender.

Meanwhile, put onions, mushrooms, carrots, potatoes, celery, and garlic in a roasting pan. Stir in 2 tablespoons olive oil. Place in oven underneath beef. Bake for 35 to 40 minutes, stirring occasionally, until tender. Remove both beef and vegetable mixture from oven.

Remove beef from roasting pan and set aside. Place roasting pan, on medium high heat. Add wine and bring to a boil, scraping up the bits of drippings, stirring. When the bottom of the pan is clear of all browned pieces, remove from heat.

Put beef and wine mixture in a Dutch oven and stir in beef broth and add bay leaf and tomato paste. Bring to a boil. Reduce heat and simmer, covered, for 40 minutes.

Add 2 tablespoons flour to cooked vegetables and toss until all vegetables are coated. Add vegetables to beef stew. Simmer, covered, for 20 minutes, or until vegetables are heated through and tender. Serve hot.

Old Fashioned Beef Stew

Ingredients

2 pounds cubed beef stew meat
4 cups boiling water
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
1 clove garlic, crushed
1 onion, diced
1 bay leaf
1 tablespoon salt
1 teaspoon sugar
1/2 teaspoon ground black pepper
1/2 teaspoon paprika
1/8 teaspoon ground allspice
6 potatoes, cubed
2 carrots, sliced
1/2 cup whole kernel corn

Directions

In a slow cooker, combine the stew meat, boiling water, lemon juice, Worcestershire sauce and garlic. Stir in the onion, bay leaf, salt, sugar, ground pepper, paprika and allspice. Add the potatoes, carrots and corn.

Cook on HIGH for 2 hours.

Switch the slow cooker to LOW and cook for another 3 1/2 hours. Remove bay leaves before serving.

Chili Stew

Ingredients

- 1 pound ground beef
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 (15 ounce) cans spicy chili beans
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 (14.5 ounce) can diced tomatoes with garlic and onion
- 1 (8 ounce) can tomato sauce
- 1 (4 ounce) can chopped green chilies
- 2 tablespoons chili powder
- 1/2 teaspoon salt

Directions

In a Dutch oven or large saucepan, cook the beef, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes, stirring occasionally.

Beaufort Stew

Ingredients

1 pound smoked sausage links,
sliced
10 frozen small corn cobs
10 small red potatoes
1 (3 ounce) package dry crab and
shrimp seasoning mix
1 1/2 pounds unpeeled, large
fresh shrimp
salt to taste

Directions

Place the sausage, corn, potatoes, and dry crab and shrimp seasoning mix in a large pot filled with enough boiling water to cover. Cook 10 minutes, or until potatoes are tender. Mix in the shrimp, and continue cooking until opaque. Drain, season with salt, and serve warm.

Jesse's Spicy Veggie and Turkey Meatball Stew

Ingredients

2 pounds ground turkey
5 tablespoons vegetable oil,
divided
2 large green bell peppers, cut
into strips
1 large red bell pepper, cut into
strips
1 large yellow bell pepper, cut into
strips
2 large onions, cut into 1/2 inch
chunks
2 cups sofrito sauce
1 (15 ounce) can tomato sauce
4 medium potatoes, cut into 1/2
inch chunks
4 carrots, sliced
2 cups broccoli
5 cups water
1 cup salsa
16 ounces low fat mozzarella
cheese, shredded

Directions

Roll the ground turkey into small meatballs. Heat 1 tablespoon oil in a skillet over medium heat, and cook meatballs 5 minutes, or until evenly browned. Drain, and set aside.

Heat remaining oil in a large pot over medium heat, and cook the green bell peppers, red bell pepper, yellow bell pepper, and onions until tender. Stir in the sofrito and tomato sauce, and continue cooking until heated through. Mix in potatoes, carrots, and broccoli. Pour in the water and salsa, and bring to a boil. Place meatballs in the pot. Reduce heat to low, and simmer 30 minutes. Top with mozzarella cheese to serve.

Garbanzo Bean and Sausage Stew

Ingredients

3 cups dry garbanzo beans
1/4 cup olive oil
2 pounds sweet Italian pork sausage, cut into 1-inch pieces
1 bell pepper, cut into bite-sized pieces
1/2 large onion, thinly sliced
5 cloves garlic, minced
1/2 cup all-purpose flour
1 (14.5 ounce) can diced tomatoes with garlic and herbs
4 cups chicken stock, or more if needed
2 tablespoons dried basil
2 tablespoons dried parsley
2 teaspoons crushed red pepper flakes
salt and ground black pepper to taste
1 cup pipette pasta

Directions

Place the garbanzo beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

Heat olive oil in a large skillet or Dutch oven over medium-high heat, then stir in the sausage. Cook and stir until the sausage is evenly browned and no longer pink. Remove sausage and set aside, leaving any grease from the sausage in the skillet. Return the skillet to the stove and reduce the heat to medium, then add the bell pepper and onion. Cook and stir until the onion has softened and turned translucent, about 5 minutes; stir in the garlic. Continue cooking and stirring until the onion is golden brown, about 5 more minutes.

Reduce heat to medium-low. Stir in the flour until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually stir the tomatoes and chicken stock into the flour mixture, and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes. Season with basil, parsley, red pepper flakes, salt, and pepper. Stir in the sausage. Cover and cook over low heat for 2 hours, then add the prepared garbanzo beans. Cook for an additional hour.

Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pipette pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink. Stir the pasta into the stew, adding more chicken stock, if necessary.

Pressure-Cooked Beef Stew

Ingredients

1 (2 pound) boneless beef chuck roast
1 tablespoon vegetable oil
5 cups water, divided
8 medium potatoes, peeled and quartered
4 medium carrots, halved
1 medium onion, quartered
1 teaspoon minced garlic
3/4 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dried thyme
2 bay leaves
2 tablespoons cornstarch
1/4 cup cold water

Directions

In a pressure cooker, brown roast in oil on all sides. Remove roast. Add cooking rack; place roast on rack. Add 4 cups of water. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high; cook for 40 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)

Remove from the heat; allow pressure to drop on its own. Remove meat and keep warm. Pour pan juices into a bowl; skim fat. Remove rack from cooker. Add potatoes, carrots, onion, garlic, salt, pepper, thyme, bay leaves, pan juices and remaining water to cooker. Cover securely; return cooker to full pressure. Reduce heat; cook for 8 minutes.

Immediately cool according to manufacturer's directions until pressure is completely reduced. With a slotted spoon, remove vegetables and keep warm. Discard bay leaves. Combine cornstarch and cold water until smooth; stir into pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with beef and vegetables.

Southwest Garden Stew

Ingredients

6 ounces cubed beef stew meat
1/2 large onion, chopped
3 cloves garlic, minced
1 large zucchini, chopped
1 medium yellow squash, chopped
3 tomatoes, chopped
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon dried oregano
1 teaspoon Italian seasoning
1/2 teaspoon red pepper flakes
1 cooked chicken breast, cubed
3 cups chicken broth
2 tablespoons cream or milk
1/2 (10 ounce) package frozen corn

Directions

Cook beef in a large pot over medium heat until browned on all sides. Stir in onion, garlic, zucchini, squash, and tomatoes. Cook, stirring, for 3 to 5 minutes.

Stir in chili powder, cumin, oregano, Italian seasoning, and red pepper flakes. Stir in chicken, broth, and cream. Cover, reduce heat to low, and simmer 2 hours.

Stir in corn. Cover, and increase heat to medium low. Simmer for 45 minutes. If the stew becomes too thick, stir in a little water to reach the desired consistency.

Cock-A-Leekie Stew

Ingredients

1 (2 to 3 pound) whole chicken,
cut into pieces
1/2 cup sliced carrots
1 cup barley
2 1/2 cups water
1 teaspoon chicken bouillon
powder
salt and pepper to taste
1 leek, sliced

Directions

In a large pot combine the chicken, carrots, barley, water, bouillon and salt and pepper to taste. Bring all to a boil. Reduce heat, cover and let simmer for 30 minutes or until chicken is cooked through and no longer pink inside. Skim broth as needed.

Remove chicken from pot and add leeks. Bring back to a boil; reduce heat, cover and let simmer another 15 minutes or so, until thickened.

Meanwhile, skin and debone the cooked chicken. Return chicken meat to thickened stew and cook for about 5 minutes to heat through. Serve hot.

Deluxe French Beef Stew

Ingredients

3 slices bacon
2 pounds beef stew meat
1 cup dry red wine
1 cube beef bouillon
1 cup boiling water
2 cloves garlic, crushed
1 tablespoon dried minced onion
2 teaspoons salt
1/4 teaspoon dried thyme
strip of orange peel
2 tablespoons cornstarch
2 tablespoons cold water
1 1/2 cups pickled pearl onions,
drained
3/4 pound fresh button
mushrooms, halved
1/2 cup pitted black olives
1 (10 ounce) package frozen green
peas, thawed and drained

Directions

Place bacon strips in a stock pot or Dutch oven over medium heat. Cook until browned and crisp. Set bacon aside, and brown the beef cubes in bacon fat. Gradually stir in the wine, scraping up any browned bits as you stir. Dissolve the bouillon cube in boiling water, and pour into the pan. Add garlic, thyme, minced onion, salt and orange peel. Reduce heat to low, cover, and simmer for one hour, until meat is tender.

Dissolve cornstarch in cold water, and pour into the soup. When soup has thickened, add the peas, onions, olives and mushrooms. Cook until heated through, and serve.

Southern Style Beef Stew

Ingredients

1 tablespoon butter
1 1/2 pounds beef stew meat, cut into 1/2 inch pieces
1 (10 ounce) can diced tomatoes and green chiles
3 (14.5 ounce) cans stewed, diced tomatoes
1 (10 ounce) package frozen cut okra
1 (10 ounce) package frozen baby lima beans
1 (10 ounce) package frozen corn kernels
4 medium potatoes, peeled and diced

Directions

Melt butter in a Dutch oven over medium-high heat. Add beef, and quickly brown on all sides. Pour in the diced tomatoes with green chilies, and stewed tomatoes. Add the okra, lima beans and corn. Bring to a boil, and reduce heat to medium.

Simmer for about 1 hour. Add potatoes, and continue to simmer for another 30 minutes, or until meat is very tender.

Homemade Stewed Tomatoes

Ingredients

10 ripe tomatoes
2 teaspoons salt

Directions

To peel the tomatoes, place them in boiling water for 1 minute and then immediately transfer to cold water. Peel and quarter tomatoes, and place in a large saucepan with the salt. Slowly simmer over low heat for 20 to 30 minutes, stirring occasionally to prevent burning.

Creamy Shrimp and Corn Stew in Shells

Ingredients

1 (10 ounce) package Pepperidge Farm® Puff Pastry Shells
4 tablespoons butter
1/3 cup minced shallot
1/4 cup all-purpose flour
1 cup Swanson® Chicken Stock
12 ounces fresh or thawed frozen small shrimp, peeled and deveined
2 cups frozen whole kernel corn, thawed
1/2 cup heavy cream
1 1/2 tablespoons lemon juice
Dash hot pepper sauce
Chopped fresh cilantro leaves or parsley

Directions

Bake, cool and remove the 'tops' of the pastry shells according to the package directions.

Heat the butter in a 10-inch skillet over medium heat. Add the shallots and cook for 3 minutes. Add the flour and cook and stir for 2 minutes. Gradually stir the stock into the skillet and heat to a boil, stirring constantly.

Add the shrimp and corn to the skillet. Reduce the heat to low. Stir in the cream, lemon juice and hot pepper sauce and cook until the shrimp are cooked through. Season to taste. Spoon the shrimp mixture into the pastry shells. Sprinkle with the cilantro.

Argentine Lentil Stew

Ingredients

- 1 cup dry lentils
- 1 quart water
- 1 cube vegetable bouillon
- 3 medium tomatoes, peeled and diced
- 1 large onion, diced
- 1 carrot, sliced
- 1 medium apple - peeled, cored and diced
- 1/2 cup frozen peas
- 1 large clove garlic
- 1 tablespoon olive oil
- 1/4 cup barbeque sauce
- 1/2 teaspoon paprika
- salt and pepper to taste

Directions

Place the lentils and water in a large pot, and mix in the vegetable bouillon. Bring to a boil, reduce heat to low, and simmer 20 minutes.

Stir the tomatoes, onion, carrot, apple, peas, garlic, olive oil, barbeque sauce, and paprika into the pot. Continue to simmer 20 minutes. Season with salt and pepper to serve.

Stewed Tomato Pasta

Ingredients

2 (14.5 ounce) cans Italian stewed tomatoes, undrained
1 (14.5 ounce) can chicken broth
2 tablespoons vegetable oil
1 teaspoon Italian seasoning
1 (12 ounce) package spiral pasta

Directions

In a large saucepan or Dutch oven, combine the tomatoes, broth, oil and Italian seasoning; bring to a boil. Add pasta. Reduce heat; cover and simmer for 16-18 minutes or until pasta is tender, stirring occasionally.

Squash and Coconut Milk Stew

Ingredients

1 tablespoon butter
1 (1 inch) piece fresh ginger, minced
1 clove garlic, minced
1 small onion, chopped
1 acorn squash, peeled and cut into 1-inch cubes
1 (14 ounce) can coconut milk
8 ounces green beans, cut into 3-inch pieces
8 ounces cooked shrimp, peeled and deveined
1 (14 ounce) package extra-firm tofu, cut into 1/2-inch cubes
Salt and pepper to taste
2 tablespoons white sugar

Directions

Melt butter in a large skillet over medium heat. Add ginger, garlic, and onion. Cook until garlic begins to brown, about 5 min.

Add squash, coconut milk, and green beans to skillet. Bring to a boil over high heat, then reduce heat to medium, cover, and simmer for 30 minutes until squash is tender, stirring occasionally. Stir in shrimp and tofu, then season to taste with salt, pepper, and sugar.

Jammin' Beef Stew

Ingredients

Crisco® Original No-Stick Cooking Spray
2 pounds beef stew meat, cut into 1-inch pieces
1/4 cup Pillsbury BEST® All Purpose Flour
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
1 cup chopped yellow onions
3 carrots, cleaned and sliced on a diagonal
2 bay leaves (optional)
1 tablespoon Worcestershire sauce
1 (14.5 ounce) can diced tomatoes
1/2 cup Smucker's® Concord Grape Jam or Reduced Sugar Concord Grape Jam (optional)
1 (14.5 ounce) can beef broth or water
6 new potatoes, quartered
2 tablespoons chopped fresh parsley

Directions

STOVE TOP METHOD: Spray a 4-1/2 quart Dutch oven with no-stick spray.

Place meat in pot. Combine flour, salt and pepper. Toss with meat to coat evenly. Add onions, carrots, bay leaves, Worcestershire sauce, tomatoes, grape jam, broth or water. Mix to combine ingredients.

Bring to a boil, then reduce to a simmer. Cover and simmer 1 hour, stirring occasionally. Add potatoes, simmering 30 minutes more or until meat and potatoes are fork-tender. Remove bay leaves. Add chopped parsley, stirring to combine gravy. Season to taste with salt and pepper.

SLOW COOKER METHOD: Spray slow cooker with no-stick spray.

Place meat in cooker. Combine flour, salt and pepper. Toss with meat to coat evenly. Add onions, carrots, bay leaves, Worcestershire sauce, tomatoes, grape jam, broth or water and potatoes. Mix to combine ingredients.

Cover and cook on LOW 8 to 10 hours (or on HIGH 5 to 6 hours) or until meat is fork-tender. Remove bay leaves. Add chopped parsley, stirring to combine gravy. Season to taste with salt and pepper.

Chayote and Sausage Stew

Ingredients

- 2 Italian sausage links
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 chayote squashes, seeded and chopped
- 2 jalapeno peppers, seeded and diced
- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup frozen corn
- 1/2 teaspoon ground thyme
- 1 teaspoon chili powder
- salt and pepper to taste

Directions

Place a large saucepan over medium-high heat; cook the sausage in the skillet until browned; remove the sausage to a plate lined with paper towels. Add the olive oil, onion, and garlic to the skillet; cook and stir until the onions are translucent, 3 to 5 minutes. Return the sausage to the pan along with the chayote squash and jalapeno peppers; cook and stir until the squash begins to soften, 10 to 15 minutes. Stir in the tomatoes, black beans, corn, thyme, and chili powder; season with salt and pepper. Cook until completely heated through, about 10 minutes more.

Veal Stew

Ingredients

4 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
2 pounds veal, trimmed and cubed
1 (8 ounce) can tomato sauce
1/2 cup white wine
salt and pepper to taste

Directions

In a large pot, heat oil over medium heat. Add onions and garlic; cook and stir until onion is tender.

Add meat to the pot, and brown evenly.

Stir in tomato sauce and white wine. Season with salt and pepper to taste. Bring to a boil, reduce heat to low, cover and simmer for 1 1/2 hours, or until tender.

Vegan Mexican Stew

Ingredients

5 medium potatoes, peeled and cubed
2 carrots, chopped
1 stalk celery, chopped
4 1/2 cups water
4 cubes vegetable bouillon
1 tablespoon olive oil
1 large onion, diced
4 cloves garlic, minced
1 tablespoon chili powder
1 tablespoon cumin
1 1/2 tablespoons seasoned salt
1 (29 ounce) can hominy, drained
1 (28 ounce) can diced tomatoes with green chile peppers
salt and pepper to taste

Directions

Place the potatoes, carrots, and celery in a pot with enough lightly salted water to cover, and bring to a boil. Cook about 10 minutes, until slightly tender. Drain, and set aside.

Place the 4 1/2 cups water and vegetable bouillon cubes in a pot. Bring to a boil, and cook until bouillon cubes have dissolved. Remove from heat, and set aside.

Heat the olive oil in a large pot. Saute the onion and garlic until tender. Season with chili powder, cumin, and seasoned salt. Mix in the potatoes, carrots, and celery. Cook and stir about 2 minutes, until heated through. Mix in the water and dissolved bouillon cube mixture, hominy, and diced tomatoes with green chiles. Bring to a boil, reduce heat, and simmer 45 minutes. Season with salt and pepper to taste.

South-of-the-Border Beef Stew

Ingredients

1 1/2 pounds ground beef
1 large onion, chopped
1/2 teaspoon garlic powder
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
1 (10.5 ounce) can Campbell's®
Condensed Beef Broth
1 cup water
2 tablespoons chili powder
3 medium potatoes, cut into
cubes
1 (16 ounce) can whole kernel
corn, drained
shredded Cheddar cheese

Directions

Cook the beef, onion and garlic powder in a 12-inch skillet over medium-high heat until the beef is well browned, stirring often to separate meat. Pour off any fat.

Stir the soup, broth, water, chili powder and potatoes in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the potatoes are tender. Stir in the corn and and cook until the mixture is hot and bubbling. Sprinkle with the cheese.

African-Style Oxtail Stew

Ingredients

- 1 cup chopped celery
- 1 teaspoon minced garlic
- 1 (6 ounce) can tomato paste
- 2 cubes beef bouillon
- 10 cups water
- 6 whole black peppercorns
- 2 bay leaves
- 1/4 cup canola oil
- 3 pounds beef oxtail, cut into pieces
- 1 large onion, chopped
- salt and pepper to taste
- 1 (12 ounce) can kidney beans, drained
- 1/4 cup cornstarch dissolved in 1/2 cup water

Directions

Place celery, garlic, tomato paste, bouillon cubes, and water into a large Dutch oven; stir until the tomato paste has dissolved. Add peppercorns and bay leaves, place over medium heat and bring to a simmer.

Meanwhile, heat oil in a large skillet over medium-high heat. Add oxtail and cook until browned on all sides, about 10 minutes. Remove oxtail from hot oil and place into Dutch oven. Pour out all but 1 tablespoon of oil from the skillet, reduce heat to medium, and cook the onion until softened and translucent, about 5 minutes; add to oxtail.

Reduce heat to medium-low, cover, and simmer for 2 1/2 hours. Season with salt and pepper, recover, and continue to cook until the oxtail is tender, but not falling off of the bone, about 30 minutes.

Remove oxtail pieces and place into a serving dish. Add kidney beans to Dutch oven and return to a simmer. Thicken with cornstarch dissolved in water, simmer for 1 minute until thickened and clear. Pour sauce over the oxtail.

Mushroom Burger Stew

Ingredients

1 pound ground beef
1 small onion, chopped
4 cups water
4 medium potatoes, cubed
5 medium carrots, chopped
1 (14.5 ounce) can stewed tomatoes
1 envelope onion soup mix
salt and pepper to taste
1/2 pound fresh mushrooms, quartered

Directions

In a large saucepan, cook beef and onion over medium heat until the meat is no longer pink; drain. Add the water, potatoes, carrots, tomatoes, soup mix, salt and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until vegetables are tender. Add mushrooms; simmer 5 minutes longer.

Spicy Seafood Stew

Ingredients

2 pounds potatoes, peeled and diced
1 pound carrots, sliced
1 (26 ounce) jar spaghetti sauce
2 (6 ounce) jars sliced mushrooms, drained
1 1/2 teaspoons ground turmeric
1 1/2 teaspoons minced garlic
1 teaspoon cayenne pepper
3/4 teaspoon salt
1 1/2 cups water
1 pound sea scallops
1 pound uncooked medium shrimp, peeled and deveined

Directions

In a 5-qt. slow cooker, combine the first eight ingredients. Cover and cook on low for 4-1/2 to 5 hours or until potatoes are tender.

Stir in the water, scallops and shrimp. Cover and cook for 15-20 minutes or until scallops are opaque and shrimp turn pink.

Beef and Vegetable Stew

Ingredients

1 pound cubed beef stew meat
1 tablespoon vegetable oil
1 onion, thinly sliced
1 (6 ounce) can tomato paste
1 (14.5 ounce) can low fat, low sodium beef broth
1 cup chopped carrots
3 potatoes, cubed
1 sprig fresh rosemary
1 teaspoon dried thyme
1 bay leaf
1/4 teaspoon crushed red pepper flakes
10 ounces button mushrooms, quartered
1 (10 ounce) package frozen green peas, thawed

Directions

Remove any bits of fat from the meat. Heat the oil in a large pot over medium high heat. Saute the meat in the oil for 10 minutes, or until browned on all sides. Remove meat and set aside.

Add the onion and tomato paste to the pot and saute over medium heat for 5 minutes, or until onion is tender, stirring often. Return the meat to the skillet along with the beef broth, combining with the onion and tomato paste mixture. Reduce heat to low, cover and simmer for 1 to 1 1/2 hours, or until meat is tender.

Add the carrots, potatoes, rosemary, thyme, bay leaf and crushed red pepper flakes and simmer, covered, for another 45 minutes. (Note: It may be necessary to add some water if the stew seems too thick.)

Finally, add the mushrooms and the peas and allow stew to heat through, about another 10 to 15 minutes. Remove bay leaf and rosemary sprig before serving.

Get a Husband Brunswick Stew

Ingredients

1 tablespoon olive oil
1 cup chopped onions
2 stalks celery, chopped
1 1/2 pounds ground pork
1 1/2 pounds ground beef
1 (3 pound) whole cooked chicken, deboned and shredded
3 (14.5 ounce) cans whole peeled tomatoes with liquid, chopped
1 cup ketchup
1/2 cup hickory flavored barbeque sauce
salt and pepper to taste
hot sauce to taste (optional)
1 green bell pepper
3 (14.75 ounce) cans cream style corn

Directions

Heat the olive oil in a large skillet, and saute the onions and celery until soft. Mix in the pork and beef, and cook until evenly browned. Do not drain.

Transfer the pork and beef mixture to a large stock pot over low heat. Stir in the shredded chicken, tomatoes and their liquid, ketchup, and barbeque sauce. Season with salt, pepper, and hot sauce. Place the whole green pepper into the mixture. Cook, stirring occasionally, 2 hours, or until thickened.

Stir the cream style corn into the stew mixture. Continue cooking 1 hour, or to desired consistency. Remove the green pepper; chop and return to the stew or discard.

Tomato-Curry Lentil Stew

Ingredients

1/2 cup dry lentils
1 cup water
5 ounces stewed tomatoes
1/8 cup chopped onion
2 stalks celery, chopped, with leaves
1/4 teaspoon curry powder
3 cloves garlic, minced
salt to taste
ground black pepper to taste

Directions

Combine lentils and water, bring to a boil.

Lower heat to simmer, add tomatoes, onion, and celery. Cover and let simmer 45 minutes. Check every 15 minutes to stir, and add water if necessary. Add spices last 15 minutes to taste. Taste and re-spice if necessary before serving.

African Chicken Stew

Ingredients

1 tablespoon olive oil
1 (3 pound) roasting chicken,
deboned and cut into bite size
pieces
2 cloves garlic, crushed
1 onion, chopped
1 large potato, diced
1 teaspoon ground cumin
1 teaspoon ground coriander seed
1 teaspoon ground black pepper
1 teaspoon crushed red pepper
flakes
1 teaspoon salt
1 cup water
3/4 cup unsalted natural-style
peanut butter
1 (15 ounce) can garbanzo beans,
drained and rinsed

Directions

In a large skillet with a tight-fitting lid, heat oil over medium high heat. Add chicken, and brown quickly. Remove chicken from pan. Reduce heat to medium low, and add garlic, onion and potato to the pan; saute for 2 to 3 minutes. Season with cumin, coriander, black pepper, red pepper and salt. Do not let garlic brown.

Mix in water and browned chicken, and any accumulated juices. Place lid on skillet and simmer, stirring occasionally, for 10 to 15 minutes.

Remove lid, and stir in the peanut butter and garbanzo beans. Make sure the peanut butter is blended in. Replace lid to simmer for 10 more minutes, or until chicken is cooked through and potatoes are tender. Remove from heat, adjust seasoning, and serve.

Spanish-Style Oxtail Stew

Ingredients

3 tablespoons olive oil
4 pounds beef oxtail, cut into pieces
2 onions, chopped
1 tablespoon minced garlic
2 green bell pepper, chopped
4 cups dry white wine
1 cup beef broth
1 (1 ounce) square unsweetened chocolate
3 bay leaves
1/2 teaspoon salt
2 tablespoons paprika
2 carrots, thickly sliced

Directions

Heat olive oil in a Dutch oven over medium-high heat until smoking. Brown the oxtail in batches, and set aside. Add onion, garlic, and bell pepper to the pot; cook, stirring constantly, until the onion has softened and turned translucent, about 5 minutes.

Pour in white wine, bring to a simmer, and cook for 5 minutes. Add browned oxtail, beef broth, chocolate, and bay leaves. Return to a simmer, then reduce heat to medium-low, cover, and simmer for 3 hours.

Season with salt and paprika, stir in carrots, recover, and allow to simmer until carrots are tender.

Roasted Garlic Beef Stew with Pepperidge

Ingredients

2 pounds beef stew meat, cut into 1-inch pieces
Ground black pepper
1 cup all-purpose flour
1/2 cup olive oil
1 large onion, finely diced
6 large carrots, cut into 1-inch pieces
2 medium potatoes, cut into 1-inch pieces
3 cups PregoB® Roasted Garlic & Herb Italian Sauce
1 3/4 cups SwansonB® Beef Broth (Regular, 50% Less Sodium or Certified Organic)
16 ounces uncooked egg noodles
1/4 cup butter
1 (11.25 ounce) package Pepperidge FarmB® Texas Toast Garlic

Directions

Season the beef with the black pepper. Coat the beef with the flour.

Heat 1/4 cup oil in an 8-quart saucepot over medium-high heat. Add the beef and cook until it's well browned, stirring often. Pour off any fat. Remove the beef from the saucepot.

Heat the remaining oil in the saucepot over medium heat. Add the onions and carrots and cook until the vegetables are tender. Return the beef to the saucepot. Stir in the potatoes, sauce and broth and heat to a boil. Reduce the heat to low. Cover and cook for 45 minutes or until the beef is fork-tender.

Cook and drain the egg noodles according to the package directions. Add the butter to the hot noodles and toss to coat.

Meanwhile, preheat the oven to 425 degrees F for the bread. Bake the bread according to the package directions.

Place the noodles into a serving platter. Spoon the beef mixture over the noodles. Serve with the bread.

Turkish Fish Stew

Ingredients

3 cups water
1 1/2 cups dry couscous
2 tablespoons olive oil
1 small white onion, chopped
1 green bell pepper, chopped
2 cloves garlic, minced
1 cup marinated artichoke hearts,
liquid reserved
2 teaspoons capers, liquid
reserved
12 small green olives
1 (14.5 ounce) can chopped
stewed tomatoes, drained
2 tablespoons white wine
(optional)
1 tablespoon lemon juice
1 cup water
2 teaspoons sumac powder
1 1/2 teaspoons crushed red
pepper flakes
1 teaspoon dried basil
1 teaspoon cumin
1 teaspoon minced fresh ginger
root
ground black pepper to taste
1 pound tilapia fillets, cut into
chunks

Directions

In a medium saucepan, bring 3 cups water to a boil, and stir in the couscous. Remove from heat, cover, and let sit 5 minutes.

Heat the olive oil in a skillet over medium heat, and saute the onion and green pepper about 5 minutes, until tender. Mix in the garlic, and continue to cook and stir about 2 minutes. Mix in the artichoke hearts with reserved liquid, capers with reserved liquid, and olives. Stir in the tomatoes, wine, lemon juice, and 1 cup water (or enough to attain desired thickness). Season with sumac powder, red pepper, basil, cumin, ginger, and pepper.

Bring the mixture to a boil, and mix in the fish chunks. Reduce heat, and simmer 10 minutes, or until the fish is easily flaked with a fork. Serve over couscous.

Herb-Simmered Beef Stew

Ingredients

2 pounds beef for stew, cut into 1-inch cubes
Ground black pepper
2 tablespoons all-purpose flour
2 tablespoons olive oil
3 cups thickly sliced fresh mushrooms
3 cloves garlic, minced
1/2 teaspoon dried marjoram leaves, crushed
1/2 teaspoon dried thyme leaves, crushed
1/2 teaspoon dried rosemary leaves, crushed
1 bay leaf
1 3/4 cups Swanson® Beef Broth (Regular, Lower Sodium or Certified Organic)
3 cups fresh OR frozen whole baby carrots
12 whole red potatoes, with a strip of peel removed in center

Directions

Season beef with black pepper and coat with flour. Heat oil in saucepot. Add beef and cook until browned, stirring often. Add mushrooms, garlic, herbs and bay leaf and cook until mushrooms are tender and liquid evaporates. Add broth.

Heat to a boil. Cover and cook over low heat 45 minutes.

Add carrots and potatoes. Heat to a boil. Cover and cook over low heat 30 minutes or until done. Remove bay leaf.

Tim's Sausage Stew

Ingredients

1 tablespoon butter
2 pounds sausages, sliced into
coin size pieces
1 tablespoon all-purpose flour
8 cups chicken broth
1 (28 ounce) can peeled and diced
tomatoes with juice
1 teaspoon dried basil
1 tablespoon dried oregano
3 zucchini, sliced
1/2 cup acini di pepe pasta

Directions

In a large pot, melt butter and brown the sausage slices; drain fat. Stir flour into sausage then mix in chicken broth, tomatoes, basil and oregano; bring to boil. Lower heat and simmer approximately 20 minutes or until sausage is fully cooked. Add zucchini slices and pasta. Continue cooking until zucchini and pasta are done.

Lamb Stew Casserole

Ingredients

1 1/2 pounds shoulder lamb chops
4 onions, peeled and thinly sliced
2 teaspoons dried parsley
6 carrots, sliced
1/2 teaspoon pepper
1/2 teaspoon salt
6 small potatoes, peeled and sliced

Directions

Preheat oven to 350 degrees F (175 degrees C).

Trim excess fat from the lamb chops and place them into a greased 2 quart casserole dish. Cover the lamb with a layer of sliced onion, then sprinkle with 1/3 of the parsley, salt and pepper. Cover the onions with the sliced carrots, then sprinkle with another 1/3 of the parsley, salt and pepper. Cover the carrot layer with a layer of potatoes, and sprinkle with remaining parsley, salt and pepper. Add enough cold water to fill the dish halfway.

Bake, covered, for 30 minutes in the preheated oven, then remove the cover and continue to bake for an additional 30 minutes.

Beer Beef Stew

Ingredients

- 1/4 cup all-purpose flour
- 1 1/2 teaspoons salt
- 2 1/2 teaspoons pepper
- 1 pound cubed beef stew meat
- 3 tablespoons vegetable oil
- 1 quart beef broth
- 1 pint beer
- 1 (15 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 1 cup peeled and cubed potatoes
- 1 (10 ounce) package frozen mixed vegetables
- 1 cup chopped cabbage

Directions

In a bowl, mix the flour, salt, and pepper. Toss the beef in the mixture to coat.

Heat the oil in a large pot over medium heat, and brown the beef on all sides. Pour in the broth, beer, tomato sauce, and tomato paste. Stir in the potatoes, mixed vegetables, and cabbage. Bring to a boil, reduce heat to low, and simmer 1 hour, stirring occasionally.

Pumpkin Stew

Ingredients

- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 pounds beef stew meat, cut into 1 inch cubes
- 2 tablespoons vegetable oil
- 2 tablespoons butter or margarine
- 1 large onion, chopped
- 2 cloves garlic cloves, minced
- 3 medium carrots, thinly sliced
- 2 celery ribs, thinly sliced
- 4 cups water
- 1 bay leaf
- 1 teaspoon beef bouillon granules
- 1 teaspoon dried thyme
- 3 cups peeled, cubed pumpkin

Directions

In a large resealable plastic bag, combine the flour, salt and 1/4 teaspoon pepper. Add meat, a few pieces at a time, and shake to coat. In a Dutch oven, brown meat in oil and butter. Add onion and garlic; cook and stir for 2-3 minutes. Stir in the carrots, celery, water, bay leaves, bouillon, thyme and remaining pepper. Bring to a boil. Reduce heat; cover and simmer for 1-1/4 hours.

Stir in pumpkin. Return to a boil. Reduce heat; cover and simmer for 20-25 minutes or until meat and pumpkin are tender. Discard bay leaves.

Minestrone Stew

Ingredients

1 pound ground beef
1 small onion, chopped
1 (19 ounce) can minestrone soup
1 (15 ounce) can pinto beans,
rinsed and drained
1 (14.5 ounce) can stewed
tomatoes
1 (11 ounce) can whole kernel
corn, drained
1 (4 ounce) can chopped green
chilies
1 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Transfer to a slow cooker. Add the remaining ingredients; mix well. Cover and cook on low for 4-6 hours or until heated through.

Slow Cooker Turkey Stew

Ingredients

1 (28 ounce) can canned stewed tomatoes
1/4 cup white wine
6 cubes chicken bouillon
1/4 cup dried onion flakes
1/2 teaspoon lemon pepper seasoning
1/2 teaspoon dried Italian seasoning
1/4 teaspoon garlic powder
1/4 teaspoon dried thyme leaves
3 pounds turkey thigh meat, cubed

Directions

Pour tomatoes and wine into slow cooker. Stir in bouillon cubes, onion flakes, lemon pepper, Italian seasoning, garlic powder, and thyme; add turkey.

Cover and cook on Low for 8 to 10 hours until the turkey meat pulls apart easily.

Hasenfeffer (Sour Rabbit Stew)

Ingredients

2 3/4 cups red wine vinegar
3 cups water
1 1/2 tablespoons white sugar
8 whole cloves
1 medium onion, thinly sliced
5 stalks celery, chopped
1 lemon, thinly sliced
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1 tablespoon salt
1 teaspoon pickling spice
1 teaspoon ground black pepper
1 cup all-purpose flour
1 (2 1/2 pound) rabbit, cleaned
and cut into pieces
3 tablespoons vegetable oil

Directions

In a large pot, combine the water, white sugar, whole cloves, onion, celery, lemon, cinnamon, ground cloves, salt, pickling spice and black pepper. Bring to a boil, then turn off and allow to cool. Place the rabbit pieces into the mixture to marinate. Cover and refrigerate overnight.

Preheat the oven to 350 degrees F (175 degrees C). Spread flour out onto a parchment or aluminum foil lined baking sheet. Bake for about 10 minutes, stirring occasionally, until the flour is a light brown color.

Remove the rabbit from the marinade and pat dry. Strain the marinade, and discard the solids. Reserve the liquid for later.

Heat the oil in a deep skillet or Dutch oven over medium heat. Coat the chicken with the toasted flour. Place into the hot oil, and cook until browned on both sides. Remove from the pan, and set aside. If there is oil left in the pan, sprinkle enough of the toasted flour over it to absorb the liquid.

In a jar with a lid, mix 1/2 cup of the marinade with 1/4 cup of the remaining toasted flour. Close the lid, and shake vigorously until well blended with no lumps. Heat the pan with the rabbit drippings over low heat. Gradually stir in the marinade mixture, stirring constantly until slightly thickened.

Return the rabbit pieces to the pan. Cover and simmer over low heat for 1 hour, or until the meat is falling off of the bones. You may remove the bones prior to serving if desired.

Mom's Oyster Stew

Ingredients

3 tablespoons butter
1 clove garlic, sliced
1/2 teaspoon salt
1/8 teaspoon ground white pepper
1 cup milk
1/2 cup half-and-half cream
1 pint fresh shucked oysters
2 tablespoons chopped fresh parsley (optional)
1 pinch cayenne pepper (optional)
1/4 cup sherry wine, or to taste (optional)

Directions

Melt the butter in a saucepan over medium heat. Add the garlic, salt and pepper; cook and stir until fragrant, about 5 minutes. Stir in the milk and half-and-half, and transfer to the top of a double boiler. If you do not have one, set the pan of soup over a pan of simmering water.

When the milk is hot, add the oysters and heat just until the oysters are opaque. Do not allow to boil. Season with fresh parsley, cayenne pepper and sherry. Go easy on the sherry until you are sure you like it in the stew.

Pumpkin, Kale, and Black Bean Stew

Ingredients

2 tablespoons extra-virgin olive oil
2 yellow onions, diced
5 cloves garlic, minced
1 small sugar pumpkin, peeled, seeded, cut into 1/2-inch dice
4 cups beef broth
1 (16 ounce) can diced tomatoes, undrained
1/2 teaspoon salt
1 teaspoon ground black pepper
1 bunch lacinato kale, stems removed, chopped
1 pound cubed cooked ham
1 (15 ounce) can black beans, rinsed and drained
2 tablespoons sherry vinegar
1 tablespoon thinly sliced sorrel

Directions

Heat olive oil over medium heat in a soup pot. Cook onion until it begins to soften, about 5 minutes. Add garlic and diced pumpkin and cook for another 5 minutes. Stir in the beef broth, tomatoes, salt and pepper. Bring to a boil, then turn heat to low and simmer until vegetables are tender, about 15 minutes.

While soup is simmering, bring a pot of salted water to a boil. Add the kale and simmer until softened, about 3 minutes. Drain into a colander.

After soup has cooked for 15 minutes, add the kale, ham, and black beans; simmer for another 5 minutes. Stir in the sherry vinegar and sorrel; remove pot from the heat.

Hearty Turkey Stew with Vegetables

Ingredients

2 tablespoons butter
2 onions, chopped
1 stalk celery, cut into 1 inch pieces
2 carrots, peeled and sliced into 1 inch pieces
2 potatoes, peeled and cubed
3 tablespoons all-purpose flour
3 cups chicken stock
1/4 teaspoon dried marjoram
2 skinless, boneless turkey breast halves, cubed
1 green bell pepper, diced

Directions

Melt the butter in a pot over medium heat. Place onions in the pot and cook until tender. Stir in celery and carrots, and cook until tender. Stir in the potatoes and flour. Pour in the chicken stock, and season soup with marjoram. Place turkey in the pot, and bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

Mix the green bell pepper into the soup, and continue cooking 10 minutes, until pepper is tender.

International Beef Stew

Ingredients

3 1/2 pounds cubed beef
3 onions, sliced
6 carrots, sliced
2 1/2 cups cubed potatoes
3 stalks celery, sliced
1/2 pound fresh mushrooms,
quartered
1 (16 ounce) package frozen
mixed vegetables
1 (28 ounce) can crushed
tomatoes
5 cloves garlic, pressed
2 teaspoons dried rosemary
2 teaspoons dried sage
1 tablespoon dried basil leaves
salt and pepper to taste
8 cups water

Directions

Preheat oven to 250 degrees F (120 degrees C).

In a large, ovenproof pot, combine beef, onions, carrots, potatoes, celery, mushrooms, mixed vegetables, tomatoes. Season with garlic, rosemary, sage, basil, salt, pepper. Pour in water. Cover tightly with foil and bake 5 to 6 1/2 hours.

Chicken and Tortellini Stew

Ingredients

1 tablespoon cornstarch
1 tablespoon water
2 tablespoons vegetable oil
3/4 pound skinless, boneless chicken breast, cut into cubes
1 cup frozen sliced carrots
1 cup frozen cut green beans
3/4 cup chopped onion
6 cups Swanson® Chicken Broth or Natural Goodness® or Certified Organic Chicken Broth
1 cup dried cheese-filled tortellini
2 tablespoons chopped fresh parsley (optional)

Directions

Stir the cornstarch and water in a small cup until smooth. Set the mixture aside.

Heat 1 tablespoon of the oil in a 6-quart saucepot over medium-high heat. Add the chicken and cook until it's well browned, stirring often. Remove the chicken.

Add the remaining oil to the saucepot. Add the carrots, beans and onions. Cook over medium heat until the vegetable are tender-crisp.

Stir in the broth. Heat to a boil. Add the tortellini and parsley, if desired. Cook for 10 minutes or until the tortellini is tender. Return the chicken to the saucepot and heat through.

Stir the cornstarch mixture and stir it into the saucepot. Cook and stir until the mixture boils and thickens slightly.

Ajiaco (Beef and Pepper Stew)

Ingredients

2 tablespoons canola oil
1 cup thickly sliced shallots
2 tablespoons minced garlic
2 red bell peppers, cut into 1 inch pieces
1 1/2 teaspoons chipotle chile powder, or to taste
2 teaspoons ground cumin
3 cups cubed cooked roast beef
1 pound baby red potatoes, cut in half
2 cups water
1 quart beef broth
1/2 teaspoon dried oregano
Salt and pepper to taste
1/4 cup chopped parsley
2 hard-cooked eggs, sliced 1/4 inch thick

Directions

Heat the canola oil in a Dutch oven over medium heat. Stir in shallots, garlic, and red pepper; cook until the shallot has softened and turned translucent, about 4 minutes. Sprinkle in the chipotle powder and cumin; cook 30 seconds until fragrant.

Add the roast beef and red potatoes, pour in the water and beef broth. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 30 minutes. Stir in the oregano, and season to taste with salt and pepper.

Stir in chopped parsley before serving. Garnish each bowl with a few slices of hard-cooked egg.

Ground Beef Stew

Ingredients

1 pound ground beef
6 medium potatoes, peeled and cubed
1 (16 ounce) package baby carrots
3 cups water
2 tablespoons dry onion soup mix
1 garlic clove, minced
1 teaspoon Italian seasoning
1 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1 (10.75 ounce) can condensed tomato soup, undiluted
1 (6 ounce) can Italian tomato paste

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. In a 5-qt. slow cooker, combine the next nine ingredients. Stir in the beef. Cover and cook on high for 4-5 hours. Stir in soup and tomato paste; cover and cook for 1 hour longer or until heated through.

Cheapskate Stew

Ingredients

1 1/2 pounds lean ground beef
1/2 onion, chopped
3 stalks celery, chopped
2 cups frozen mixed vegetables
2 cups water
3 carrots, chopped
2 cups cooked elbow macaroni
1 (15 ounce) can tomato sauce
1 1/2 teaspoons Italian seasoning
salt to taste
ground black pepper to taste

Directions

Brown the hamburger meat with onion and celery. Drain (if it is fatty hamburger meat).

Add water and carrots, then cook 'til carrots are beginning to get tender. The carrots will be crunchy unless you cook them a fairly long time.

Add leftover vegetables, macaroni, tomato sauce, Italian spices, and salt and pepper to taste, and simmer until the flavors blend and all ingredients are warm through.

Savory Vegetable Beef Stew

Ingredients

3 pounds beef stew meat, cut into 1 inch cubes
1/3 cup Italian salad dressing
2 cups water
2 teaspoons beef bouillon granules
1 (14.5 ounce) can diced tomatoes, undrained
1 (10.5 ounce) can condensed beef broth, undiluted
1 (8 ounce) can tomato sauce
1 garlic clove, minced
1 bay leaf
1 teaspoon salt
1 teaspoon dried oregano
1/2 teaspoon pepper
6 small potatoes, quartered
6 medium carrots, cut into 1 inch pieces
1 medium green bell pepper, cut into 1/2 inch pieces
1 medium onion, chopped
3 tablespoons all-purpose flour
3 tablespoons cold water

Directions

In a Dutch oven, brown meat in salad dressing over medium heat. Add the next 10 ingredients; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until meat is tender. Add the potatoes, carrots, green pepper and onion. Cover and simmer for 45 minutes or until vegetables are tender. Combine flour and cold water until smooth; stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaf before serving.

Lamb and Asparagus Stew

Ingredients

3 tablespoons vegetable oil
1 onion, chopped
1/2 pound cubed lamb stew meat
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon ground turmeric
1/2 (6 ounce) can tomato paste
1 cup water
1 clove garlic, chopped
1 bunch fresh asparagus, trimmed and cut into 1 inch pieces

Directions

Heat the vegetable oil in a saucepan over medium-high heat. Stir in the onions, and cook for 2 minutes, stirring constantly. Add the lamb, salt, pepper, and turmeric; cook and stir until the lamb is no longer pink on the outside, about 3 minutes. Stir in the tomato paste, water, and garlic. Bring to a simmer, then reduce the heat to medium-low, cover, and simmer until the lamb is tender, about 25 minutes.

Once the lamb is tender, stir in the asparagus, and continue cooking until the asparagus is tender, about 3 minutes.

Kielbasa Skillet Stew

Ingredients

5 bacon strips
1 medium onion, chopped
1 pound smoked kielbasa
sausage, thinly sliced
2 (15.5 ounce) cans great
Northern beans, undrained
2 (8 ounce) cans tomato sauce
1 (4 ounce) can chopped green
chilies
2 medium carrots, thinly sliced
1/2 medium green pepper,
chopped
1/2 teaspoon Italian seasoning
1/2 teaspoon dried thyme
1/8 teaspoon pepper

Directions

In a 12-in. skillet, cook bacon until crisp; remove to paper towel to drain. In drippings, cook onion and sausage until the onion is tender; drain. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 45 minutes or until vegetables are tender, stirring occasionally. Crumble bacon and sprinkle on top.

Big Bear Stew

Ingredients

- 4 pounds bear meat
- 1/4 cup all-purpose flour
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 4 tablespoons margarine
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 cup beef broth
- 4 bay leaves
- 2 pounds red potatoes, diced
- 1 pound fresh mushrooms
- 5 carrots, sliced
- 2 turnips, cubed

Directions

In a large mixing bowl combine flour, oregano, salt and pepper. Place bear meat in the bowl a little at a time and coat well.

Heat oil and butter in a large skillet. Fry the bear meat until browned. Let drain on paper towels.

Fill a large Dutch oven with 2 to 3 quarts water. Add bear meat, onions, beef broth, bay leaves, potatoes, mushrooms carrots and turnips. Cook on medium-high heat for 2 to 3 hours. Add more water as needed.

Tarragon Beef Stew with Vermouth

Ingredients

2 tablespoons butter
1 pound beef stew meat
6 cups chicken broth
4 cups water
1 1/2 cups sweet vermouth
2 cups new potatoes
2 large carrots, quartered
4 cloves garlic
2 teaspoons chopped fresh tarragon
1 bay leaf
1/2 cup Worcestershire sauce
1 tablespoon white sugar
1 tablespoon honey
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Melt butter In a large stockpot over medium-high heat. Add the beef stew meat, and fry for 2 to 3 minutes, or until evenly browned on the outside.

Pour the chicken broth, water, and vermouth into the stock pot. Add the potatoes, carrots, and garlic. Season with tarragon, bay leaf, Worcestershire sauce, sugar, honey, salt and pepper. Bring to a boil, reduce heat, and cover. Cook 2 1/2 hours to blend the flavors.

Remove cover and continue cooking 20 minutes, or long enough to evaporate enough liquid to reach your desired thickness.

Spiced Beef Stew

Ingredients

1/4 cup margarine
2 pounds cubed beef stew meat
1/4 cup all-purpose flour
1 (14 ounce) can beef broth
1 cup beer
1 onion, sliced into thin rings
2 cloves garlic, minced
1 tablespoon packed brown sugar
1 teaspoon dried thyme
1 bay leaf
1 (15 ounce) can mixed vegetables, drained

Directions

Preheat oven to 350 degrees (175 C).

In Dutch oven over medium-high heat, melt butter or margarine. Cook beef in two batches until browned, stirring often. Remove beef from Dutch oven and set aside. Stir in flour.

Add broth, beer, onion, garlic, brown sugar, thyme and bay leaf. Heat to boil. Return beef to dish. Cover and bake at 350 degree F (175 C) for 1 1/2 hours.

Add mixed vegetables. Cover and bake for 1 hour, or until beef is done. Remove bay leaf and serve.

Frogmoor Stew

Ingredients

16 ounces kielbasa sausage
1 (6 ounce) package dry crab boil
6 cups water
6 ears fresh corn
3 pounds medium shrimp - peeled
and deveined

Directions

Slice kielbasa sausage into 1/2 inch pieces. Place bag of crab boil and sausage in water and boil for 30 minutes. Make sure water does not evaporate. Add more water while it is cooking to make sure ingredients are fully covered.

Add corn-on-the-cob and cook for 5 to 6 minutes and then add shrimp and boil for 3 minutes, stirring occasionally.

Drain and serve.

Cara's Moroccan Stew

Ingredients

1 cup French green lentils
3 bay leaves
2 whole garlic cloves
3 tablespoons olive oil
1 teaspoon chopped fresh thyme leaves
1 tablespoon minced garlic

1 tablespoon olive oil
1 teaspoon crushed hot chile flakes
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1 teaspoon ground coriander
1 tablespoon minced garlic
1 cup chopped onions
1 cup chopped celery
1 cup chopped zucchini
1 red bell pepper, diced
1 yellow bell pepper, diced
1 butternut squash - peeled, seeded, and cut into 1-inch cubes
1 (8 ounce) can crushed tomatoes
1 (15 ounce) can chickpeas, drained
4 cups vegetable stock
1 cup chopped fresh flat-leaf parsley
1/2 cup plain yogurt (optional)
2 tablespoons chopped fresh mint (optional)
1/4 teaspoon cayenne pepper (optional)

Directions

Fill a large pot with water and bring to a boil over high heat. Stir in the lentils, bay leaves, and whole garlic cloves. Return to a boil, then reduce heat to low and simmer lentils until they are cooked but still firm, about 10 minutes. Drain well. Place lentils in a bowl; toss with olive oil, thyme, and 1 tablespoon chopped garlic. Remove bay leaves and whole garlic cloves; set aside.

Heat 1 tablespoon olive in a large pot over medium heat. Stir in chili flakes, cinnamon, cumin, and coriander and cook until fragrant. Add garlic, onion, celery, zucchini, red and yellow peppers, and squash; cook 3 or 4 minutes.

Mix in the lentils, tomatoes, chickpeas, and vegetable stock. Raise heat to medium-high until stew just begins to boil; reduce heat to low and cover. Simmer until squash is tender, about 20 minutes, stirring once or twice. Add the chopped parsley. Ladle into serving bowls and garnish with a dollop of yogurt, some chopped mint, and a pinch of cayenne pepper.

No Stir Fish Stew

Ingredients

1/2 pound bacon
7 small white potatoes, peeled
and sliced 1/4 inch thick
6 (3 ounce) fillets whitefish
3 large onions, peeled and thinly
sliced
salt and pepper to taste
2 (10.75 ounce) cans Manhattan
style clam chowder
1 (28 ounce) can crushed
tomatoes

Directions

Line the bottom of a large pot with bacon. Place a layer of potatoes over the bacon; then a layer of fish, in bite-size pieces; then a layer of onion slices, without separating the rings; and finally salt and pepper. Repeat layers, not including bacon, and finish with a final potato layer. Top with the chowder and crushed tomatoes. Pour in enough water so that all is covered.

Cover and simmer, without stirring, over medium heat, until potatoes are tender -- 1 hour.

Mawmenye (Lentils and Beef Stew)

Ingredients

2 tablespoons butter
1 1/4 pounds lean beef stew meat,
cut into 1-inch cubes
1/4 teaspoon pepper
1/2 teaspoon salt
1 cup chicken broth
1 cup dry lentils
4 cups beef broth
1 cup diced turnip
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon salt
1/2 teaspoon dried basil
1 cup raisins
2/3 cup chopped dried figs

Directions

Melt butter in a large pot over medium-high heat. Season the beef with salt and pepper, then cook in the pot until browned on the outside. Pour in the chicken broth, and simmer over medium heat for about 45 minutes, until the beef is tender. Remove the beef from the liquid, and set aside.

Pour the beef broth into the pot, and add the lentils. Bring to a boil, then simmer over low heat for 15 minutes.

Season the turnips with cinnamon, nutmeg, salt and basil, and add them to the pot. Return the beef to the pot, and stir in the raisins and figs. Simmer for 10 minutes to blend the flavors before serving.

Grison Beef Stew

Ingredients

1 1/2 pounds beef brisket
1 large head cabbage
1 tablespoon margarine
8 ounces bacon, cooked and cubed
1/2 cup sliced onion
3 bay leaves
salt and pepper to taste
1 pinch ground nutmeg
1 cup red wine
1 cup beef stock

Directions

Cut out the main stem of the cabbage and discard the thick stems of the outer leaves. Wash well and boil for 5 minutes in salted water. Drain and reserve.

Heat the butter in a heavy ovenproof casserole dish and fry the bacon and onions for 2 to 3 minutes. Add bay leaves, salt, pepper and a pinch of Nutmeg.

Cut meat into thick slices and place on the bacon and onion mixture. Add wine and beef stock, bring to a boil and simmer for 1 hour. Now add a layer of cabbage Leaves, cover tightly and simmer very gently for another hour.

Ham Stew for Two

Ingredients

2 medium red potatoes, peeled,
cut into 3/4-inch cubes
2 medium carrots, sliced
1 1/2 cups cubed fully cooked
ham
1 cup water
1 small onion, chopped
1 bay leaf
1/2 teaspoon salt
1/4 teaspoon dried savory
1/8 teaspoon pepper
3 tablespoons all-purpose flour
1 cup milk

Directions

In a saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer until vegetables are tender. In a small bowl, combine the flour and milk until smooth. Stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaf before serving.

Easy Venison Stew

Ingredients

2 pounds venison stew meat
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.75 ounce) can condensed
golden mushroom soup
1/2 onion, chopped
4 carrots, cut into 1 inch pieces

Directions

In a slow cooker, combine venison, cream of mushroom soup, golden mushroom soup, onion and carrots. Cover and cook on low setting for 6 to 8 hours.

Easy Green Chile Stew

Ingredients

2 pounds ground beef
1 onion, chopped
1 (15.5 ounce) can hominy (do not drain)
1 1/2 cups frozen corn
3 large potatoes, peeled and cubed
1 (7 ounce) can chopped green chilies
1 (7 ounce) can prepared green salsa
1 (14.5 ounce) can canned diced tomatoes, undrained
3 cups water, or to taste

Directions

Place the ground beef and onion in a large skillet over medium heat, and cook and stir until the beef and onion are browned, 10 to 15 minutes. Break the meat apart as it cooks. Drain excess fat.

Place the browned beef mixture into a soup pot, and stir in hominy, corn, potatoes, green chilies, salsa, diced tomatoes, and water. Bring to a boil over medium heat, and reduce heat to a simmer. Cook until the potatoes are tender, about 30 minutes, stirring occasionally.

Two by Four Stew

Ingredients

2 pounds ground beef
2 (14.5 ounce) cans diced tomatoes
2 (15 ounce) cans ranch-style beans
2 (19 ounce) cans minestrone soup

Directions

Place beef in a large saucepan over medium-high heat. Cook, stirring occasionally until evenly brown and crumbled. Drain excess grease. Reduce heat to medium, and stir in the diced tomatoes, ranch-style beans and minestrone soup. Stir occasionally until heated through.

Chunky Stew

Ingredients

2 pounds ground beef
32 ounces tomato-vegetable juice
cocktail
3 potatoes, peeled and cubed
1 (16 ounce) package frozen
mixed vegetables
1 onion, chopped
salt and pepper to taste

Directions

In a large pot over medium high heat, saute the ground beef for about 5 minutes, or until tender. Drain excess fat. Add the tomato-vegetable juice and bring to a boil.

Add the potatoes, vegetables and onion and bring back to a boil. Reduce heat to low and simmer for about 30 minutes, or until potatoes are tender. Salt and pepper to taste.

Ranch Stew

Ingredients

1 pound ground beef
1 (16 ounce) can kidney beans,
with liquid
1 (15.25 ounce) can whole kernel
corn, undrained
1 (14.5 ounce) can diced
tomatoes, undrained
1 cup biscuit/baking mix
1/3 cup milk

Directions

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the beans, corn and tomatoes; bring to a boil. Reduce heat. In a bowl, combine biscuit mix and milk just until moistened. Drop by tablespoonfuls onto simmering stew. Cover and simmer for 12 minutes or until a toothpick inserted in a dumpling comes out clean (do not lift cover while simmering). Serve immediately.

Beef Cabbage Stew

Ingredients

1 1/2 pounds beef stew meat, cut into 1 inch pieces
2 beef bouillon cubes
1 cup hot water
1 large onion, chopped
1/4 teaspoon pepper
1 bay leaf
2 medium potatoes, peeled and cubed
2 celery ribs, sliced
4 cups shredded cabbage
1 carrot, sliced
1 (8 ounce) can tomato sauce
salt to taste

Directions

In a large saucepan or Dutch oven, brown stew meat; drain. Meanwhile, dissolve bouillon cubes in water; add to beef. Add onion, pepper and bay leaf. Cover; simmer 1-1/4 hours or until tender. Add potatoes, celery, cabbage and carrot. Cover and simmer 30 minutes or until vegetables are tender. Stir in tomato sauce and salt. Simmer, uncovered, 15-20 minutes more. Remove bay leaf before serving.

Chicken and Tomato Stew with Arugula and

Ingredients

2 teaspoons lemon juice
2 teaspoons sherry vinegar
1 tablespoon white wine
1/8 teaspoon red pepper flakes
1/8 teaspoon ground black pepper
1/8 teaspoon salt
2 skinless, boneless chicken breast halves - cubed

2 cups dried penne pasta
1/4 cup extra virgin olive oil, divided
1 clove garlic, chopped
1 cup white wine
1 tablespoon sherry vinegar
1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can cannellini beans, rinsed and drained
1/2 cup torn fresh basil
2 cups torn arugula leaves
1/8 teaspoon red pepper flakes
salt and freshly ground black pepper to taste
freshly grated Romano cheese

Directions

In a medium bowl, stir together 2 teaspoons of lemon juice, 2 teaspoons of sherry vinegar, 1 tablespoon of white wine, 1/8 teaspoon of red pepper flakes, and 1/8 teaspoon of salt. Add the chicken cubes, and stir to coat. Set aside to marinate for at least 20 minutes.

Bring a pot of lightly salted water to a boil. Add the pasta, and cook until tender, about 8 minutes. Drain, and set aside.

Heat 1 tablespoon of olive oil in a Dutch oven or deep skillet over medium-high heat. Add the chicken, and cook, stirring occasionally, until browned, about 5 minutes. Remove from the pan, and set aside.

Pour in the remaining olive oil, and add the garlic. Cook and stir until fragrant. Mix in 1 cup of white wine, 1 tablespoon of sherry vinegar, tomatoes, and cannellini beans. Stir in the chicken, and reduce heat to low. Cover, and simmer for 15 minutes.

Stir in the pasta, basil, arugula, and red pepper flakes. Cover, and turn off heat. Let sit until the arugula and basil have wilted, about 5 minutes. Season with salt and pepper. Ladle into serving bowls, and top with Romano cheese to serve.

Vegetable Meatball Stew

Ingredients

- 1 (8 ounce) can tomato sauce, divided
- 1 egg
- 1 medium onion, finely chopped
- 1/2 cup dry bread crumbs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground allspice
- 1 pound ground beef
- 3 cups water
- 3 medium potatoes, peeled and quartered
- 6 medium carrots, sliced
- 1 (10 ounce) package frozen peas
- 1/2 cup chopped green pepper
- 1 envelope onion soup mix

Directions

In a bowl, combine 1/4 cup tomato sauce, egg, onion, bread crumbs, salt, pepper and allspice. Crumble beef over mixture and mix well. Shape into 1-in. balls. In a large saucepan, brown meatballs; drain. Add the water, potatoes, carrots, peas, green pepper, soup mix and remaining tomato sauce; bring to a boil. Reduce heat; cover and simmer for 45 minutes or until meat is no longer pink and vegetables are tender.

Chicken Stew with Dumplings

Ingredients

2 1/2 pounds chicken thighs or legs
5 cups water
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
3/4 pound new potatoes, quartered
3 carrots, cut into 2-inch pieces
2 celery ribs, sliced
1 medium onion, cut into eighths
1 (10 ounce) package frozen peas
DUMPLINGS:
1 1/2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons butter or margarine
3/4 cup milk
1/4 cup minced fresh parsley

Directions

Place chicken and water in a 5-qt. Dutch oven. Cover and cook over medium heat for 1 to 1-1/2 hours or until chicken is tender. Skim fat. Remove chicken from broth; allow to cool. Debone chicken and cut into chunks; return to broth. Add next nine ingredients. Cover and cook over medium heat for 15-20 minutes or until vegetables are tender. Meanwhile, combine flour, baking powder and salt in a bowl; cut in butter until mixture resembles coarse crumbs. Stir in milk and parsley. Drop dough by rounded tablespoonfuls into simmering stew. Cook, uncovered, for 10 minutes. Cover and cook for 8-10 minutes or until the dumplings are tender.

Ron's Stewed Shrimp

Ingredients

5 pounds shell-on medium shrimp
1/3 cup mustard seed (such as McCormick®)
2 tablespoons seasoned salt (such as McCormick Season All®)
2 tablespoons dry mustard powder
10 tablespoons prepared yellow mustard
2 teaspoons ground black pepper
1 teaspoon celery salt
4 cups beer
2 cups distilled white vinegar
2 bay leaves

Directions

Place the shrimp, mustard seed, seasoned salt, mustard powder, black pepper, and celery salt into a large pot and bring to a boil. Turn the heat off and stir in the bay leaves. Let cool slightly before draining and serving.

Tomato-Rich Fish Stew

Ingredients

3 1/2 ounces sun-dried tomatoes
2 tablespoons olive oil
1 large yellow onion, chopped
1 green bell pepper, chopped
2 (8 ounce) bottles clam juice
2 (14 ounce) cans diced tomatoes (no salt added)
1 cup dry red wine (or substitute broth or tomato juice)
4 garlic cloves, crushed
4 tablespoons fresh herbs (such as thyme, rosemary or basil)
2 bay leaves
1/2 cup kalamata olives, sliced
1 (15 ounce) can navy beans, drained and rinsed
1 pound firm fish (grouper, tilapia or tuna), cut in 2- to 3-inch chunks
2 teaspoons fennel seeds, lightly crushed
1 pinch Salt and pepper, to taste
1/2 cup grated Parmesan cheese

Directions

In a pan, simmer sun-dried tomatoes in 1 1/2 cups water until very soft; discard water.

In a large pot, saute onion and green pepper in oil until softened.

In a food processor or blender, combine sun-dried tomatoes and 1 bottle clam juice until smooth; add to pot. Stir in remaining clam juice, diced tomatoes, wine, garlic, herbs, bay leaves and olives. Simmer 20 minutes.

Add beans, fish, fennel seeds, salt and pepper. Simmer until fish is done, about 10 minutes. Remove bay leaves. Ladle into bowls; sprinkle with cheese.

Turkey Mushroom Stew

Ingredients

1 tablespoon vegetable oil
1 pound ground turkey
garlic powder to taste
Italian seasoning to taste
ground black pepper to taste
2 (28 ounce) cans no-salt-added
crushed tomatoes, with liquid
1 (28 ounce) can no-salt-added
whole tomatoes, with liquid
1 (15 ounce) can kidney beans
1/2 cup hot pepper sauce
1 large green bell pepper,
chopped
1 large onion, chopped
1 pound fresh mushrooms,
chopped

Directions

Heat the oil in a skillet over medium heat, and cook the turkey until evenly browned. Season with garlic powder, Italian seasoning, and pepper. Drain, and transfer turkey to a large pot.

Mix the crushed tomatoes with liquid, whole tomatoes with liquid, kidney beans, and hot sauce into the pot. Stir in the green bell pepper, onion, and mushrooms. Bring the mixture to a boil, reduce heat to low, and season to taste with garlic powder, Italian seasoning, and pepper. Continue cooking 1 hour, stirring occasionally, or to desired consistency. If the stew is too thick, mix in some water.

Stew Beef Sauerbraten

Ingredients

2 tablespoons shortening
2 pounds cubed beef stew meat
5 cups water
1 cup white vinegar
1 teaspoon browning sauce
3 bay leaves
salt and pepper to taste
1/2 cup water
2 tablespoons all-purpose flour

Directions

Melt the shortening in a pressure cooker pot over medium-high heat. Add the stew beef; cook, turning occasionally, until the outside is browned. Pour in the water, vinegar and browning sauce. Add the bay leaves and season with salt and pepper to taste.

Close the lid on the pressure cooker and bring to full pressure. Adjust the heat as needed. Once the pot comes to full pressure, cook for 15 minutes. Remove from the heat and release the pressure according to the manufacturer's instructions. While the pressure is releasing, mix together the flour and 1/2 cup of water in a cup. Pour this into the pressure cooker, and cook over medium-high heat, stirring frequently, until thickened.

Mike's Bait Shop's Turtle Stew

Ingredients

10 pounds turtle meat, without bones
8 pounds chicken meat with bones
8 pounds boneless pork roast
10 large onions, chopped
salt and pepper to taste
6 pounds potatoes - peeled and cubed
2 cups butter
2 quarts half-and-half cream
2 gallons milk

Directions

Place the turtle, chicken and pork meat into separate pots with enough water to cover the meat. Bring each one to a boil, and cook until tender. Discard the water from the turtle and pork, but save the chicken stock. Debone all of the meat, tear or cut into bite-size pieces, and set aside.

In a very large stockpot, combine the three meats, onion and reserved chicken stock. Bring to a boil, and cook until the onions are tender, about 45 minutes. Season with salt and pepper to taste. Potatoes can be prepared during this time.

Add the potatoes and butter to the stockpot, and cook for about 30 minutes, or until the potatoes are not quite cooked through. Reduce heat to low, and let the soup simmer down. Stir in the half and half cream and milk. Bring the soup to a simmer, and cook for about 15 minutes. Be careful not to curdle the dairy by getting it too hot. Serve soup hot with crackers.

Orzo Shrimp Stew

Ingredients

2 1/2 cups reduced sodium chicken broth
5 cups broccoli florets
1 (14.5 ounce) can diced tomatoes, undrained
1 cup uncooked orzo
1 pound uncooked medium shrimp, peeled and deveined
3/4 teaspoon salt
1/4 teaspoon pepper
2 teaspoons dried basil
2 tablespoons butter

Directions

In a large nonstick skillet or saucepan, bring broth to a boil. Add the broccoli, tomatoes and orzo. Reduce heat; simmer, uncovered, for 5 minutes, stirring occasionally. Add the shrimp, salt and pepper. Cover and cook for 4-5 minutes or until shrimp turn pink and orzo is tender. Stir in basil and butter.

Spicy Beef Vegetable Stew

Ingredients

1 pound ground beef
1 cup chopped onion
1 (30 ounce) jar meatless spaghetti sauce
3 1/2 cups water
1 (16 ounce) package frozen mixed vegetables
1 (10 ounce) can diced tomatoes and green chilies
1 cup sliced celery
1 teaspoon beef bouillon granules
1 teaspoon pepper

Directions

In a skillet over medium heat, cook beef and onion until meat is no longer pink; drain. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 8 hours or until the vegetables are tender.

Creamy Bratwurst Stew

Ingredients

4 medium potatoes, cubed
2 medium carrots, coarsely chopped
2 celery ribs, chopped
1 cup chopped onion
3/4 cup chopped green pepper
2 pounds fresh bratwurst links, cut into 1-inch slices
1/2 cup chicken broth
1 teaspoon salt
1 teaspoon dried basil
1/2 teaspoon pepper
2 cups half-and-half cream
3 tablespoons cornstarch
1 tablespoon cold water

Directions

In a 5-qt. slow cooker, combine the potatoes; carrots, celery, onion and green pepper. Top with bratwurst slices. Combine the broth, salt, basil and pepper; pour over top. Cover and cook on low for 7 hours or until vegetables are tender and sausage is no longer pink.

Stir in cream. Combine cornstarch and water until smooth; stir into stew. Cover and cook on high for 30 minutes or until gravy is thickened.

Cuban Beef Stew

Ingredients

2 tablespoons olive oil
1 onion, chopped
4 cloves garlic, minced
1 red bell pepper, chopped
1 1/2 pounds sirloin tips, cubed
2 bay leaves
1/2 teaspoon ground cumin
1 teaspoon dried oregano
1/2 cup dry sherry
1 (8 ounce) can tomato sauce
2 tablespoons red wine vinegar
1/4 cup pimento-stuffed green olives
1/4 cup raisins
2 tablespoons capers
4 potatoes, peeled and quartered
salt and pepper to taste

Directions

In a large saute pan, heat oil over medium heat. Cook onion and garlic in oil, stirring frequently, until transparent. Stir in cubed meat, and cook until browned. Stir in red bell pepper, bay leaf, cumin, and oregano; cook for 2 to 3 minutes.

Stir in sherry, tomato sauce, vinegar, olives, raisins, and capers. Pour in enough water to just cover meat. Bring to boil, reduce heat to low, and cover. Simmer until fork tender, about 1 1/2 hours. Add more water if the stew becomes too thick.

Stir potatoes into the stew. Season with salt and pepper to taste. Cook, covered, until potatoes are almost tender. Uncover, and cook until done.

Chamberlayne Chicken and Kale Stew

Ingredients

3 1/2 cups chicken broth
1/2 cup vegetable broth
3/4 cup water
1 1/2 cups shredded cooked chicken
2 (15 ounce) cans cannellini beans, drained and rinsed
5 small red potatoes, cubed
2 tablespoons ground black pepper
salt to taste
1 teaspoon oregano
1 teaspoon garlic powder
2 cups shredded kale

Directions

Combine the chicken broth, vegetable broth, water, chicken, cannellini beans, potatoes, pepper, salt, oregano, and garlic powder in a large pot; bring to a boil; reduce heat to medium-high and cook until the potatoes are fork-tender, about 15 minutes. Add the kale and cook another 5 minutes; serve.

Aunt Rita's Italian Stew

Ingredients

1 pound mild Italian sausage links, cut into 1-inch pieces
1 cup chopped onion
1 tablespoon minced garlic
2 yellow summer squash, thinly sliced
2 zucchini, thinly sliced
2 carrots, thinly sliced (optional)
2 cups sliced fresh mushrooms (optional)
2 (14.5 ounce) cans Italian-style stewed tomatoes
2 tablespoons grated Parmesan cheese

Directions

Cook the sausage with onion and garlic in a large, deep skillet or pot over medium heat, until the meat is browned, 10 to 15 minutes, stirring frequently. Mix in the summer squash, zucchini, carrots, mushrooms, and stewed tomatoes, reduce heat to medium-low, and bring the mixture to a simmer. Cook, stirring occasionally, until the vegetables are tender, about 20 minutes. Sprinkle with Parmesan cheese, and serve.

Hearty Mixed Bean Stew with Sausage

Ingredients

3/4 pound sweet Italian pork sausage, casing removed
10 cups Swanson® Chicken Broth (regular, Natural Goodness® or Certified Organic)
1/4 teaspoon ground black pepper
2 medium carrots, chopped
1 stalk celery, chopped
4 ounces dried pinto beans
4 ounces dried navy beans
4 ounces dry kidney bean
6 sun-dried tomatoes in oil, drained and thinly sliced
Grated Parmesan cheese

Directions

Cook the sausage in a 10-inch skillet over medium-high heat until it's well browned, stirring frequently to separate meat. Pour off fat.

Stir the sausage, broth, black pepper, carrots, celery and beans in a 5-quart slow cooker. Cover and cook on LOW for 7 to 8 hours.* Stir in the tomatoes. Cover and cook for 1 hour or until the beans are tender. Sprinkle with the cheese.

Kyle's Favorite Beef Stew

Ingredients

3 pounds cubed beef stew meat
1/4 cup all-purpose flour
1/2 teaspoon salt
3 tablespoons olive oil
3 tablespoons Worcestershire sauce
1 pound carrots, peeled and cut into 2-inch pieces
4 large potatoes, cubed
1 tablespoon dried parsley
1 1/2 teaspoons ground black pepper
2 cups boiling water
2 (1 ounce) envelopes onion soup mix
3 tablespoons butter
3 large onions, quartered
2 tablespoons minced garlic
1/2 cup burgundy wine
2 (6 ounce) packages fresh button mushrooms, halved
1/4 cup warm water
3 tablespoons cornstarch

Directions

Toss the beef, flour, and salt in a sealable bag until the beef is coated.

Heat the oil in a large skillet over medium-high heat. Combine the beef and Worcestershire sauce in the skillet; cook until the beef is evenly browned on all sides; transfer to a slow cooker, but do not clean the skillet. Add the carrots, potatoes, parsley, and pepper to the slow cooker.

Combine the boiling water and soup mix in a small bowl; add to slow cooker.

Melt the butter in the skillet over medium-high heat. Cook the onion and garlic in the melted butter until soft; transfer the onion and garlic to the slow cooker and return the skillet to the heat. Combine the wine and mushrooms to the skillet; cook until the mushrooms begin to absorb the wine; pour the mixture into the slow cooker.

Place the cover on the slow cooker and set to High; cook for one hour. Reduce heat to Low and cook until the beef is fork-tender, 6 to 8 hours. Whisk together the warm water and cornstarch; stir into the stew; cook uncovered until stew thickens, about 15 minutes.

Ground Nut Stew

Ingredients

2 cups peanut butter
1/2 (6 ounce) can tomato paste
2 (10 ounce) cans diced tomatoes
with green chile peppers
4 cups chicken broth
2 tablespoons vegetable oil
6 skinless, boneless chicken
breast halves - cubed
1 onion, chopped
1/2 cup fresh mushrooms, sliced
cayenne pepper to taste

Directions

Melt peanut butter in a large saucepan over medium heat. Stir in tomato paste, and blend with peanut butter until smooth. Mix in diced tomatoes with green chile peppers and chicken broth. Cook 15 minutes, stirring occasionally.

Heat oil in a medium skillet over medium heat. Saute chicken and onions until chicken is no longer pink and juices run clear.

Mix chicken, onions, and mushrooms into the peanut butter mixture, and continue cooking, stirring occasionally, about 15 minutes. Season with cayenne pepper.

Slow Cooker Kielbasa Stew

Ingredients

2 pounds kielbasa sausage, cut into 1 inch pieces
1 1/2 pounds sauerkraut, drained and rinsed
2 Granny Smith apples - peeled, cored and sliced into rings
3/4 onion, sliced into rings
2 pounds red potatoes, quartered
1 1/2 cups chicken broth
1/2 teaspoon caraway seeds
1/2 cup shredded Swiss cheese

Directions

Place half the sausage in a slow cooker, and top with the sauerkraut. Cover with the remaining sausage, apples, and onion. Top with the potatoes. Pour chicken broth over all, and sprinkle with caraway seeds.

Cover, and cook on High 4 hours, or until potatoes are tender. Top each serving with Swiss cheese.

Provincial Beef Stew

Ingredients

2 pounds blade roast, trimmed and cut into 1 inch cubes
2 tablespoons all-purpose flour
2 tablespoons olive oil
4 cloves garlic, minced
1 teaspoon dried thyme
2 (14.5 ounce) cans stewed tomatoes
1 1/2 cups beef broth
3 tablespoons red wine vinegar
1/2 cup orange juice
2 bay leaves
1 orange peel, cut into strips
1/4 teaspoon ground black pepper
4 large carrots, sliced diagonally
2 cups fresh mushrooms
2 cups pickled pearl onions, drained
1 1/2 cups rotini pasta

Directions

Dredge meat lightly with flour. In a large skillet, heat half the oil over medium-high heat. Cook meat in batches, adding more oil as needed, for 6 to 8 minutes or until browned all over. Transfer to a large ovenproof casserole.

Drain most of the oil from skillet. Saute garlic and thyme for 1 to 2 minutes, or until garlic is softened. Pour in tomatoes, stock, and vinegar, stirring to scrape up brown bits and mashing tomatoes with fork. Bring to boil, then pour over meat. Add orange juice, bay leaves, orange rind, and pepper. Cover casserole dish.

Bake at 350 degrees F (175 degrees C) for 1 hour.

Stir in carrots, mushrooms, and onions. Bake for 40 minutes.

Stir in pasta, and bake for an additional 20 minutes. Remove casserole from the oven, and let stand for 5 minutes. Remove bay leaves and orange rinds. Serve.

Drunken Winter Stew

Ingredients

3 potatoes, peeled and cubed
1/4 cup chopped onion
1/2 medium head cabbage, sliced
1 (15 ounce) can kidney beans,
drained and rinsed
3 cups water
1 (12 fluid ounce) can beer
1 tablespoon prepared Dijon-style
mustard
1/4 tablespoon garlic powder
ground black pepper to taste
salt to taste

Directions

Bring potatoes, onions, and water to a boil, lower heat to simmer.

Add cabbage and mustard. Slowly add about 1/2 the beer (it will foam up a bit). Cover loosely. Let simmer 15 minutes, stirring occasionally.

Add the beans, spices, and more/all of the beer to taste. Remove lid, let simmer another 10 minutes or until potatoes are tender. Add water if necessary. Re-spice if needed before serving.

Creamy Veggie Potato Stew

Ingredients

3 quarts water
8 large potatoes, peeled and sliced
4 large carrots, diced
2 stalks celery, chopped
2 small onions, chopped
1/3 cup butter
2 tablespoons all-purpose flour
1 1/2 teaspoons salt
1 teaspoon ground black pepper
1/4 teaspoon paprika
2 cups heavy cream

Directions

In a large saucepan over medium heat, heat the water and stir in the potatoes, carrots and celery. Cook 15 minutes, or until tender but firm. Remove from heat. Drain and set aside, reserving liquid.

Place the onions and butter in the large saucepan. Over medium heat, slowly cook and stir 10 minutes, or until the onions are tender. Mix in the flour, salt, pepper, paprika and heavy cream. Mix in the potato mixture. Continue cooking and stirring, adding the reserved liquid a tablespoon at a time, until the mixture has reached a desired consistency.

Special Irish Beef Stew

Ingredients

2 teaspoons vegetable oil
1 pound lean beef stew meat
2 tablespoons all-purpose flour
1 small onion, chopped
2 cups sliced fresh mushrooms
6 cloves garlic, minced
1 (6 ounce) can tomato paste
2 cups beef broth
1 (12 fluid ounce) can or bottle
Irish stout beer
4 cups sliced carrot
2 large potatoes, peeled and
diced
1 tablespoon cornstarch
1 tablespoon cold water
1/4 cup chopped fresh parsley

Directions

Heat oil in a Dutch oven or large pot over medium-high heat. Coat beef cubes with flour, shaking off the excess. Fry beef cubes until browned on all sides. Remove from the pot. Add the onion, mushrooms, and garlic to the pot, and cook stirring constantly until onion is tender, about 3 minutes.

Return beef to the pot, and stir in tomato paste, beef broth, and beer. Add potatoes and carrots, cover, and simmer over low heat for about 1 hour. Mix together the cornstarch and cold water. Stir into the stew, and simmer until thickened. Sprinkle with parsley and serve.

Amelia's Slow Cooker Brunswick Stew

Ingredients

1 tablespoon vegetable oil
1 pound country style pork ribs
1 onion, chopped
1 roasted chicken, deboned and shredded
1 (28 ounce) can diced tomatoes
3/4 cup ketchup
1/2 (10 fluid ounce) bottle steak sauce
1/2 cup cider vinegar
2 tablespoons Worcestershire sauce
1 tablespoon hot sauce
1 lemon, juiced
2 cubes chicken bouillon
1/2 tablespoon ground black pepper
1 (15 ounce) can whole kernel corn, undrained
1 cup frozen lima beans, thawed

Directions

Heat the vegetable oil in a skillet over medium heat, and brown the ribs on all sides. Transfer to a slow cooker. Place onion in the skillet, cook until tender, and transfer to the slow cooker.

Place the chicken in the slow cooker, and mix in tomatoes, ketchup, steak sauce, cider vinegar, Worcestershire sauce, hot sauce, lemon, chicken bouillon, and pepper.

Cover, and cook 6 hours on High. Remove ribs, discard bones, and shred. Return meat to slow cooker. Mix in corn and lima beans, cover, and continue cooking 2 hours on High.

Mom's Hearty Beef Stew with Dumplings

Ingredients

1 tablespoon extra-virgin olive oil
1 onion, coarsely chopped
2 pounds cubed beef stew meat
2 teaspoons steak seasoning
(such as Montreal Steak
Seasoning®), divided
2 stalks celery, each cut into 4
pieces
2 cups water, or to cover
4 (.85 ounce) packages dry brown
gravy mix
4 cups water
1 small turnip, peeled and
quartered
4 carrots, peeled and quartered
7 potatoes, peeled and quartered

1 1/2 cups all-purpose flour
2 teaspoons baking powder
3/4 teaspoon salt
3 tablespoons shortening
3/4 cup milk

Directions

Heat the olive oil in a large heavy pot or Dutch oven over medium-high heat until the oil is shimmering, and place the onion and beef into the hot oil. Sprinkle with 1 teaspoon of the steak seasoning, stir the meat and onions well, and sprinkle with 1 more teaspoon of seasoning. Add the celery, and cook and stir until the meat is browned, about 10 minutes.

Pour in 2 cups of water to just cover the meat, onion, and celery, bring to a boil, and stir and scrape the browned bits of flavor from the bottom of the pan. Cover, reduce heat, and simmer until the beef is very tender, about 2 hours. Remove the meat and celery pieces from the pan, set the meat aside, and discard the celery.

In a bowl, whisk together the gravy mix with 4 cups of water. Add the mixture to the juices in the pot, bring to a boil, and stir the meat back into the gravy mixture. Stir in the turnip and carrots, cover, and simmer for 20 minutes. Stir in the potatoes, cover, and simmer an additional 20 minutes.

To make dumplings, mix the flour, baking powder, and salt in a bowl. Cut the shortening into the flour mixture with a pastry cutter or two knives until the mixture looks crumbly. Pour in the milk, and lightly stir the mixture just until it combines to form a dough.

Remove 2 cups of gravy from the pot, and reserve. Drop the dumplings by heaping tablespoon onto the meat and vegetables in the pot, cover, and simmer for 20 minutes. Do not peek until the time is up. Pour the reserved gravy back over the dumplings, stir lightly, and serve.

Irish-Style Lamb Stew

Ingredients

1 pound cubed lamb meat
1 large onion, halved and sliced
1 pound baking potatoes, peeled and sliced
1 carrot, peeled and sliced
1 large stalk celery, sliced
2 tablespoons chopped fresh parsley
salt and pepper to taste
2 cups beef stock
1 tablespoon chopped fresh parsley, for garnish

Directions

Preheat the oven to 325 degrees F (165 degrees C).

Layer the lamb meat, onion, potatoes, carrot and celery in an oven proof pot or casserole dish. Season each layer with parsley, salt and pepper as you go. Pour in the beef stock and cover tightly.

Bake for 1 1/2 to 2 hours in the preheated oven, until vegetables and meat are very tender. Divide into bowls and garnish with additional parsley.

Leftover Roast Brunswick Stew

Ingredients

1 1/2 pounds cooked, shredded
beef chuck roast
2 (10 ounce) cans mixed
vegetables, with liquid
2 1/2 cups barbeque sauce
2 tablespoons Worcestershire
sauce
1 (10.5 ounce) can beef broth
(optional)

Directions

Place the shredded roast in a slow cooker. Mix in the vegetables with liquid, barbeque sauce, Worcestershire sauce, and beef broth.

Cover, and cook at least 1 hour on High.

Mountain Man Stew

Ingredients

3/4 cup butter
1 large green bell pepper, sliced
1/2 large onion, sliced
1 pound baby carrots
1 pound fresh mushrooms, sliced
1 teaspoon garlic powder
1 teaspoon Italian seasoning
salt and pepper to taste
1 pound cubed beef
3 pounds white potatoes, thickly sliced
1 1/2 quarts water
5 cubes beef bouillon, crumbled

Directions

In a large, deep skillet over medium heat, cook bell pepper, onion, carrots and mushrooms in butter, until onion is translucent. Stir in garlic powder, Italian seasoning, salt, pepper and beef. Cover and cook over low heat until vegetables are softened and meat is browned, stirring frequently.

Meanwhile, place potatoes in a 2-quart saucepan and cover with water. Bring to a boil and cook until tender, 15 minutes. Drain and stir potatoes into vegetable mixture.

Pour 1 1/2 quarts water into the 2-quart saucepan and dissolve the bouillon in the water. Bring to a boil, then remove from heat.

In a large mixing bowl or stock pot, carefully combine broth and vegetable mixture until well combined. Serve hot.

Spanish-Style Chicken Stew

Ingredients

2 tablespoons olive oil
3 red onions, cut into 1-inch cubes
3 cloves garlic, coarsely chopped
1 (28 ounce) can Italian plum tomatoes
1 (15 ounce) can garbanzo beans
2 cups water
2 teaspoons paprika
1 teaspoon crushed red pepper flakes
salt and pepper to taste
2 carrots, cut into chunks
1 potato, cubed
4 chicken thighs
4 ounces Spanish chorizo sausage, casing removed, sliced 1/4-inch thick (see note)

Directions

Heat olive oil in a large saucepan over medium-high heat. Stir in onions and garlic, cook until the onion has softened and turned translucent. Pour in tomatoes, garbanzo beans, and water; season with paprika, red pepper flakes, salt, and pepper. Stir in carrots and potatoes, then place chicken thighs skin-side up on top of the vegetables.

Bring to a boil over high heat, then reduce heat to medium, cover, and simmer until the chicken is tender, about 25 minutes.

Preheat oven to 400 degrees F (200 degrees C).

Remove chicken from the stew and set aside. Stir in the chorizo slices, then pour the stew into a glass baking dish. Place the chicken thighs on top, skin-side up.

Bake in preheated oven until the stew has thickened and the chicken skin is crispy, about 15 minutes.

Irish Beef Stew

Ingredients

- 2 tablespoons olive oil
- 3 tablespoons all-purpose flour
- 2 pounds beef chuck, cut into 1 1/2-inch cubes
- 1 pound carrots, peeled and cut into 1-inch chunks
- 6 large potatoes, peeled and cut into large chunks
- 1 white onion, cut into large chunks
- 2 cloves garlic, minced
- 2 cups beef broth
- 1 (6 ounce) can tomato paste
- 1 (12 fluid ounce) can or bottle Irish stout beer (e.g. Guinness®)
- 1 tablespoon cold water
- 1 tablespoon cornstarch

Directions

Heat the oil in a large skillet over medium heat. Toss beef cubes with flour to coat, then fry in the hot oil until browned. Place the carrots, potatoes, onion and garlic in a large slow cooker. Place the meat on top of the vegetables. Mix together the beef broth and tomato paste and pour into the slow cooker along with the beer.

Cover and cook on High for 6 hours or Low for 8 hours. During the last hour before serving, dissolve the cornstarch in cold water and then stir into the broth. Simmer on the High setting for a few minutes to thicken.

Campfire Chicken Stew

Ingredients

1 (3 1/2) pound broiler-fryer chicken, cut up
3 medium potatoes, peeled and sliced
1 cup thinly sliced carrots
1 medium green pepper, sliced
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1/4 cup water
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Grill chicken, uncovered, over medium heat for 3 minutes on each side. Place two pieces of chicken each on four pieces of heavy-duty foil (about 18 in. x 12 in.). Divide potatoes, carrots and green pepper between the four pieces of foil. Top each with 2 tablespoons soup, 1 tablespoon water, salt and pepper. Fold foil around mixture and seal tightly. Grill, covered, over medium heat for 20 minutes; turn and grill 20-25 minutes longer or until vegetables are tender and chicken juices run clear.

Southwestern Black Bean Stew

Ingredients

1 pound ground beef
1 (1.25 ounce) package taco seasoning mix
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, undrained
1 (6 ounce) can tomato paste
1 1/2 cups water
1/2 cup sour cream
2 (8 ounce) packages shredded Cheddar cheese

Directions

In a large skillet over medium high heat, saute the ground beef and drain the excess fat. Add taco seasoning, and stir. Reduce heat to low, cover and simmer for 10 minutes.

In a slow cooker over low heat, combine the corn, beans, tomato paste and water. Mix well. Add the seasoned meat and the sour cream. Raise heat to high setting and simmer for 20 minutes. Pour into individual bowls and garnish with shredded cheddar cheese.

Beefy Cabbage Stew

Ingredients

1 pound extra-lean ground beef
1 (15 ounce) can pinto beans
1 (15 ounce) can kidney beans
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (14.5 ounce) can Italian-style
diced tomatoes
1 (15 ounce) can whole kernel
corn, drained
1 (11.5 ounce) can tomato juice
1 1/2 cups water
1 (16 ounce) package coleslaw
mix
1 teaspoon Greek-style seasoning

Directions

In a large pot over medium heat, cook beef until brown; drain.

Return meat to pot with pinto beans, kidney beans, diced tomatoes with green chiles, Italian-style diced tomatoes, tomato juice, water, coleslaw mix and Greek seasoning. Simmer over low heat 1 hour.

Sauerkraut and Tomato Stew

Ingredients

1 onion, chopped
1 green bell pepper, chopped
1 tablespoon olive oil
2 (28 ounce) cans stewed tomatoes
3 cups water
1 cup uncooked long-grain white rice
1 (20 ounce) can sauerkraut with juice
1 pound kielbasa sausage, sliced thin
salt and pepper to taste

Directions

In a large pot over medium heat, saute the onion and green bell pepper in the oil for 5 to 10 minutes, or until the onion is translucent.

Pour in the tomatoes, water and rice. Raise heat to high and bring to a boil, then reduce heat to low and simmer for 20 minutes.

Stir in the sauerkraut and sausage, stirring thoroughly, and let simmer for 20 more minutes. Season with salt and pepper to taste.

Mexican Bean Stew

Ingredients

- 1 cup dried pinto beans
- 1 cup dry black beans
- 1 cup dry garbanzo beans
- 1 tablespoon olive oil
- 1 onion, diced
- 4 cloves garlic, crushed
- 1 teaspoon ground cumin
- 1 (14.5 ounce) can crushed tomatoes
- 2 cups fresh corn kernels
- 1/2 teaspoon ground cinnamon
- salt and pepper to taste
- cayenne pepper to taste

Directions

Rinse and sort pinto beans, black beans and garbanzo beans. Place in a large bowl and cover with water. Soak overnight.

Drain beans and place in a large pot; cover with water. Bring to a boil and cook for 1 hour, or until beans are tender. It may be necessary to add more water during cooking to prevent drying out or scorching.

Heat oil in a small saucepan over medium-high heat. Saute onion and garlic until onion is transparent. Stir in cumin. To the beans add the onions, garlic and crushed tomatoes. Simmer for 20 minutes. Stir in corn and cinnamon; cook 15 minutes more. Season with salt, pepper and cayenne to taste before serving.

Vegetarian Moroccan Stew

Ingredients

1 tablespoon olive oil
1 yellow onion, diced
4 cloves garlic, minced
2 teaspoons ground cumin
1 (4 inch) cinnamon stick
salt and pepper to taste
1 pound butternut squash -
peeled, seeded, and cut into 2-
inch cubes
4 large red potatoes, cut into 2-
inch cubes
2 cups vegetable broth
1 (15 ounce) can garbanzo beans,
drained
1 (14.5 ounce) can canned diced
tomatoes with their juice
1 cup pitted, brine-cured green
olives
1/2 teaspoon lemon zest
1 3/4 cups water
1 (10 ounce) box uncooked
couscous
6 tablespoons plain yogurt
6 tablespoons chopped fresh
cilantro

Directions

Heat olive oil in a large covered saucepan or Dutch oven over medium heat, until oil is hot but not smoking. Drop in the onion, garlic, cumin, cinnamon stick, and salt and pepper. Cook and stir for 5 minutes, until onion is tender and translucent.

Stir in the butternut squash and potato cubes, broth, garbanzo beans, and tomatoes, and bring the mixture to a boil. Reduce heat, cover the pot, and simmer about 20 minutes, stirring occasionally, until the squash and potatoes are tender. Remove the stew from heat, and stir in the olives and lemon zest.

In a large saucepan, bring 1 3/4 cup water to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork; cool. Serve stew over cooked couscous. Garnish each serving with a dollop of yogurt and a sprinkle of cilantro leaves.

Peanut and Tomato Stew

Ingredients

1 tablespoon vegetable oil
1 small onion, finely chopped
1/2 small red onion, finely
chopped
6 cloves garlic, chopped
2 green bell peppers, diced
1/3 cup crushed peanuts
4 large tomatoes, coarsely
chopped
1 1/2 cups water
onion salt to taste
garlic salt to taste
ground cayenne pepper to taste

Directions

Heat oil in a medium saucepan over medium heat. Saute white and red onion, garlic, bell pepper and peanuts for 2 to 3 minutes. Stir in tomatoes, water, onion salt, garlic salt and cayenne pepper; bring to a boil. Reduce heat to low and simmer at least 30 minutes; simmering for 1 1/2 hours is optimal.

Jacy's Middle-Eastern Fava Bean Stew

Ingredients

Harissa Paste:

1 teaspoon coriander seeds
1 teaspoon caraway seeds
1/2 teaspoon cumin seeds
2 cloves garlic
1 pinch coarse sea salt
2 tablespoons sweet paprika
2 tablespoons dried red pepper flakes
2 tablespoons extra-virgin olive oil, or as needed

2 tablespoons olive oil
1 medium onion, minced
2 cloves garlic, minced
4 anchovy fillets, chopped (optional)
2 cups diced peeled butternut squash
2 carrots, chopped
1/2 red bell pepper, diced
1 cup frozen peas
1 pinch salt
2 cups vegetable broth
2 (14.5 ounce) cans fava beans, drained
1 (14 ounce) can canned tomatoes, diced
2 tablespoons tomato paste
1 bay leaf
1 teaspoon brown sugar
3 tablespoons pomegranate molasses
1 cup chopped fresh flat-leaf parsley
1/4 cup chopped fresh mint (optional)

Directions

To make harissa paste: Heat a dry skillet over high heat and add coriander, caraway and cumin seeds. Shake pan gently until spices become fragrant, about 2 minutes. Remove pan from heat and pour seeds into mortar and grind with pestle to a fine powder. Add garlic, salt, paprika and dried red pepper flakes, mashing and stirring until garlic is incorporated with the spices. Mixture will be dry and crumbly. Add enough of the 2 tablespoons extra-virgin olive oil until you have a thick paste. Use fewer pepper flakes if you prefer less heat. Set aside.

Pour 2 tablespoons olive oil into a large pot and add minced onions and garlic. Cook slowly over low heat until onions are translucent, about 10 minutes. Push onions aside in the pot, and stir in the anchovies. Cook anchovies until they soften, mashing them with the back of a wooden spoon until they dissolve. Stir together with the onion and garlic mixture.

Add the butternut squash, carrots, bell pepper, frozen peas and a pinch of salt. Stir and cook over medium heat for about 5 minutes. Pour in the stock. Bring to a simmer and cook for about a minute.

Stir in the drained fava beans, diced tomatoes, tomato paste, bay leaf and harissa paste (from step 1). Add brown sugar and pomegranate molasses. Bring back to a simmer, then reduce heat to low and cook uncovered for about 1 1/2 hours. The long, slow cooking time allows the flavors to deepen.

Just before serving, stir in the chopped parsley. Top with the mint, if you like.

Chili-Flavored Turkey Stew With Hominy and

Ingredients

2 tablespoons olive oil
1 large onion, cut into medium dice
1/2 red bell pepper, stemmed, seeded and cut into small dice
3 large garlic cloves, minced
1/4 cup chili powder
1 (14.5 ounce) can diced tomatoes
1 (14.5 ounce) can chicken broth
2 cups canned hominy, drained
4 cups leftover turkey meat, pulled into large pieces
Salt and pepper, to taste
2 tablespoons minced fresh cilantro

Directions

Heat oil in a large, deep saute pan over medium-high heat. Add onion and bell pepper; cook until soft and golden, about 5 minutes. Add garlic and chili powder; continue to cook until fragrant, 1 to 2 minutes longer. Add tomatoes, broth and hominy; bring to simmer. Reduce heat to low and simmer, partially covered, about 10 minutes, to blend flavors. Add turkey, salt and pepper. Simmer until heated through, about 5 minutes. Stir in cilantro. Serve with tortilla or corn chips if you like.

Taiwanese Style Oxtail Stew

Ingredients

2 tablespoons vegetable oil
3 pounds beef oxtail
2 tablespoons all-purpose flour
2 large tomatoes, cubed
1/2 cup red wine
5 cups water, or as needed

1 large yellow onion, cut into 1/2 inch pieces
1 large tomato, chopped
3 carrots, cut into 1/2 inch pieces
1 (14 ounce) can beef broth
2 tablespoons soy sauce
3 tablespoons tomato paste

Directions

Heat oil in a Dutch oven or large pot with a lid over medium-high heat. Coat the oxtails in the flour and place in the Dutch oven. Cook until browned on each side. Stir in the 2 diced tomatoes, red wine, and enough water to cover the meat. Bring to a boil, then reduce heat to low. Cook for 3 hours, adding additional water or beef broth if the liquid becomes low.

After 3 hours, skim off some of the fat from the top and heat it in a skillet. Cook and stir the onion until browned, about 8 minutes. Stir in the chopped tomato and carrots. Cook for about 3 minutes. Stir in the beef broth, soy sauce, and tomato paste. Bring to a boil, then stir the onion mixture into the oxtail. Allow to cook for 20 minutes, stirring in more water if the liquid becomes too low.

Snowman Party Stew

Ingredients

1 pound ground beef
1 (16 ounce) package frozen stew vegetables, divided
1 (10.25 ounce) can beef gravy
2 cups hot mashed potatoes (prepared with a small amount of milk)
16 whole black peppercorns
1/4 cup ketchup

Directions

In a skillet, brown beef; drain. Remove 24 peas and one carrot chunk from the stew vegetables; set aside. Add the remaining vegetables to beef. Cook until vegetables are thawed. Add gravy; mix well. Pour into an ungreased 9-in. pie plate. Top with eight mashed potato snowmen, using 1 tablespoon of potatoes for each head and 3 tablespoons for each body. Bake, uncovered, at 350 degrees F for 20 minutes. Meanwhile, with a sharp knife, cut the reserved carrot into eight strips. Insert one strip into each snowman for a nose. Place three reserved peas on each for buttons. Add peppercorns for eyes. Drizzle ketchup between head and body to form a scarf.

Irish Beef Stew with Guinness® Beer

Ingredients

2 tablespoons olive oil
1 onion, chopped
3 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon ground black pepper
2 pounds beef stew meat, cubed
3 cups stout beer (such as Guinness®)
2 potatoes, peeled and sliced
2 potatoes, peeled and quartered
salt and ground black pepper to taste

Directions

Heat the olive oil in a large pot over medium heat. Stir in the onion, garlic, salt, and pepper. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the beef, beer, sliced potatoes, and quartered potatoes. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beef is tender, about 2 hours. Season to taste with salt and pepper before serving.

Shortcut Beef Stew

Ingredients

1 tablespoon vegetable oil
1 pound boneless beef sirloin
steak, cut into 1-inch cubes
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
(Regular or 25% Less Sodium)
1 (10.5 ounce) can Campbell's®
Condensed French Onion Soup
1 tablespoon Worcestershire
sauce
1 (24 ounce) bag frozen
vegetables for stew (potatoes,
carrots, celery)

Directions

Heat oil in skillet. Add beef and cook until browned and juices evaporate, stirring often.

Add soups, Worcestershire and vegetables. Heat to a boil. Cover and cook over low heat 10 minutes or until vegetables are tender.

Belgian Beef Stew

Ingredients

1 pound bacon, diced
1 tablespoon butter
20 small boiling onions, peeled
3 cloves garlic, minced
2 pounds lean beef chuck,
trimmed and cut into 1 inch cubes
2 tablespoons all-purpose flour
2 teaspoons salt
1/2 teaspoon ground black
pepper
16 ounces dark beer
1/2 bunch fresh parsley, chopped
1 lemon, juiced and zested
1 tablespoon grated lemon zest

Directions

Blanch the bacon for 1 minute in boiling water. Drain.

Place bacon and butter or margarine in a large covered pot or Dutch oven. Cook over medium heat until bacon is browned. Add onions; cook until golden. Add garlic, and cook for 1 or 2 minutes; take care not to burn the garlic. Remove bacon mixture from pot, and set aside.

Add beef to the fat left in the pot, and brown on all sides. When meat is browned, return bacon mixture to the pot. Stir in flour, salt, and pepper. Add enough beer to just barely cover the meat. Bring to a boil, reduce heat to simmer, and cover. Cook for 1 1/2 to 2 hours.

Remove pot from heat, and stir in parsley, lemon zest, and lemon juice. Serve hot.

Down Home Country Stew

Ingredients

1 pound ground beef
1 (8 ounce) can tomato sauce
1 (11 ounce) can whole kernel corn, with liquid
1 (10 ounce) can peas, with liquid
1 (15 ounce) can carrots with juice
4 medium baking potatoes, peeled and diced
1/3 cup diced onion
salt and pepper to taste

Directions

Crumble the ground beef into a large skillet over medium heat. Cook and stir until evenly browned. Drain grease, and set aside.

Pour the tomato sauce, corn, peas, and carrots into a soup pot or saucepan. Add the ground beef, potatoes, and onion. Simmer over medium heat until potatoes are tender, about 20 minutes. Season with salt and pepper, and serve.

Savory Pork Stew

Ingredients

1 tablespoon extra virgin olive oil
2 pounds cubed pork stew meat
salt to taste
ground black pepper to taste
garlic powder to taste
2 tablespoons cornstarch, or as needed
8 red potatoes
1 green bell pepper, chopped
1 red bell pepper, chopped
1 sweet onion, diced
1 (11 ounce) can whole kernel corn
1 (14 ounce) can stewed tomatoes
1 (10.75 ounce) can cream of mushroom soup
1 1/4 cups milk
1 (14 ounce) can beef broth
1 tablespoon Italian seasoning

Directions

Heat the olive oil in a skillet over medium heat. Sprinkle pork on all sides with salt, pepper, and garlic powder, and lightly coat with cornstarch. Place pork in the skillet, and cook until lightly browned but not done. Transfer to a slow cooker. Place potatoes, green bell pepper, red bell pepper, onion, and corn in the slow cooker.

In a bowl, mix the tomatoes, cream of mushroom soup, milk, broth, and Italian seasoning. Pour into the slow cooker.

Cover, and cook 1 hour on High. Reduce heat to Low, and continue cooking at least 1 hour.

Stewed Cabbage

Ingredients

1/4 cup butter
2 onions, chopped
1 stalk celery, chopped
2 cloves garlic, chopped
1 medium head cabbage, cut into squares
1 (14.5 ounce) can stewed tomatoes, with liquid
salt and pepper to taste

Directions

Melt butter in a large saucepan over medium heat. Add onion, celery, and garlic and saute for 3 to 5 minutes, or until translucent. Stir in cabbage, reduce heat to low, and simmer for 15 minutes.

Pour in tomatoes and season with salt and pepper to taste. Cover pan and cook over medium heat for 30 to 40 minutes, or until cabbage is tender.

Stewed Vegetables and Ham Soup

Ingredients

1 (14.5 ounce) can Italian stewed tomatoes, cut up
3/4 cup chicken broth
1 tablespoon minced fresh basil
1/8 teaspoon pepper
1/2 cup frozen mixed vegetables
1/2 cup cubed fully cooked ham
1/2 cup frozen cut green beans
1/2 cup cooked spiral pasta

Directions

In a medium saucepan, combine the tomatoes, chicken broth, basil and pepper. Bring to a boil. Stir in the mixed vegetables, ham and beans. Return to a boil. Reduce heat; cover and simmer about 10 minutes or until vegetables are tender. Stir in pasta and heat through.

Gypsy Chicken Stew

Ingredients

1 (4 pound) whole chicken
2 1/2 cups dry sherry
1 1/2 cups chicken stock
8 cloves garlic, halved
3 onions, quartered
4 fresh green chile peppers
6 large tomatoes, peeled and quartered
salt to taste
1/4 cup shredded Monterey Jack cheese (optional)
1 tablespoon vegetable oil

Directions

In a large, stewing pot, place whole chicken, 1 1/2 cup sherry, stock, garlic, and onions. Simmer for 1 hour.

Meanwhile, place green chilies in a roasting pan, and drizzle with 1 tablespoon oil. Bake at 375 degrees F (190 degrees C) until skins begin to blacken. Peel and seed the peppers.

Remove chicken from pot, and set aside to cool. Add green chilies and tomatoes to simmering stock.

When chicken is cool enough to touch, remove the meat from the bones. Return meat to pot. Also, add 1 cup more sherry, and salt to taste. Simmer at least 30 minutes more. Serve with a little shredded cheese on top.

Sailor's Stew

Ingredients

1 (3 pound) boneless chuck roast,
cut into 1 inch cubes
1 cup all-purpose flour
1 tablespoon vegetable oil
1 large potatoes, peeled and
thickly sliced
2 onions, sliced
2 large carrots, sliced
1 (8 ounce) package fresh
mushrooms, quartered
2 (12 fluid ounce) cans beer
2 cups beef broth
2 tablespoons soy sauce
1 teaspoon whole black
peppercorns

Directions

Preheat the oven to 350 degrees F (175 degrees C). Place meat in a plastic bag with the flour. Toss to coat evenly.

Heat oil in a heavy skillet over medium-high heat. Remove beef cubes from the bag, and shake off excess flour. Brown beef cubes on all sides, and remove to paper towels to drain.

Place potatoes on the bottom of a 3 quart casserole dish or Dutch oven. Place the beef cubes over the potatoes, then cover with carrots and mushrooms. Pour in the beer, beef broth, and soy sauce. Toss in the peppercorns.

Bake uncovered for 2 hours in the preheated oven, or until meat is very tender.

Maine Venison Stew

Ingredients

2 pounds venison stew meat
8 medium potatoes, peeled and cubed
3 medium onions, diced
3 stalks celery, diced
8 large carrots, peeled and diced
3 cubes beef bouillon
2 (14.5 ounce) cans beef broth
2 tablespoons browning and seasoning sauce
2 cups frozen green peas (optional)
2 cups fresh mushrooms, sliced (optional)
salt and pepper to taste
1/2 cup cornstarch
1 cup water

Directions

Combine the venison, potatoes, onions, celery, carrots, bouillon, broth, and seasoning sauce in a slow cooker. Pour in just enough water to cover. Turn to High and cook until the stew comes to a boil. Reduce heat to Low and continue cooking until the venison is tender, about 8 to 10 hours.

Ladle off any fat which has collected on the surface, then stir in the peas and mushrooms if using. Season to taste with salt and pepper. Whisk together the cornstarch and water. Stir this into the stew, increase heat to High, and cook until the stew has thickened and the peas have warmed through.

Frogmore Stew

Ingredients

6 quarts water
3/4 cup Old Bay Seasoning TM
2 pounds new red potatoes
2 pounds hot smoked sausage
links, cut into 2 inch pieces
12 ears corn - husked, cleaned
and quartered
4 pounds large fresh shrimp,
unpeeled

Directions

Bring water and Old Bay Seasoning to boil in a large stockpot.

Add potatoes and cook for 15 minutes. Add sausage and cook for 5 minutes more. Add corn and cook for another 5 minutes. Stir in the shrimp and cook until shrimp are pink, about 5 minutes. Drain immediately and serve.

Good Ole' Southern Frogmore Stew

Ingredients

3 quarts water
1 lemon, halved
1 medium onion, halved
2 cloves garlic, smashed
coarse salt to taste
1 (3 ounce) package dry crab boil
1 1/2 pounds medium red potatoes, scrubbed
1 pound smoked sausage, cut into 1 inch pieces
4 ears fresh corn, shucked and broken in half
1 1/2 pounds unpeeled, large fresh shrimp
1/2 cup butter, melted

Directions

Bring the water to a boil in a very large pot. Squeeze the lemon juice into the water, then throw in the halves. Add the onion, garlic, salt and crab boil. Reduce heat to a simmer, cover, and cook for about 10 minutes.

Add the potatoes and sausage; cover and simmer for 20 minutes. Add the corn and cook for 10 minutes. Remove from the heat and stir in the shrimp. Let sit covered for 5 minutes or until shrimp are pink. Drain, and serve with melted butter for dipping. Broth may be reserved and reused for cooking rice or other soups.

Turkey Noodle Stew

Ingredients

1 pound turkey breast tenderloins, cut into 1/4 inch slices
1 medium onion, chopped
1 tablespoon vegetable oil
1 (14.5 ounce) can chicken broth
1 (10.75 ounce) can condensed cream of celery soup, undiluted
2 cups frozen mixed vegetables
1/2 teaspoon lemon-pepper seasoning
3 cups uncooked extra-wide egg noodles

Directions

In a large skillet, cook turkey and onion in oil until turkey is no longer pink, about 6 minutes; drain. Combine the broth, soup, vegetables and lemon-pepper. Add to the skillet; bring to a boil. Stir in noodles. Reduce heat; cover and simmer for 10 minutes or until noodles and vegetables are tender.

Wyoming Stew

Ingredients

1 pound cubed beef stew meat
2 teaspoons meat tenderizer
1 (14.5 ounce) can chicken broth
1 (10.75 ounce) can condensed
cream of chicken soup
1 (1 ounce) envelope dry onion
soup mix
1 (16 ounce) package frozen stew
vegetables
1 (10 ounce) can refrigerated
crescent dinner rolls

Directions

Heat a cast-iron skillet over medium-high heat. Sprinkle meat tenderizer over beef cubes, and cook in the hot skillet until browned. Drain off any excess juice. In a small bowl, mix together the chicken broth, cream of chicken soup and onion soup mix. Pour over the meat, reduce heat to low, and simmer for 45 minutes.

Preheat the oven to 350 degrees F (175 degrees C). Add the frozen stew vegetables to the skillet, and simmer for 10 more minutes. Unroll the crescent roll dough, and arrange to cover the top of the pan like a pie.

Bake for 10 to 15 minutes in the preheated oven, or until the top is golden brown. Remove from oven and serve.

Bigos (Hunter's Stew)

Ingredients

2 thick slices hickory-smoked bacon
1 pound kielbasa sausage, sliced into 1/2 inch pieces
1 pound cubed pork stew meat
1/4 cup all-purpose flour
3 cloves garlic, chopped
1 onion, diced
2 carrots, diced
1 1/2 cups sliced fresh mushrooms
4 cups shredded green cabbage
1 (16 ounce) jar sauerkraut, rinsed and well drained
1/4 cup dry red wine
1 bay leaf
1 teaspoon dried basil
1 teaspoon dried marjoram
1 tablespoon sweet paprika
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1/8 teaspoon caraway seed, crushed
1 pinch cayenne pepper
1/2 ounce dried mushrooms
1 dash bottled hot pepper sauce
1 dash Worcestershire sauce
5 cups beef stock
2 tablespoons canned tomato paste
1 cup canned diced tomatoes

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat a large pot over medium heat. Add the bacon and kielbasa; cook and stir until the bacon has rendered its fat and sausage is lightly browned. Use a slotted spoon to remove the meat and transfer to a large casserole or Dutch oven.

Coat the cubes of pork lightly with flour and fry them in the bacon drippings over medium-high heat until golden brown. Use a slotted spoon to transfer the pork to the casserole. Add the garlic, onion, carrots, fresh mushrooms, cabbage and sauerkraut. Reduce heat to medium; cook and stir until the carrots are soft, about 10 minutes. Do not let the vegetables brown.

Deglaze the pan by pouring in the red wine and stirring to loosen all of the bits of food and flour that are stuck to the bottom. Season with the bay leaf, basil, marjoram, paprika, salt, pepper, caraway seeds and cayenne pepper; cook for 1 minute.

Mix in the dried mushrooms, hot pepper sauce, Worcestershire sauce, beef stock, tomato paste and tomatoes. Heat through just until boiling. Pour the vegetables and all of the liquid into the casserole dish with the meat. Cover with a lid.

Bake in the preheated oven for 2 1/2 to 3 hours, until meat is very tender.

Southwestern Green Chile with Pork Stew

Ingredients

3 tablespoons olive oil
1 onion, chopped
2 pounds pork loin, cut into 1 inch cubes
1/2 cup all-purpose flour
3 (14.5 ounce) cans chicken broth
4 cups water
4 potatoes, peeled and cubed
8 green chile peppers, chopped
1 (15 ounce) can black beans, undrained
1 (15 ounce) can kidney beans, drained
3 cloves garlic, minced
salt and pepper to taste

Directions

In a large pot over medium high heat, combine the oil and onion and saute for 5 minutes, or until onions are tender. Dredge the pork in the flour and add to the pot. Saute quickly until browned.

Add the broth, water, potatoes and chile peppers. Bring to a boil and reduce heat to low. Simmer for 15 minutes, or until potatoes are tender. Add the black beans, kidney beans, garlic, and salt and pepper to taste. Simmer for 30 minutes or more.

Tomato-Dill Shrimp Stew

Ingredients

- 1 large onion, chopped
- 4 garlic cloves, minced
- 1 tablespoon olive or canola oil
- 3 cups diced fresh tomatoes
- 1 (8 ounce) can tomato sauce
- 3 tablespoons minced fresh dill
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1 pound cooked medium shrimp, peeled and deveined
- 4 ounces crumbled feta cheese
- 1 cup minced fresh parsley

Directions

In a large saucepan, saute onion and garlic in oil for 5 minutes. Stir in the tomatoes, tomato sauce, dill, mustard, honey and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes. Add the shrimp, cheese and parsley; simmer 5 minutes longer.

Tin Foil Stew

Ingredients

6 ounces blade roast, trimmed
and cut into 1 inch cubes
1 potato, cubed
2 carrots, sliced
1 onion, chopped
1 clove crushed garlic
1 pinch salt
1 pinch ground black pepper
1 tablespoon butter
1 tablespoon water

Directions

On a large square sheet of foil, layer beef, potato cubes, carrots, onion and garlic. Sprinkle with salt and pepper, top with butter and a tablespoon of water.

Roll edges of tin foil together and seal tightly.

Bury it in campfire coals or put in a preheated oven at 375 degrees F (190 degrees C). For either cooking method, cooking time is about 1 hour. You can eat it right out of the foil, or empty it into a dish.

Gram's Irish Stew

Ingredients

1 teaspoon vegetable oil
4 pounds cubed beef stew meat
2 teaspoons sage
10 potatoes, peeled and cubed
4 carrots, diced
1 (4 ounce) can sliced mushrooms, drained
1 small onion, chopped
1 teaspoon celery seed
1 teaspoon Worcestershire sauce
1 teaspoon ground black pepper
1 cube beef bouillon
salt to taste
water to cover
1 tablespoon cornstarch, or as needed
1/4 cup warm water

Directions

Heat the oil in a skillet over medium-high heat. Add the beef to the oil and season with the sage; cook the beef until browned on all sides; drain.

Place beef, potatoes, carrots, mushrooms, onion, celery seed, Worcestershire sauce, pepper, and beef bouillon in a slow cooker; season with salt. Pour enough water over the mixture to cover. Set slow cooker to HIGH and cover. Cook for 4 to 5 hours, stirring occasionally.

Whisk together the cornstarch and warm water in a small bowl until smooth; stir through the stew. Allow the stew to cook until thickened, 15 to 20 minutes.

Slow Cooker Mediterranean Stew

Ingredients

1 butternut squash - peeled, seeded, and cubed
2 cups cubed eggplant, with peel
2 cups cubed zucchini
1 (10 ounce) package frozen okra, thawed
1 (8 ounce) can tomato sauce
1 cup chopped onion
1 ripe tomato, chopped
1 carrot, sliced thin
1/2 cup vegetable broth
1/3 cup raisins
1 clove garlic, chopped
1/2 teaspoon ground cumin
1/2 teaspoon ground turmeric
1/4 teaspoon crushed red pepper
1/4 teaspoon ground cinnamon
1/4 teaspoon paprika

Directions

In a slow cooker, combine butternut squash, eggplant, zucchini, okra, tomato sauce, onion, tomato, carrot, broth, raisins, and garlic. Season with cumin, turmeric, red pepper, cinnamon, and paprika.

Cover, and cook on Low for 8 to 10 hours, or until vegetables are tender.

Chicken Vegetable Stew

Ingredients

4 skinless, boneless chicken breast halves, cut into bite size pieces
1 onion, chopped
1/2 pound baby carrots
4 potatoes
1/2 teaspoon salt
1/4 teaspoon ground turmeric
3 tablespoons tomato paste
1/2 cup water
1/4 teaspoon garlic powder (optional)
1/2 teaspoon ground black pepper (optional)

Directions

In a large pot, put the chopped onion, chicken breast meat, carrots and potatoes. Add the salt and turmeric. Dissolve the tomato paste in water and add. If desired, add garlic powder and ground black pepper to season.

Cook for 1 to 1 1/2 hours on medium low heat. Serve.

Lobster Stew

Ingredients

1 pound cooked lobster meat
1 cup butter
2 quarts half-and-half cream

Directions

Saute the lobster meat gently in butter until butter turns pink. Add half and half slowly. Heat over medium heat until hot. Do not boil. Serve with oyster crackers and enjoy!

Grandma's Corn Stew

Ingredients

1 pound ground beef
1 medium onion, chopped
1/3 cup chopped green pepper
1 (15.25 ounce) can whole kernel corn, drained
1 (10.75 ounce) can condensed tomato soup, undiluted
1 tablespoon Worcestershire sauce
2 teaspoons sugar
1 1/2 teaspoons salt

Directions

In a large saucepan, cook beef, onion and green pepper over medium heat until the meat is no longer pink; drain. Add the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour.

French Beef Stew

Ingredients

1 1/2 pounds cubed beef stew meat
1/4 cup all-purpose flour
2 tablespoons vegetable oil
2 (14.5 ounce) cans Italian-style diced tomatoes
1 (14 ounce) can beef broth
4 carrots, chopped
2 potatoes, peeled and chopped
3/4 teaspoon dried thyme
2 tablespoons Dijon-style prepared mustard
salt and pepper to taste

Directions

Combine meat and flour in a large plastic food storage bag and toss to coat evenly.

In a 6 quart saucepan brown meat in hot vegetable oil. Season with salt and pepper, if desired.

Add diced tomatoes, beef broth, carrots, potatoes and thyme. Bring to boil; reduce heat to medium-low, cover; and simmer for 1 hour or until beef is tender.

Blend in mustard and serve.

Korean Kimchi Jigeh Stew

Ingredients

6 cups water
3 cups napa cabbage Kim Chee,
brine reserved
2 cups cubed fully cooked
luncheon meat (e.g. Spam)
3 tablespoons chili powder
salt, to taste
ground black pepper, to taste

Directions

In a large pot, stir together the water, kim chee, reserved kim chee brine, Spam, chili powder, salt and pepper. Cover the pot and bring to a boil over medium high heat. Simmer, for 20 minutes or until the kim chee cabbage is translucent and soft.

Slow Cooker Beef Stew IV

Ingredients

3 pounds cubed beef stew meat
1/4 cup all-purpose flour
1/2 teaspoon salt, or to taste
3 tablespoons olive oil
1 cup baby carrots
4 large potatoes, cubed
1 tablespoon dried parsley
1 teaspoon ground black pepper
2 cups boiling water
1 (1 ounce) package dry onion soup mix
3 tablespoons butter
3 onions, sliced
1/4 cup red wine
1/4 cup warm water
2 tablespoons all-purpose flour

Directions

Place meat in a large plastic bag. Combine 1/4 cup flour with 1/2 teaspoon salt; pour into the bag with the meat, and shake to coat.

Heat olive oil in a large skillet over medium-high heat. Add stew meat, and cook until evenly browned on the outside. Transfer to a slow cooker along with the carrots, potatoes, parsley, and pepper. In a small bowl, stir together 2 cups of boiling water and dry soup mix; pour into the slow cooker.

In the same skillet, melt butter and saute onions until softened; remove to the slow cooker. Pour red wine into the skillet, and stir to loosen browned bits of food on the bottom. Remove from heat, and pour into the slow cooker.

Cover, and cook on High for 30 minutes. Reduce heat to Low, and cook for 6 hours, or until meat is fork tender. In a small bowl or cup, mix together 2 tablespoons flour with 1/4 cup warm water. Stir into stew, and cook uncovered for 15 minutes, or until thickened.

Stewed Potatoes

Ingredients

1 tablespoon vegetable oil
3 cloves garlic, minced
1/2 large onion, chopped
1 plum tomato, chopped
6 potatoes, diced
1/2 rutabaga, diced
dried oregano, to taste
salt and freshly ground black pepper to taste
2 cups chicken broth

Directions

Heat the oil in a skillet over medium heat, and saute the garlic and onion until tender. Stir in the tomato, and cook until heated through. Mix in potatoes and rutabaga. Season with oregano, salt, and pepper. Pour in the broth, and bring to a boil. Reduce heat to low, and continue cooking 15 minutes, or until potatoes and rutabaga are tender.

Quick Chicken Stew

Ingredients

2 tablespoons olive oil
1 pound skinless, boneless chicken breast halves - cut into bite-size pieces
2 cloves garlic, minced
1 medium onion, cut into 1/2-inch pieces
1 medium carrot, thinly sliced
1 medium zucchini, cut into 1/2-inch pieces
1 medium red bell pepper, cut into 1/2 inch pieces
2 (14.5 ounce) cans diced tomatoes with juice
1/2 teaspoon red pepper flakes
1/2 teaspoon dried basil
1 bay leaf
2 tablespoons butter
salt and pepper to taste

Directions

Heat the olive oil in large skillet over medium-high heat. Stir in chicken and cook about 1 minute. Mix in garlic and onion; cook until tender. Stir in carrot, zucchini, and red bell pepper. Pour in tomatoes with juice. Season with red pepper flakes, basil, and bay leaf, and continue cooking 10 minutes, until vegetables are tender and chicken juices run clear. Stir in the butter until melted, and season with salt and pepper just before serving.

New Mexico Green Chile Stew

Ingredients

1 pound beef tenderloin, cubed
1 pound boneless pork loin, cubed
1/4 cup masa harina
1 tablespoon olive oil
1 red onion, chopped
3 cups chopped fresh tomatoes
2 cups diced green chile peppers
2 cups low-sodium beef broth
1 tablespoon ground cumin
1 large potato, cubed
3 cloves garlic, minced
2 teaspoons chopped fresh oregano
2 teaspoons chopped fresh cilantro
1 dash cayenne pepper (optional)
salt to taste
ground white pepper to taste

Directions

Place the beef tenderloin cubes, pork loin cubes, and masa harina in a plastic bag, and shake to coat the meat. Heat the olive oil in a large skillet over medium-high heat, and cook and stir the meat cubes until evenly browned, about 10 minutes.

Place the meat, red onion, tomatoes, green chile peppers, beef broth, cumin, potato, garlic, oregano, cilantro, cayenne pepper, salt and white pepper in a slow cooker. Cook on Low until the meat is tender, about 8 hours.

Picante Chicken Stew

Ingredients

2 skinless, boneless chicken breast halves, cut into bite size pieces
1 (10 ounce) can diced tomatoes with green chile peppers
4 large potatoes, diced
1 (16 ounce) package smoked sausage
salt and pepper to taste
1 tablespoon garlic powder
water to cover

Directions

In a large pot combine the chicken, tomatoes with green chile peppers, potatoes, sausage, salt, pepper, garlic powder and water to cover. Put heat on medium low, stir all together and let simmer 1 1/2 to 2 hours or until potatoes are cooked through and tender.

Beef, Bean and Barley Stew

Ingredients

1 pound cubed beef stew meat
1 small onion, chopped
1 pinch salt
1/4 teaspoon ground black pepper
3 cloves garlic, crushed
2 (14 ounce) cans beef broth
3 1/2 cups water
1 cup peeled and diced tomatoes with juice
1 potato, cubed
2 carrots, chopped
1/4 medium head cabbage, shredded
1/3 cup quick-cooking barley
1 (14.5 ounce) can great Northern beans, rinsed and drained
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1/4 teaspoon dried rosemary
1/4 teaspoon caraway seeds

Directions

Coat a large pot or Dutch oven with cooking spray. Place over medium heat and cook beef until brown. Stir in onion and cook until translucent. Drain fat. Stir in salt, pepper and garlic and cook 1 minute. Pour in beef broth, water and tomatoes. Stir in potato, carrots, cabbage, barley and beans. And season with oregano, basil, rosemary and caraway. Bring to a boil, then reduce heat and simmer 20 minutes.

Pauline Werner's Beef Stew

Ingredients

2 tablespoons vegetable oil
2 pounds lean beef, cut into 1-1/2 inch cubes
2 tablespoons all-purpose flour
1 pinch salt
1 pinch ground black pepper
1 onion, diced
1 bay leaf
1 (8 ounce) can tomato sauce
2 potatoes, peeled and cut into large chunks
4 carrots, cut into large chunks
3 stalks celery, thickly sliced

Directions

Heat the oil in a large pot over medium heat. Place the meat in a bowl, sprinkle with flour, and toss to coat. Transfer meat to pot, season with salt and pepper, and brown meat on all sides.

Fill the pot with enough water to cover the meat, and mix in onion, bay leaf, and tomato sauce. Bring to a boil, reduce heat to low, cover, and simmer for an hour or until the meat is tender.

Stir in the potatoes, carrots, and celery. Continue cooking over low heat for 45 minutes, until vegetables are tender. Remove bay leaf before serving.

Thermos Bottle Stew

Ingredients

- 1 1/2 pounds lean ground beef
- 1 cup chopped onion
- 2 stalks celery, finely chopped
- 1 (2 pound) package frozen mixed vegetables
- 1 (10.75 ounce) can condensed tomato soup
- 1 tablespoon dried basil
- 1 tablespoon dried parsley
- 1 teaspoon dried oregano
- 1 bay leaf
- salt and pepper to taste
- 1 (16 ounce) can crushed tomatoes
- 1 (8 ounce) can tomato sauce
- 9 3/4 cups water

Directions

Using a large stock pot, brown your meat (breaking into small pieces as it cooks). Once meat is browned, add onions and celery, sauteing until soft.

Add frozen vegetables, tomato soup, basil, parsley, oregano, bay leaves, salt and pepper, crushed tomatoes, tomato sauce and water. Simmer for one hour and then serve. Remove bay leaves before serving.

Slow Cooker Beef Stew III

Ingredients

4 carrots, chopped
2 potatoes, peeled and cubed
1 cup sliced fresh mushrooms
1 onion, chopped
3 stalks celery, chopped
3 pounds cubed stew meat
1 packet dry onion soup mix
1 (10.75 ounce) can condensed
golden mushroom soup
1 3/4 cups water

Directions

Place the carrots, potatoes, mushrooms, onion and celery in the slow cooker. Place the stew meat over the vegetables.

In a medium bowl, combine the soup mix with the can of soup. Add the water and mix together well. Pour this in the slow cooker over the meat and vegetables.

Add water as needed so that the liquid comes just to the bottom of the meat.

Cook on low setting overnight, adding more water as necessary in the morning. Allow to cook all day.

Irish Stew, My Way

Ingredients

2 tablespoons olive oil
1 small sweet onion, diced
1/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 tablespoon dried Italian seasoning
3 cloves garlic, crushed
1 pound cubed lamb stew meat
1 pound cubed pork stew meat
1 (14.5 ounce) can beef broth
3 carrots, cut into 1/2 inch pieces
1 medium turnip, quartered and cut into 1/2 inch pieces
2 parsnips, peeled and cut into 1/2 inch pieces
1 red bell pepper, seeded and cut into 1 inch pieces
1 yellow bell pepper, seeded and cut into 1 inch pieces
1 green bell pepper, seeded and cut into 1 inch pieces
1 medium sweet onion, cut into large chunks
2 stalks celery, cut into 1/2 inch pieces
1 (12 fluid ounce) can beer
8 small red potatoes, quartered
2 tablespoons cornstarch

Directions

Heat olive oil in a large skillet over medium heat. Place 1 onion in skillet, and season with salt, pepper, and Italian seasoning. Mix in garlic. Cook and stir until tender. Mix in the lamb and pork, and cook until evenly brown. Reduce heat to low, and pour in beef broth. Simmer 30 minutes.

Transfer the skillet mixture to a large pot. Mix in the carrots, turnip, parsnips, red bell pepper, yellow bell pepper, green bell pepper, remaining onion, and celery. Pour in the beer. Cover, and cook 2 hours over low heat.

Remove 1/2 cup stew liquid. Stir potatoes into pot, and continue cooking 30 minutes, or until potatoes are tender. About 15 minutes before serving, mix cornstarch into the reserved liquid. Stir into the stew to thicken.

Honeyed Beef Stew

Ingredients

2 tablespoons vegetable oil
2 pounds lean beef chuck,
trimmed and cut into 1 inch cubes
1 large onion, chopped
1 green bell pepper, chopped
3 strips celery, chopped
2 large carrots, peeled and sliced
2 tablespoons honey
2 tablespoons fresh lemon juice
2 teaspoons yellow mustard
1/4 cup ketchup
2 cups water
salt to taste
freshly ground pepper, to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large pot over medium/high heat, heat the olive oil and quickly brown the beef pieces on all sides. Place the onion, green pepper, celery, and carrots into the pot and fry for 5 minutes; stirring occasionally. Remove from heat.

In a mixing bowl, combine the honey, lemon juice, mustard, ketchup, water, salt and pepper. Mix thoroughly.

Transfer the meat and vegetables to a 2 quart casserole dish. Pour the ketchup mixture over the meat and vegetables.

Bake in a preheated oven for 2 to 2 1/2 hours or until meat is tender.

SC Frogmore Stew

Ingredients

3 quarts water
1 lemon, halved
1 medium onion, halved
2 cloves garlic, crushed
1 pinch coarse salt
1 (3 ounce) package dry crab boil
1 1/2 pounds red potatoes, scrubbed
4 ears corn, husk and silk removed
1 1/2 pounds unpeeled, large fresh shrimp
1 pound smoked beef sausage, cut into chunks

1/2 cup butter, melted
1 dash hot pepper sauce (e.g. Tabasco, etc.), or to taste

Directions

Bring the water to a boil in a large pot. Squeeze the juice from the lemon into the water, and throw in the halves. Add onion, garlic, salt and crab boil. Reduce heat to medium-low, cover, and simmer for 10 minutes.

Add the potatoes and sausage, and return to a boil. Simmer covered for 20 minutes. Break the ears of corn in half, and add them to the pot; cover, and cook for 10 more minutes. Remove from the heat, stir in the shrimp, and cover for 5 minutes. Drain off liquid before serving. It may be reserved for other uses such as soup stock.

Stir together the melted butter and hot sauce. Serve with the seafood and vegetables for dipping.

Green Chili Stew

Ingredients

1 1/2 pounds pork neck bones
2 (7 ounce) cans diced green chiles
2 pounds potatoes, cubed
28 ounces chopped stewed tomatoes
1 large sweet onion, cubed
3 stalks celery, chopped
1 teaspoon ground cumin
2 tablespoons chili powder
4 cups water

Directions

Preheat oven to 400 degrees F (200 degrees C). Place bones into a heavy roasting pan and add enough water to cover bottom of pan. Cover pan with a tight fitting lid and cook until browned. You may need to add more water while it is cooking so be sure to check.

In a large stock pot, combine browned bones, chilies, potatoes, tomatoes, onion, celery, cumin, chili pepper and liquid. Simmer for 5 to 6 hours.

Remove bones from soup, remove any meat, and place meat back into soup. Once vegetables are tender, serve.

Mexican Posole Stew

Ingredients

2 pounds boneless pork loin,
cubed
8 ounces fried pork skins
2 pig's feet
1 tablespoon salt
2 (15 ounce) cans white hominy,
drained
1 teaspoon dried oregano
2 cloves garlic, crushed
2 tablespoons chopped onion
4 dried hot red chile pepper pods,
seeded and diced

Directions

Place meat, pork rinds, and pork shanks in a large kettle and add about 5 quarts of water or enough to cover meat. Add approximately 1 tablespoon salt and bring to a boil. Cook over medium heat for about 1 1/2 hours.

Remove excess grease and set aside. Reserve liquid.

Wash the posole very carefully until the water is clear so as to remove lime from kernels. Put in large kettle and cover with water. Boil until posole has popped.

Mix meat, posole, rind, and shanks or pigs' feet. Add oregano, garlic, onion, and chile pods. Let simmer for about 1/2 hour.

Beef, Green Chili and Tomato Stew

Ingredients

1/4 cup vegetable oil
3 pounds beef chuck roast, cut into 3/4 inch cubes
2 onions, chopped
2 cloves garlic, minced
1 (28 ounce) can roma tomatoes, with juice
2 (4 ounce) cans chopped green chile peppers, drained
1 (12 fluid ounce) can or bottle beer
1 cup beef broth
2 teaspoons dried oregano, crushed
1 1/2 teaspoons ground cumin
2 tablespoons Worcestershire sauce
salt to taste
ground black pepper to taste

Directions

In a Dutch oven, heat oil over medium heat until hot, but not smoking. Pat the meat dry with paper towels and brown in batches, transferring the meat with a slotted spoon to a bowl as they are done.

In the fat remaining in the pot, cook the onions until softened, about 5 minutes. Stir in the garlic and cook for 1 more minute.

Return meat to the pot with any juices in the bowl and add the tomatoes with juice, chiles, beer, beef broth, oregano, cumin, and Worcestershire sauce. Season with salt and pepper to taste.

Bring to a boil and reduce heat. Simmer, partially covered, for 2 1/2 hours or until meat is tender.

Italian Stew

Ingredients

1 pound bulk Italian sausage
1 medium onion, chopped
1/2 cup chopped celery
2 medium carrots, sliced 1/8 inch thick
1/4 teaspoon Italian seasoning
1/4 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups water
1 (14.5 ounce) can Italian stewed tomatoes
1 (10.75 ounce) can condensed tomato soup, undiluted
3/4 cup uncooked instant rice

Directions

In a skillet, cook the sausage until no longer pink; drain. Add onion, celery, carrots, Italian seasoning, basil, salt and pepper. Cook and stir over medium heat for 5 minutes or until the vegetables are crisp-tender. Stir in the water, tomatoes and soup; bring to a boil. Reduce heat; cover and simmer for 30 minutes or until vegetables are tender. Stir in the rice; cover and cook for 10 minutes or until tender.

Easy Venison Stew

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 cloves minced garlic
1 pound venison, cut into strips
1 (28 ounce) can diced tomatoes
1 (8 ounce) can sliced mushrooms, drained
1/2 teaspoon dried thyme
1/2 teaspoon dried sage
1/4 teaspoon dried tarragon
1/4 teaspoon salt

Directions

Heat the olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until the onion is translucent, about 5 minutes. Add the venison to the skillet; cook and stir until evenly browned. Stir the tomatoes, mushrooms, thyme, sage, tarragon, and salt into the mixture; cover the skillet and allow the mixture to simmer until the venison is tender, 30 to 40 minutes.

West African Vegetable Stew

Ingredients

1 tablespoon vegetable oil
2 cups sliced onions
2 cloves garlic, minced
1 pound sweet potato, peeled and cut into 1/4-inch half slices
1 large tomato, coarsely chopped
1/2 cup raisins
1/2 teaspoon ground cinnamon
1/2 teaspoon crushed red pepper
1 (10.5 ounce) can Campbell's® Condensed Chicken Broth
1/2 cup water
1 (15 ounce) can chick peas (garbanzo beans), rinsed and drained
4 cups coarsely chopped spinach

Directions

Heat oil in skillet. Add onion and garlic. Cook until onion is tender.

Add potatoes and tomatoes. Cook 5 minutes. Add raisins, cinnamon, red pepper, broth and water. Heat to a boil. Cover and cook over low heat 15 minutes.

Add chickpeas and spinach. Heat through. Serve over cooked rice or couscous, if desired.

Hearty Beef Vegetable Stew

Ingredients

1 (28 ounce) can crushed tomatoes, undrained
3 tablespoons quick-cooking tapioca
2 tablespoons dried basil
1 tablespoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 pounds red potatoes, cut into 1-inch cubes
3 medium carrots, cut into 1-inch slices
1 medium onion, chopped
1/2 cup chopped celery
1 1/2 pounds lean chuck roast, cut into 1-inch cubes
2 teaspoons canola oil

Directions

In a bowl, combine the tomatoes, tapioca, basil, sugar, salt and pepper; let stand for 15 minutes. Place the potatoes, carrots, onion and celery in a 5-qt. slow cooker.

In a large nonstick skillet, brown meat in oil over medium heat. Drain and transfer meat to slow cooker. Pour tomato mixture over the top. Cover and cook on high for 5-6 hours or until meat and vegetables are tender.

Italian Sausage Stew

Ingredients

1 pound Bob Evans® Italian Sausage Roll
2 (14.5 ounce) cans Italian-style diced tomatoes
2 (14.5 ounce) cans beef broth
1 (15 ounce) can red kidney beans, drained and rinsed
1 (16 ounce) package frozen Italian blend vegetables
shredded Parmesan cheese to taste

Directions

In a Dutch oven, crumble and cook sausage over medium heat until browned; drain. Add tomatoes, beef broth, beans, frozen vegetables. Bring to a boil. Reduce heat to low and simmer. Cook 7 to 10 minutes or until vegetables are tender, stirring occasionally.

Potato Chicken Stew

Ingredients

4 cups cooked, cubed chicken breast meat
2/3 cup sliced fresh mushrooms
1 cup chopped onion, sauteed in butter
1 1/2 cups chopped carrots
6 cups chicken stock
1 teaspoon dried sage
1 teaspoon dried basil leaves
1 teaspoon garlic salt
1 teaspoon dried parsley
1 (10 ounce) package frozen mixed vegetables, thawed
3 cups cooked, diced red potatoes
1/2 cup chopped celery
1/8 cup all-purpose flour

Directions

Combine chicken, mushrooms, onion, carrots and stock in a large saucepan over medium heat. Simmer until carrots are tender, about 10 minutes.

Stir in sage, basil, garlic salt, parsley, mixed vegetables, potatoes and celery and cook until heated through. Stir in flour to thicken sauce, then serve.

All Pumpkins' Night Stew

Ingredients

3 tablespoons canola oil, divided
1 clove garlic, minced
2 onions, chopped
2 1/2 pounds beef stew meat, cut into 1 1/2 inch cubes
1 teaspoon salt
2 teaspoons pepper
2 tablespoons caraway seed
1 tablespoon all-purpose flour
7 cups beef broth
2 bay leaves
1 tablespoon white sugar
1 teaspoon nutmeg
3 large potatoes, peeled and cubed
3 large carrots, peeled and chopped
1 tablespoon cornstarch
1/4 cup water
1/4 cup chopped fresh parsley

Directions

Heat 1 tablespoon canola oil in a Dutch oven over medium-high heat. Stir in garlic and onion, and cook until softened and translucent; remove from pan. Pour 2 tablespoons canola oil into Dutch oven. While this heats, mix the beef with salt and pepper. Sear the beef in batches until browned all over, about 5 minutes.

Stir in caraway seeds and flour, cook until flour is incorporated and the caraway seed is fragrant, about 1 minute. Pour in beef broth; add bay leaves, sugar, nutmeg, and onion mixture. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the meat is tender, about 2 hours.

Stir in the potatoes and carrots; continue cooking until the vegetables are tender, about 30 minutes. Stir together the cornstarch and water; stir into the stew along with the parsley. Simmer until thickened, about 5 minutes.

Smoked Sausage Stew

Ingredients

1 pound smoked sausage, cut into
1 inch pieces
2 (10.5 ounce) cans condensed
vegetable soup
1/2 medium head cabbage,
shredded

Directions

Cut smoked sausage into 1 inch pieces and brown lightly in skillet.

Combine vegetable soup with sausage and place shredded cabbage over the top. Place lid on skillet and let cook on medium heat until cabbage is tender. Stir together and serve.

Trinidad Stewed Chicken

Ingredients

1 (4 pound) whole chicken, cut into pieces
3 tablespoons finely chopped green onion
3 tablespoons chopped fresh cilantro
1 teaspoon minced garlic
1 teaspoon chopped onion
1 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon vegetable oil
1/4 cup brown sugar
1 cup water
1/2 cup canned coconut milk (optional)
1 teaspoon red pepper flakes (optional)
2 tablespoons ketchup
1 tablespoon butter

Directions

Place chicken on a plate. Sprinkle the green onion, cilantro, garlic, onion, salt and pepper over it. Cover, and marinate for 30 minutes.

Heat the vegetable oil in a deep pot over medium heat. Stir in the sugar, and cook until the sugar has melted into a nice golden brown syrup. Add the chicken pieces, and brown quickly while turning continuously. Cover the pot, and let it cook for 2 minutes.

Pour in 1 cup of water, coconut milk and pepper flakes. Replace the lid, and cook over medium heat for 10 minutes. Stir in the ketchup and butter. Continue cooking until chicken is fork tender, 20 to 30 minutes. Taste and season with additional salt and pepper if needed. Serve chicken with the sauce in the pot as a gravy.

Creamy Homemade Chicken Stew

Ingredients

1 cup lowfat evaporated milk
1/4 cup all-purpose flour
1 1/2 pounds chicken leg meat
3/4 pound small fresh button mushrooms
2 potatoes, peeled and cubed
2 cups pearl onions
2 large carrots, coarsely chopped
2 1/4 cups frozen green peas, thawed
1 cup chicken broth
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/2 teaspoon dried marjoram
1/4 teaspoon dried rosemary
1/4 cup chopped fresh parsley

Directions

In a small bowl stir together evaporated milk and flour until smooth. Place chicken, mushrooms, potatoes, onions, carrots and peas in slow cooker. Pour in milk mixture and broth. Season with salt, pepper, marjoram and rosemary. Cook on low 6 hours. Stir in parsley just before serving.

Cazuela de Vaca (Beef and Pumpkin Stew)

Ingredients

1 1/2 pounds beef roast
1 (32 ounce) carton beef broth
2 cups water
1/4 cup polenta (coarse or fine)
8 red potatoes, cut in half
1 onion, quartered
1 1/2 pounds slice of pumpkin (calabaza)
2 ears corn, cut into thirds
1 carrot, cut into 1/2 inch slices
1 small red bell pepper, seeded and cut into 1 inch pieces
1 stalk celery, cut into chunks
1 leek, split in half, then cut into 1/2-inch pieces
1 teaspoon minced fresh oregano
1/4 teaspoon mild paprika
salt and pepper to taste
1/2 cup coarsely chopped cilantro leaves (lightly packed)

Directions

Cut the piece of beef into 6 large chunks (one per serving). Place the beef into a large saucepan; pour in the beef broth and water. Bring to a boil over high heat, then reduce heat to medium, cover, and simmer until nearly tender, 1 to 1 1/2 hours.

Stir the polenta into the stew along with the potatoes and onion. Cover and simmer for 15 minutes. Cut the pumpkin into 6, serving-sized pieces, and add to the stew along with the corn, carrot, bell pepper, celery, and leek; simmer until the vegetables are tender, adding more water if needed to barely cover. Stir in the oregano and paprika during the last 5 minutes.

Season to taste with salt and pepper. Ladle into serving bowls, and sprinkle with chopped cilantro.

Baked Beef Stew

Ingredients

1 (14.5 ounce) can diced tomatoes, undrained
1 cup water
3 tablespoons quick-cooking tapioca
2 teaspoons sugar
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 pounds lean beef stew meat, cut into 1-inch cubes
4 medium carrots, cut into 1-inch chunks
3 medium potatoes, peeled and quartered
2 celery ribs, cut into 3/4-inch chunks
1 medium onion, cut into chunks
1 slice bread, cubed

Directions

In a large bowl, combine the tomatoes, water, tapioca, sugar, salt and pepper. Add remaining ingredients; mix well. Pour into a greased 13-in. x 9-in. x 2-in. or 3-qt. baking dish. Cover and bake at 375 degrees F for 1-3/4 to 2 hours or until meat and vegetables are tender. Serve in bowls.

Okra Stew with Shrimp

Ingredients

1 pound medium shrimp - peeled and deveined
1/2 lime, juiced
4 tablespoons margarine
2 green bell peppers, seeded
6 tablespoons minced shallots
1 cup frozen corn kernels
1 cup chopped okra
3 tomatoes - blanched, peeled and chopped
1 tablespoon tomato paste
1/4 teaspoon dried thyme
1 bay leaf
salt and pepper to taste
1 green chile pepper

Directions

Place shrimp in mixing bowl and squeeze lime juice on top, trying to coat shrimp evenly.

Heat butter in a stock pot and saute the green pepper with shallots or chives for 2 to 3 minutes. Mix in corn, okra, tomatoes, tomato paste, thyme, bay leaf and chili pepper. Season with salt and pepper and simmer for 10 minutes.

Add the shrimp, return to a boil and simmer for another 5 minutes. Remove bay leaf and chili before serving.

Beef and Walnut Stew

Ingredients

2 pounds beef chuck steak, cut into 2 inch strips
2 tablespoons butter
2 tablespoons vegetable oil
1 clove garlic, crushed
1 large red bell pepper, cut into strips
1 large onion, cut in strips
1 1/2 cups walnut pieces
1 cup tomato juice
salt to taste
ground black pepper to taste
1 1/2 pounds fresh mushrooms, sliced

Directions

In a large pan, melt butter in oil over medium heat. Cook meat in hot fat until browned on all sides. Remove with slotted spoon to a warmed dish.

Place garlic, peppers, and onion in remaining oil, and lightly fry until onion is clear. Return meat to pan; lightly mix together. Stir in walnut pieces, and cook and stir for one minute. Stir in tomato juice, and season to taste with salt and pepper. Cover, and bring to a boil. Reduce heat, and simmer for 1 1/2 hours.

Stir in mushrooms; cook for 20 minutes.

Vegetarian Tortilla Stew

Ingredients

1 (19 ounce) can green enchilada sauce
1 1/2 cups water
1 cube vegetable bouillon
1/2 teaspoon garlic powder
1/4 teaspoon chili powder
1/4 teaspoon ground cumin
1 (15 ounce) can pinto beans, drained and rinsed
1/2 (16 ounce) can diced tomatoes
1 cup frozen corn
1/2 cup vegetarian chicken substitute, diced (optional)
4 (6 inch) corn tortillas, torn into strips
1 tablespoon chopped fresh cilantro
salt and pepper to taste

Directions

In a pot, mix the enchilada sauce and water. Dissolve the bouillon cube in the liquid, and season with garlic powder, chile powder, and cumin. Bring to a boil, and reduce heat to low. Mix in the beans, tomatoes, and corn. Simmer until heated through. Mix in vegetarian chicken and tortillas, and cook until heated through. Stir in cilantro, and season with salt and pepper to serve.

Slow Cooker Tuscan Beef Stew

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Tomato Soup (Regular or 25% Less Sodium)
1 (10.5 ounce) can Campbell's® Condensed Beef Broth
1/2 cup Burgundy wine or other dry red wine or water
1 teaspoon dried Italian seasoning, crushed
1/2 teaspoon garlic powder
1 (14.5 ounce) can diced tomatoes with Italian herbs
3 large carrots, cut into 1-inch pieces
2 pounds beef for stew, cut into 1-inch pieces
2 (16 ounce) cans white kidney beans (cannellini), rinsed and drained

Directions

Stir the soup, broth, wine, Italian seasoning, garlic powder, tomatoes, carrots and beef in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender.

Stir in the beans. Turn the heat to HIGH. Cook for 10 minutes or until the mixture is hot.

Rosemary Chicken Stew

Ingredients

2 pounds boneless skinless chicken breasts, cut into bite-size pieces
1 (10 ounce) package fresh mushrooms, sliced
3 medium onions, sliced
1 (16 ounce) can diced tomatoes with juice
1 pound carrots, sliced
4 celery ribs, sliced
1 pound dried great Northern beans, soaked overnight
6 cloves garlic, chopped
1 1/2 teaspoons dried rosemary
water
salt and pepper to taste
cornstarch

Directions

Into a large stock pot over medium heat, place chicken, mushrooms, and onions. Mix in tomatoes, carrots, and celery. Then stir in beans, garlic, rosemary, and enough water to not quite cover. Bring to a low simmer, and cook until chicken is soft, about 2 to 3 hours. Season with salt and pepper to taste. To thicken, stir in cornstarch, if necessary.

McIntire's Lamb Stew

Ingredients

1 pound boneless lamb shoulder,
cut into 2 inch pieces
2 cups diced carrots
5 large potatoes, peeled and
diced
1/2 sweet yellow onion, chopped
3 cloves garlic, minced
2 cups beef stock
1 pinch seasoned salt (such as
LAWRY'S®), or to taste
ground black pepper to taste
1 pinch paprika, or to taste
1 pinch dried thyme, or to taste
1 (1.5 fluid ounce) jigger Irish
whiskey (such as Jameson®)
1 cup frozen peas

Directions

Place lamb shoulder, carrots, potatoes, onion, garlic, beef stock, seasoned salt, pepper, paprika, thyme, and Irish whiskey in a slow cooker. Cook on Low for 6 to 7 hours. Add peas about 15 minutes before serving.

Pork Tenderloin Stew

Ingredients

2 pounds pork tenderloin, cut into
1 inch cubes
1 tablespoon olive oil
1 medium onion, chopped
1 garlic clove, minced
1 (14.5 ounce) can reduced-
sodium chicken broth
2 pounds red potatoes, peeled
and cubed
1 cup sliced fresh carrots
1 cup sliced celery
1/2 pound sliced fresh
mushrooms
2 tablespoons cider vinegar
2 teaspoons sugar
1 1/2 teaspoons dried tarragon
1 teaspoon salt
2 tablespoons all-purpose flour
1/2 cup fat-free milk
1/2 cup reduced-fat sour cream

Directions

In a large nonstick skillet, cook pork in oil until no longer pink; remove and keep warm. In the same pan, saute onion and garlic until crisp-tender. Add the broth, vegetables, vinegar, sugar, tarragon and salt; bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until vegetables are tender.

Combine flour and milk until smooth; gradually stir into vegetable mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Add pork and heat through. Reduce heat; stir in sour cream just before serving.

Spicy Ground Beef Stew

Ingredients

1 pound ground beef
2 (10.75 ounce) cans condensed vegetable beef soup, undiluted
1 (10 ounce) can diced tomatoes and green chilies, undrained

Directions

In a large saucepan, cook the beef over medium heat until no longer pink; drain. Stir in soup and tomatoes; heat through.

Poached Eggs in Stewed Tomatoes

Ingredients

- 1 large sweet onion, chopped
- 1 medium carrot, chopped
- 1 celery rib, chopped
- 1/2 cup chopped green pepper
- 1 garlic clove, minced
- 2 tablespoons olive oil
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 2 tablespoons honey
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 bay leaf
- 8 eggs
- 1/2 cup shredded Cheddar cheese

Directions

In a large skillet, saute the onion, carrot, celery, green pepper and garlic in oil until tender. Stir in the tomatoes, honey, chili powder, salt, pepper and bay leaf. Simmer, uncovered, for 15-20 minutes or until thickened. Discard bay leaf.

With a spoon, make eight indentations in the tomato mixture. Break eggs into indentations. Cover and cook over low heat for 10 minutes or until whites are completely set and yolks begin to thicken. Sprinkle with cheese; cover and cook until cheese is melted, about 1 minute.

Colombian Chicken Stew (Ajiaco)

Ingredients

1 (3 pound) whole chicken, cut into pieces
8 potatoes, peeled and cubed
1 onion, chopped
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon garlic powder
1 (15.25 ounce) can whole kernel corn, drained
2 avocados, peeled, pitted, and diced
1/4 cup chopped fresh cilantro
sour cream, for topping (optional)

Directions

Put chicken pieces in a large pot over medium heat with enough water to cover the chicken; bring to a boil and let simmer until the chicken is falling off the bones, about 45 minutes. Remove chicken from pot, reserving the water in the pot. Allow the chicken to cool enough to be able to remove the meat from bones and shred into strands.

Return the water to medium heat; add the potatoes, onion, salt, pepper, and garlic powder to the water; cook until the potatoes and onion are soft; about 30 minutes. Once the potatoes are tender, use a masher to mash the potatoes into the broth, resulting in a thickened broth. Stir in the shredded chicken and corn; cook until heated through completely. Add the avocado and cilantro just before serving; garnish with sour cream.

Chicken Stew With Coconut Milk

Ingredients

1 pound skinless, boneless chicken breast, cut into bite-sized chunks
1 medium yellow onion, chopped or sliced
1 cup peeled potatoes, cut in 1-inch chunks
1 cup halved baby carrots
1 (9 ounce) package frozen baby lima beans
1/4 (12 ounce) can diced tomatoes
1 cup canned coconut milk
1 cup fat-free, reduced-sodium chicken broth
1 tablespoon cumin
1 tablespoon curry powder
Salt and pepper to taste
1/4 teaspoon hot sauce (such as Tabasco), or to taste
Parsley or cilantro for garnish

Directions

Put all ingredients in a large microwave-safe bowl and mix thoroughly. Cover tightly and microwave on high for 30-40 minutes.

Brazilian Fish Stew

Ingredients

3 tablespoons lime juice
1 tablespoon ground cumin
1 tablespoon paprika
2 teaspoons minced garlic
1 teaspoon salt
1 teaspoon ground black pepper
1 1/2 pounds tilapia fillets, cut into chunks

2 tablespoons olive oil
2 onions, chopped
4 large bell peppers, sliced
1 (16 ounce) can diced tomatoes, drained
1 (16 ounce) can coconut milk
1 bunch fresh cilantro, chopped (optional)

Directions

Stir together the lime juice, cumin, paprika, garlic, salt, and pepper in a bowl. Add the tilapia and toss to coat. Cover and refrigerate at least 20 minutes, up to 24 hours.

Heat the olive oil in a large pot over medium-high heat. Quickly fry the onions in the oil 1 to 2 minutes. Reduce heat to medium. Add the bell peppers, tilapia, and diced tomatoes to the pot in succeeding layers. Pour the coconut milk over the mixture. Cover the pot and simmer 15 minutes, stirring occasionally. Stir in the cilantro and continue cooking until the tilapia is completely cooked through, another 5 to 10 minutes.

Green Chili Stew

Ingredients

1 tablespoon vegetable oil
2 pounds cubed beef stew meat
1 onion, chopped
1 (10 ounce) can diced tomatoes with green chile peppers
1 1/2 cups beef broth
1 (4 ounce) can chopped green chile peppers
1 teaspoon garlic salt
1 teaspoon ground cumin
salt to taste
ground black pepper to taste
2 large potatoes, peeled and cubed

Directions

In a large pot over medium heat, heat the oil and brown the stew meat and the onions until onions are translucent; about 5 minutes

Pour in the diced tomatoes with chiles, beef broth and chile peppers. Stir in the garlic salt and cumin. Salt and pepper to taste.

Bring to a boil, reduce heat and simmer for 1 hour. Add a little more beef broth or water if needed during simmering.

Stir in cubed potatoes to the mixture and simmer for an additional 30 minutes or until potatoes are tender.

Korean Beef Short Rib Stew (Galbi Jjim)

Ingredients

2 pounds Korean-style short ribs
(beef chuck flanken), cut into 3-
inch segments
4 cups water
6 tablespoons soy sauce
8 cloves garlic, minced
1 small onion, sliced
1 tablespoon rice wine
1 tablespoon brown sugar
2 carrots, cut into chunks
2 small potatoes, cut into chunks
1/2 cup fresh shiitake mushrooms,
sliced
2 tablespoons light corn syrup
1 tablespoon Asian (toasted)
sesame oil
6 chestnuts, peeled (optional)
6 dates, pitted (optional)
sliced green onion

Directions

Cover the ribs with cold water, refrigerate, and soak for 1 hour. Drain the ribs, place in a saucepan with 4 cups of water, and bring to a boil. Cook the ribs for 10 minutes, drain, and reserve 2 cups of liquid. Place the ribs and the reserved liquid in a large pot.

Mix together the soy sauce, garlic, onion, rice wine, and brown sugar in a bowl until the sugar has dissolved. Pour the mixture over the ribs and broth. Stir to combine, bring to a boil, reduce the heat, and simmer for 1 1/2 hours.

Mix in the carrots, potatoes, shiitake mushrooms, corn syrup, sesame oil, chestnuts, and dates, and simmer until the meat and vegetables are very tender, about 1 more hour.

Remove the beef and vegetables to a serving dish, and reduce the liquid in the pot to make a thickened gravy. Pour the sauce over the ribs and vegetables, sprinkle with sliced green onion, and serve.

Scrumptious Chicken Vegetable Stew

Ingredients

2 pounds boneless, skinless chicken thighs or breasts
1 1/2 cups carrots, in 1/2-inch chunks
2 cups fresh spinach, shredded
1 (14.5 ounce) can diced tomatoes with juice
1 cup dry lentils
1/2 cup low-fat chicken broth
1 teaspoon dried Italian herbs
1 teaspoon crushed fennel seed
8 garlic cloves, peeled and sliced
Salt and pepper, to taste
Parsley sprigs for garnish

Directions

Place all ingredients in a large microwave-safe bowl. Stir to combine. Cover; microwave on high power about 25 minutes, or until chicken and vegetables are done. Add more broth if needed. Garnish with parsley.

SMUCKER'S® Savory Beef Stew

Ingredients

1/2 cup JIF® Creamy Peanut Butter
2 cups beef broth
2 pounds beef stew meat, cut into 1 1/2-inch cubes
Salt and pepper
2 tablespoons CRISCO® Canola Oil
1 cup chopped onion
3 cloves garlic, minced
1 cup chopped green bell pepper
1 cup chopped carrots
1 (14.5 ounce) can diced tomatoes
1/2 teaspoon dried thyme
1 bay leaf

Directions

Whisk together the peanut butter and beef broth in a medium bowl until well blended.

Season the meat with salt and pepper. Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Saute until the onions are translucent. Add the meat and continue to cook, stirring often, until browned on all sides. Add the peanut butter mixture, tomatoes with liquid, thyme and bay leaf. Stir well. Bring to a boil. Reduce heat to low and simmer, stirring occasionally for about 1 1/2 hours or until the meat is tender.

Remove the bay leaf and discard. Season to taste with salt and pepper. Serve hot over cooked rice.

Chourico Stew

Ingredients

4 cups water
1 (16 ounce) package Portuguese chourico sausage, diced
2 potatoes, diced
1/2 head cabbage, coarsely chopped
3 carrots, diced
1 small onion, chopped
1 stalk celery, diced
1 (15 ounce) can mixed vegetables, drained
2 tablespoons chopped fresh parsley
1/2 teaspoon garlic powder
1/2 teaspoon celery salt
1/2 teaspoon ground red pepper
2 tablespoons cornstarch (optional)
2 tablespoons water (optional)

Directions

Place the water, chourico, potatoes, cabbage, carrots, onion, celery, canned vegetables, parsley, garlic powder, celery salt, and red pepper in a large pot. Bring to a simmer over high heat, then reduce heat to medium-low and continue to simmer the soup until the vegetables are tender, about 40 minutes. If soup is too thin, stir in cornstarch dissolved in water to thicken.

Hearty Sausage Stew

Ingredients

1 (16 ounce) package Hillshire FarmB® Polska Kielbasa
12 small new potatoes, cut into halves
2 tablespoons olive oil
4 carrots, sliced
1 onion, cut into thin wedges
1 cup chopped celery
2 cloves garlic, minced
16 ounces fresh mushrooms, cut into halves
2 (14.5 ounce) cans diced tomatoes, undrained
1 (8 ounce) can tomato sauce
1 tablespoon dried oregano
1/2 teaspoon ground black pepper
Salt to taste

Directions

Cut kielbasa into 1/2" slices; set aside. Cook potatoes in a medium pan of boiling water until just barely tender, about 10 minutes; drain and set aside.

Heat oil in 4-5 quart pan over medium-high heat until hot. Add carrots, onion, celery, and garlic; cook stirring frequently for 5 minutes or until tender. Add mushrooms, tomatoes, tomato sauce, oregano and pepper. Bring to a boil; reduce heat to medium-low, cover and cook 20 minutes.

Stir in kielbasa and cooked potatoes; cook stirring occasionally for 15 minutes or until heated through. Add salt to taste.

Green Chile Chicken Stew

Ingredients

1 (4 pound) whole chicken
1 teaspoon ground cumin
1 teaspoon dried thyme
1 teaspoon dried marjoram
1 tablespoon dried basil
1 (4 ounce) can canned green chile peppers, chopped
4 habanero peppers, seeded and minced
1 onion, chopped
2 cloves garlic, minced
5 carrots, chopped
5 stalks celery, chopped
1 (14.5 ounce) can stewed tomatoes (optional)
3 potatoes, peeled and cubed
3 tablespoons all-purpose flour
salt and pepper to taste

Directions

Put the chicken in a large pot over medium heat and add water to cover. Add the cumin, thyme, marjoram and basil. Bring to a boil, reduce heat to medium low and simmer for 2 1/2 hours (or pressure cook for 45 minutes). Remove the chicken from the pot and allow it to cool. Discard the bones and the skin and chop the chicken meat into bite-size pieces.

Return the chicken to the pot and add the green chile peppers, habanero chile peppers, onion, garlic, carrots, celery, tomatoes and potatoes. Simmer for 30 minutes, or until the potatoes and carrots are tender (or pressure cook for 10 minutes). In a separate small bowl, mix the flour with some water and add to the soup, stirring well so the flour does not clump. Raise heat, bring just to a boil and remove from heat. Season with salt and pepper to taste and serve.

Cube Steak Stew

Ingredients

- 1 1/2 pounds beef cube steak
- 3 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 1/2 tablespoon butter
- 1 onion, chopped
- 1 clove garlic, minced
- 1 cube beef bouillon, dissolved in
- 1 cup water
- 1 (15 ounce) can sliced potatoes, drained
- 1 (8 ounce) can peas and carrots
- 1 teaspoon browning sauce
- 1/2 teaspoon Italian seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Directions

Cut cube steaks into pieces about 1/2 inch in size. Sprinkle flour over a plate, and dredge meat in flour.

In a large skillet, heat oil and butter over medium high heat. Add steak pieces, onion, and garlic to oil in pan; saute till lightly browned. Add more butter if needed.

Stir in beef bouillon, potatoes, peas and carrots, browning sauce, Italian seasoning, salt, and black pepper. Cover, turn heat down to simmer, and cook for 25 minutes. It will thicken as it cooks. Add more water if it gets too thick.

Italian Lamb Stew

Ingredients

2 tablespoons olive oil
1 1/2 pounds boneless lamb
shoulder, cut into 1-inch cubes
salt and ground black pepper to
taste
5 cloves garlic, sliced thin
1/2 cup red wine
1/2 cup chicken broth
4 cups peeled, chopped tomatoes
1 teaspoon dried oregano
1 bay leaf
4 potatoes, peeled and cut into 1-
inch pieces
2 cups fresh green beans,
trimmed
1 red bell pepper, seeded and cut
into 1-inch pieces
2 small zucchini, sliced
3 tablespoons chopped fresh
parsley

Directions

Heat the olive oil in a Dutch oven or large, heavy-bottomed pot. Season the lamb with salt and pepper; cook in the hot oil until browned, 2 to 3 minutes. Add the garlic; cook and stir 1 minute. Pour the red wine and chicken broth into the pan and bring to a boil while scraping the browned bits of food off of the bottom of the pot with a wooden spoon. Reduce the heat to medium-low; add the tomatoes, oregano, and bay leaf to the pot. Simmer gently until the lamb is tender, about 45 minutes.

Raise heat to medium-high. Add the potatoes, green beans, red pepper, and zucchini to the pot. Cook until the vegetables are tender, another 15 to 20 minutes. Sprinkle the parsley over the soup. Remove the bay leaf and season with salt and pepper before serving.

Ham and Bean Stew

Ingredients

2 (16 ounce) cans baked beans
2 medium potatoes, peeled and cubed
2 cups cubed fully cooked ham
1 celery rib, chopped
1/2 cup water

Directions

In a slow cooker, combine all ingredients; mix well. Cover and cook on low for 7 hours or until the potatoes are tender.

Veal Stew

Ingredients

4 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
2 pounds veal, trimmed and cubed
1 (8 ounce) can tomato sauce
1/2 cup white wine
salt and pepper to taste

Directions

In a large pot, heat oil over medium heat. Add onions and garlic; cook and stir until onion is tender.

Add meat to the pot, and brown evenly.

Stir in tomato sauce and white wine. Season with salt and pepper to taste. Bring to a boil, reduce heat to low, cover and simmer for 1 1/2 hours, or until tender.

Shipwreck Stew

Ingredients

2 pounds ground beef
2 (10.75 ounce) cans condensed tomato soup
2 medium onions, chopped
5 large potatoes, cubed
2 (15.25 ounce) cans kidney beans, undrained

Directions

Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until browned. Drain grease, and transfer beef to a slow cooker. Mix in the tomato soups (undiluted), onions, potatoes, and beans.

Cover, and cook on the Low setting for 4 to 5 hours, until stew is thick and potatoes are tender.

Hunter's Stew

Ingredients

1 pound lean ground beef
1 medium onion, chopped
3 medium carrots, sliced
3 large potatoes, peeled and sliced
1 (10 ounce) package frozen cut green beans, thawed
1 (10.75 ounce) can condensed tomato soup, undiluted
1 1/3 cups water

Directions

Crumble beef into an ovenproof Dutch oven or greased 13-in. x 9-in. x 2-in. baking dish. Layer with onion, carrots, potatoes and beans. Combine soup and water; pour over beans. Cover and bake at 375 degrees F for 2 hours or until the meat is no longer pink and vegetables are tender.

Better Vegetable Stew

Ingredients

1 tablespoon olive oil
2 potatoes, cut into wedges
3 carrots, peeled and cut into large chunks
2 onions, peeled and quartered
1 tablespoon cumin seeds, toasted
1 tablespoon mustard seed, toasted
1/2 teaspoon dried oregano
1 medium head garlic
4 large red bell peppers
4 fresh tomatoes, cored
1 cinnamon stick
1 (29 ounce) can diced tomatoes
1 (15 ounce) can garbanzo beans, drained
1 lemon, juiced
salt and pepper to taste
2/3 cup cooked white rice

Directions

Preheat oven to 400 degrees F (200 degrees C).

Cover two baking sheets with aluminum foil, and drizzle with olive oil. Arrange potatoes, carrots and onions on one baking sheet. Drizzle with more olive oil and sprinkle with oregano, cumin and mustard seeds. Place the garlic bulb on the baking sheet. Arrange the peppers and tomatoes on the second baking sheet, and sprinkle with olive oil.

Place both pans in the oven. Cook, stirring the contents occasionally, until the potatoes, carrots and onions are tender and the peppers and tomatoes are black, about 30 to 45 minutes. The bell peppers and tomatoes may take a little longer to cook than the potatoes, carrots, onions, and garlic. Feel free to remove the baking sheet of potatoes earlier than the baking sheet of bell peppers. Reduce the oven's heat to 350 degrees F (175 degrees C).

Transfer the tomatoes and peppers into a medium size mixing bowl with the canned tomatoes and cinnamon stick. Cover the bowl, and let it set for 30 minutes.

Skin and seed the peppers and skin the tomatoes. Chop the peppers and tomatoes and place them into a medium size pot that can be placed in the oven. Squeeze the garlic from skins into the pot and stir in the potato mixture and chickpeas. Season with lemon juice, salt, and black pepper.

Cover the stew, and bake it for 30 minutes.

Sloppy Joe Stew

Ingredients

2 pounds ground beef
1 medium onion, chopped
1 small green pepper, chopped
1 1/2 cups water
1 (12 ounce) can whole kernel corn, undrained
1 (10.75 ounce) can condensed tomato soup, undiluted
1/4 cup sugar
1 tablespoon Worcestershire sauce
1 teaspoon hot pepper sauce
salt and pepper to taste

Directions

In a large saucepan, cook beef, onion and green pepper over medium heat until meat is no longer pink; drain. Add the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour.

Curried Squash, Garbanzo Bean, and Potato Stew

Ingredients

3 tablespoons olive oil
1 teaspoon ground cayenne pepper
1 medium yellow onion, chopped
2 tablespoons yellow curry powder
2 (14 ounce) cans vegetable broth
3 large Yukon Gold potatoes, chopped
2 (10 ounce) packages frozen cooked yellow squash
1/2 head cauliflower, chopped into bite size pieces
2 (15 ounce) cans garbanzo beans
1 (8 ounce) container plain yogurt
cilantro leaves, for garnish

Directions

Heat the olive oil and cayenne pepper in a large pot over medium heat, and saute the onion until tender. Season with curry powder. Pour in the broth, and mix in the potatoes. Bring to a boil, reduce heat to low, and simmer 20 minutes, or until potatoes are very tender.

Mix the squash and cauliflower into the pot, and continue cooking 30 minutes.

Mash the garbanzo beans with a fork, and mix into the pot. Continue cooking 5 minutes, until heated through. Top with yogurt, and garnish with cilantro to serve.

Slow Cooker Venison Stew

Ingredients

3 stalks celery, diced
1/2 cup chopped onion
2 cloves garlic, minced
1 tablespoon chopped fresh parsley
2 tablespoons vegetable oil
2 pounds venison stew meat
salt and pepper to taste
dried oregano to taste
dried basil to taste
1 cup tomato sauce
1/2 cup dry red wine
1/2 cup water

Directions

Place the celery, onion, garlic, and parsley in the bottom of a slow cooker. Heat the oil in a large frying pan over medium-high heat. Brown the venison well in two batches, and add to the slow cooker.

Season to taste with salt, pepper, oregano, and basil. Pour in the tomato sauce, red wine, and water. Cook on Low for 7 to 10 hours.

Culinarius' Thai Chicken Stew

Ingredients

2 tablespoons sesame oil
2 pounds boneless chicken pieces, cut into strips
2 tablespoons fresh lemon juice
2 tablespoons soy sauce
2 (15 ounce) cans coconut milk
1/4 cup red curry paste
1/4 cup flour
2 red bell peppers, chopped
1 sweet onion, chopped
1 red onion, chopped
2 cloves garlic, minced
2 large potatoes, cubed
2 (8 ounce) cans sliced bamboo shoots, drained
2 (8 ounce) cans sliced water chestnuts, drained
2 (8 ounce) cans baby corn, drained
1 (12 ounce) can sliced mushrooms, drained
1/4 cup chopped cilantro

Directions

Heat the sesame oil in a stockpot over medium-high heat; add the chicken, lemon juice, and soy sauce; cook and stir until the chicken is cooked through, 3 to 5 minutes.

Whisk together the coconut milk, curry paste, and flour in a bowl until smooth; pour into the skillet. Add the bell pepper, sweet onion, red onion, garlic, potatoes, bamboo shoots, water chestnuts, and mushrooms; reduce heat to low, cover, and simmer 45 minutes. Stir in cilantro and remove from heat.

Chestnut, Lentils and Vegetable Stew

Ingredients

3 tablespoons olive oil
1/2 onion, finely chopped
5 cloves garlic, minced
3 celery ribs, chopped
4 carrot, peeled and sliced
1 (32 fluid ounce) container
vegetable broth
2 cups water
1 (15 ounce) can stewed
tomatoes, undrained
1 (15 ounce) can brown lentils
2 (7 ounce) cans French chestnuts
1 pinch salt and ground black
pepper to taste

Directions

Pour the olive oil into a large, deep pot set over medium-high heat. Stir in the onion and garlic; cook until transparent, about 5 minutes. Add the celery, carrots, vegetable broth, and water; cook for 10 to 15 minutes. Reduce heat to medium, pour in the tomatoes, and cook 10 to 15 minutes more. Reduce heat to low, and mix in the lentils and chestnuts; cook for 1 hour until the chestnuts soften. Pour in more water to thin the stew, if desired. Season to taste with salt and pepper.

Pork Chops with Stewed Tomatoes

Ingredients

1 onion
4 thick cut boneless pork chops
salt and pepper to taste
10 ounces fresh mushrooms,
sliced
1 (14 ounce) can stewed
tomatoes, with juice

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cut the onion into thick slices and arrange them on the bottom of a casserole dish. Lay the pork chops over the onions. Season the chops with salt and pepper to taste.

Cover the chops with the mushrooms and pour the stewed tomatoes over all.

Bake, covered, at 350 degrees F (175 degrees C) for 1 hour. Remove cover and bake for 30 more minutes.

Daddy's Stew

Ingredients

2 pounds ground beef
1 medium onions, chopped
2 (19 ounce) cans minestrone soup
1 (14.5 ounce) can pinto beans with jalapeno peppers
2 (10 ounce) cans diced tomatoes and green chiles
garlic powder to taste
seasoned salt to taste
ground black pepper to taste

Directions

In a skillet over medium heat, cook the ground beef and onions until beef is evenly brown and onions are tender. Drain grease.

In a pot, mix the beef and onions, minestrone soup, pinto beans with jalapeno peppers, and diced tomatoes and green chiles. Season with garlic powder, seasoned salt, and pepper. Bring to a boil, reduce heat to low, and simmer 1 hour.

Chuck Wagon Stew

Ingredients

1 pound ground beef
1/2 onion, chopped
2 potatoes, diced
2 cubes beef bouillon
1 cup water
1 (14.5 ounce) can green beans
1 (14.5 ounce) can diced tomatoes
salt and pepper to taste

Directions

Brown the ground beef with the onion in a large skillet over medium heat; drain the excess fat from the pan. Stir the potatoes, beef bouillon, and water into the beef. Drain the liquid from the canned green beans into the beef mixture; set the green beans aside. Cook the mixture until the potatoes are soft. Add the green beans and diced tomatoes and cook until hot. Season with salt and pepper before serving.

Apple and Pork Stew

Ingredients

2 tablespoons vegetable oil
1 pound boneless pork shoulder, cubed
1/4 cup all-purpose flour
2 tablespoons butter
1 red onion, diced
2 cloves garlic, minced
1 shallot, minced
1 teaspoon dried thyme
1 teaspoon dried rosemary
2 teaspoons dried basil
1 teaspoon salt
1/2 teaspoon ground black pepper
1 pound new potatoes, cut into 1/2 -inch cubes
2 cups dry red wine
2 (14 ounce) cans beef broth
1 large Granny Smith apple - peeled, cored and diced

Directions

Heat the oil in a Dutch oven over medium-high heat. Place the flour into a bowl. Add cubed pork and toss until coated. Shake off the excess flour and place pork in the hot oil. Cook until browned on each side, and then remove from the pan.

Reduce the heat to medium-low, and melt the butter in the pan. Add the onion, garlic and shallot; season with thyme, rosemary, basil, salt and pepper. Cook and stir until the onion is tender and translucent, about 5 minutes. Mix in the potatoes and cook for another 5 minutes.

Pour the wine and beef broth into the pot, and add the pork and apple. Cover and cook for about 45 minutes, until potatoes and apples are tender.

Greek Lamb Stew

Ingredients

2 tablespoons olive oil
1 pound lamb shoulder blade
chops
salt and pepper to taste
1 large onion, chopped
3 cloves garlic, minced
1/2 cup dry red wine
2 cups chopped tomatoes
1 (15 ounce) can tomato sauce
1 cup lamb stock
1/2 lemon, zested and juiced
1/2 teaspoon dried oregano
1/2 teaspoon ground cinnamon
1 bay leaf
1 pound fresh green beans,
trimmed
1/4 cup chopped fresh parsley

Directions

Heat the olive oil in a large, heavy bottomed pot over medium-high heat. Season the lamb with salt and pepper, add to the pot, and cook until deeply browned, about 5 minutes on each side. Stir in the onions and garlic, and cook until lightly browned, about 2 minutes.

Pour the wine into the pot, and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Stir in the tomatoes, tomato sauce, lamb stock, lemon zest and juice, oregano, cinnamon, and bay leaf. Bring back to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lamb is very tender, about 1 1/2 hours. Stir in the green beans and cook until they are tender, about 20 additional minutes.

Remove the bay leaf and any bones from the stew. Garnish stew with chopped fresh parsley.

Beef Stew IV

Ingredients

1 pound cubed beef stew meat
3 tablespoons all-purpose flour
3 tablespoons shortening
1 teaspoon salt
1/8 teaspoon ground black pepper
4 cups water
1 onion, finely diced
1/4 teaspoon paprika
1 clove garlic, minced
1 teaspoon Worcestershire sauce
1 bay leaf
3 carrots, quartered
3 potatoes, peeled and quartered
1/4 cup all-purpose flour
1/2 cup frozen corn kernels

Directions

Dredge beef in flour and then, in a medium stock pot, brown beef on all sides in shortening. Add salt, pepper, water, onion, paprika, garlic, Worcestershire sauce and bay leave. Bring to a boil, cover and simmer for 2 hours or until meat is tender.

Add carrots and potatoes and simmer for 45 minutes or until tender.

Remove bay leave and meat from stew, add 1 tablespoon flour or cornstarch and mix, in order to thicken stew. After mixing let sit for a few minutes to thicken, if not to desired thickness add more flour or cornstarch and repeat.

Once thickened return meat and add corn to stew, heat through and serve.

Cowboy Stew II

Ingredients

1 pound ground beef
1 (28 ounce) can stewed tomatoes
2 (15.25 ounce) cans whole kernel corn
2 (15 ounce) cans whole green beans
1 (15.5 ounce) can canned red beans, drained and rinsed
1 onion, chopped
1/2 teaspoon dried oregano
1/4 teaspoon cayenne pepper
salt and pepper to taste

Directions

Brown the ground beef in a skillet over medium heat until no longer pink. Drain off any excess grease.

In a stock pot or Dutch oven, combine the ground beef, tomatoes, corn, green beans, red beans, and onion. Season with oregano, cayenne pepper, and salt and pepper to taste. Cover and simmer for at least 50 minutes over medium to low heat. The longer it cooks, the better it gets!

A Vegetable Stew - Tabakh Rohoo

Ingredients

1 tablespoon ghee (clarified butter)
1 pound lamb meat, cut into small pieces
1/2 teaspoon ground allspice
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon ground nutmeg
1 pinch ground cardamom
2 onions, sliced
1 potato, peeled and sliced
1 pound eggplant, peeled and cubed
1 pound zucchini, thickly sliced
2 pounds tomatoes, cubed
1 chile pepper, chopped
salt to taste
1 tablespoon tomato paste
1/4 cup water
6 cloves garlic
salt to taste
3 tablespoons dried mint

Directions

Heat the ghee in a large pot over medium heat. Place the lamb meat in the pot, and cook until evenly brown. Season with allspice, cinnamon, cloves, nutmeg, and cardamom.

Place a layer of onion on top of the lamb in the pot, followed by layers of potato, eggplant, zucchini, and tomatoes. Do not stir. Place the chile pepper in the center of the vegetables. Season with salt. Mix the tomato paste and water, and pour over the vegetables. Bring to a boil, reduce heat to low, and simmer 1 hour, until vegetables are tender.

With a mortar and pestle, crush together the garlic, salt, and mint. Mix with 2 tablespoons of liquid from the pot, and pour over ingredients in pot. When removing the mixture to the serving dish - a fairly open or wide bowl - tip the pot and let it slide out the side so that it stays in the layers.

Oven Beef Stew

Ingredients

2 tablespoons all-purpose flour
3/4 teaspoon salt
1/8 teaspoon pepper
3/4 pound boneless beef chuck
roast - cut into 1 inch cubes
1 tablespoon vegetable oil
1 (10.75 ounce) can condensed
tomato soup, undiluted
1 1/4 cups water
3/4 cup chopped onion
1/4 teaspoon dried basil
2 medium potatoes, peeled and
diced
2 medium carrots, cut into 1 inch
pieces

Directions

In a resealable plastic bag, combine the flour, salt and pepper. Add beef cubes, a few at a time, and shake to coat. In a Dutch oven, brown meat in oil. Add the soup, water, onion and basil; mix well. Cover and bake at 350 degrees F for 1 hour. Add potatoes and carrots. Bake 1 hour longer or until meat and vegetables are tender.

Harvested Chicken Stew

Ingredients

2 cups chopped onion
2 cups cubed, cooked boneless chicken breast meat
1 cup chopped celery
2 cups whole peeled tomatoes, with liquid
2 cups sliced carrots
5 cups chicken broth
1 cup sweet corn
1 cup peas
1 cup sliced zucchini

Directions

In a large soup pot combine the onion, chicken, celery, tomatoes with liquid, carrots, broth, corn, peas and zucchini. Stir together and simmer over medium low heat for 1/2 hour, or until vegetables are cooked and tender.

Chicken Thigh and Dumpling Stew

Ingredients

3 tablespoons butter
2 pounds chicken thighs
8 slices bacon
2 stalks celery, chopped
3 carrots, chopped
1 red onion, finely chopped
3 cloves garlic, finely chopped
1 (14 ounce) can vegetable broth
1/2 teaspoon paprika
1/2 cup heavy cream
1 (26 ounce) can condensed cream of chicken soup
1 cup water
1 (8.75 ounce) can sweet corn, drained
ground black pepper to taste
1 (10 ounce) can buttermilk biscuits

Directions

In a large skillet over medium-high heat, melt the butter and cook the chicken thighs until the meat is just cooked through. Remove the chicken pieces from the skillet and allow to cool. Using forks, pull meat from the bones and cut into small pieces or shred. Set aside.

Meanwhile, in a medium skillet, cook the bacon over medium heat until nicely browned and crispy. Remove strips from bacon grease and drain on a paper towel. Crumble the drained and cooled bacon and set aside. Reserve 1 tablespoon of the bacon drippings.

Scrape the chicken drippings from the large skillet into a large stock pot or Dutch oven. Cook the celery, carrots, red onion, and garlic over medium heat until the red onions are soft and transparent. Add the vegetable broth, chicken, and 1 tablespoon reserved bacon grease. Simmer over medium heat for 12 minutes, then stir in paprika, heavy cream, cream of chicken soup, and water. Heat through, stirring regularly, about 5 minutes. Stir in the sweet corn and ground pepper.

Tear each buttermilk biscuit into quarters and drop into the chicken stew. Reduce heat to medium-low; stir occasionally until dough is cooked though, forming dumplings at the top of the stew, about 10 minutes. Remove from heat and serve with a garnish of crumbled bacon.

Hearty Beef Stew

Ingredients

1 pound cubed beef stew meat
1/4 cup all-purpose flour
1 tablespoon paprika
salt and pepper to taste
2 cups beef broth
1 1/2 tablespoons teriyaki sauce
1 onion, chopped
3 carrots, sliced
1 stalk celery, sliced
2 potatoes, cubed
1/2 pound mushrooms, quartered
2 cloves garlic, minced
1 bay leaf

Directions

Place beef stew meat into a slow cooker. In a small bowl, mix together flour, paprika, salt, and pepper; sprinkle over beef stew meat, stirring to coat. Stir in beef broth, teriyaki sauce, onion, carrots, celery, potatoes, mushrooms, garlic and bay leaf.

Cover, and cook on Low 6 hours, stirring occasionally.

Winter's Night Stew

Ingredients

1 pound sausage
4 cups water
2 cups canned red beans, drained and rinsed
1 (15 ounce) can cannellini beans, drained and rinsed
1 (16 ounce) can diced tomatoes
1 (15 ounce) can sliced potatoes, drained
1 (8.75 ounce) can sweet corn
1 (10 ounce) package frozen vegetable blend (peppers, onions, celery, and parsley)
2 teaspoons salt
1/2 teaspoon ground black pepper
1/8 teaspoon ground cayenne pepper
1/2 clove garlic, minced

Directions

In a skillet brown the meat, drain and crumble.

In a large stew pot add water and seasoning blend and cook until just slightly tender. Add the red beans, white beans, chopped tomatoes, corn, salt, black pepper, red pepper, garlic and crumbled meat. Simmer for 45 minutes.

Add the potatoes and simmer, covered, for an additional 20 minutes. Serve with cornbread. Enjoy!

Stewed Tomatoes with Dumplings

Ingredients

1 (14.5 ounce) can diced tomatoes, undrained
1 tablespoon sugar
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons butter or margarine
1/2 cup biscuit/baking mix
3 tablespoons milk

Directions

In a saucepan, combine the tomatoes, sugar, salt, pepper and butter. Bring to a boil over medium heat, stirring occasionally. In a bowl, combine the biscuit mix and milk. Drop batter in four mounds onto the tomatoes.

Reduce heat; cover and simmer for 10 minutes or until a toothpick inserted in a dumpling comes out clean (do not lift cover while simmering).

Chili Verde Stew

Ingredients

3/4 pound boneless pork roast,
cut into 1 inch cubes
1 tablespoon canola oil
1/4 cup chopped green pepper
1/4 cup chopped onion
1/4 teaspoon minced garlic
1/4 cup dry red wine or beef broth
1 cup canned diced tomatoes
1/2 cup salsa
2 tablespoons canned chopped
green chiles, divided
1/2 teaspoon ground cumin
1/4 teaspoon sugar
1 dash ground cloves
2 tablespoons minced fresh
parsley
1 small jalapeno pepper, seeded
and chopped

Directions

In a large saucepan, cook the pork in oil over medium heat until no longer pink; remove and set aside. In the same pan, saute the green pepper, onion and garlic for 1-2 minutes or until tender. Stir in the pork, wine or broth, tomatoes, salsa, 1 tablespoon chilies, cumin, sugar and cloves. Cover and cook over low heat for 40 minutes, stirring occasionally.

Stir in the parsley, jalapeno and remaining chilies. Cover and cook 20-25 minutes longer or until meat is tender.

Portuguese Chourico Stew

Ingredients

1 (16 ounce) package chourico, cut into small pieces
1 small onion, chopped
1 clove garlic, chopped
1 (15 ounce) can canned tomato sauce
6 cups water
2 small potatoes, diced
2 teaspoons red pepper flakes
1 dash paprika
2 (15 ounce) cans green beans, drained

Directions

Heat a Dutch oven over medium-high heat. Saute chourico, onion and garlic until onion is tender. Stir in tomato sauce, water and potatoes. Season with red pepper and paprika. Bring to a boil, reduce heat, and simmer 25 to 30 minutes, or until potatoes are tender. Stir in green beans, and simmer 5 to 10 minutes, or until heated through.

Parsley Spinach Chicken Stew

Ingredients

1 cup chopped fresh parsley
8 ounces spinach, rinsed and chopped
1 onion, chopped
1 potato, cubed
4 skinless, boneless chicken breasts
6 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon ground turmeric
2 tablespoons tomato paste
1 cup water
3 tablespoons fresh lemon juice

Directions

In a medium size frying pan, heat 4 tablespoons of the olive oil. Add the parsley and spinach and fry until wilted. Set aside.

Heat the other 2 tablespoons of olive oil in a large pot. Add the onion and saute, stirring occasionally, until tender. Add the chicken breasts and brown both sides of each breast. Add the salt, turmeric, fried parsley/spinach, water and tomato paste. Bring all to a boil and let boil for 10 minutes.

Add the cubed potatoes. Cover and let cook over low heat for 1 to 2 hours. Add the lemon juice, bring to a boil and let boil for 10 more minutes. Serve with steamed rice if desired.

Roast Beef Stew

Ingredients

2 cups cubed cooked roast beef
4 cups tomato juice
2 (14.5 ounce) cans diced tomatoes, undrained
2 cups water
3 large red potatoes, diced
2 cups frozen lima beans
1 large onion, diced
1 cup diced celery
1 tablespoon beef bouillon granules
1 teaspoon sugar (optional)
salt and pepper to taste
1 bay leaf

Directions

In a Dutch oven or soup kettle, combine all of the ingredients. Bring to a boil. Reduce heat; cover and cook until vegetables are tender, about 30 minutes. Discard bay leaf before serving.

Tim's Lamb Stew

Ingredients

1 (14.5 ounce) can beef broth
2 pounds lamb stew meat, cubed
1 1/2 tablespoons chopped fresh parsley
1 teaspoon dried thyme
salt and pepper to taste
2 pounds potatoes, peeled and sliced
1 1/2 pounds carrots, peeled and diced
1 medium onion, finely chopped
6 tablespoons all-purpose flour
1/4 cup corn oil

Directions

In a large saucepan over medium heat, mix the beef broth, lamb, parsley, and thyme. Season with salt and pepper. Cover, and cook 30 minutes, stirring occasionally.

Stir potatoes, carrots, and onion into the lamb mixture. Cover, reduce heat to low, and cook 90 minutes, until all the vegetables are tender.

In a small bowl, mix the flour and oil until smooth. Stir into the stew mixture, and cook 5 minutes, until thickened.

Cheesy Brat Stew for the Slow Cooker

Ingredients

6 bratwurst links, browned and cut into 1/2 inch slices
4 medium potatoes, peeled and cubed
1 tablespoon dried minced onion
1 (15 ounce) can green beans, drained
1 small red bell pepper, seeded and chopped
2 cups shredded Cheddar cheese
1 (10.75 ounce) can cream of mushroom soup
2/3 cup water

Directions

Place the bratwurst, potatoes, minced onion, green beans, red pepper, Cheddar cheese, mushroom soup and water into a slow cooker. Cover, and cook on medium for 3 hours, or until potatoes are fork-tender.

Leftover Turkey Brunswick Stew

Ingredients

1 tablespoon vegetable oil
2 small yellow onions, chopped
4 1/2 cups chopped cooked turkey
2 (28 ounce) cans diced tomatoes
1 (15 ounce) can diced potatoes, drained
6 cups water
1 cup ketchup
1 cup hickory-flavored barbecue sauce
1/4 cup vinegar
1 tablespoon Worcestershire sauce
1/2 teaspoon hot pepper sauce
1 1/2 teaspoons salt
1 teaspoon ground black pepper
2 (15.25 ounce) cans whole kernel corn, drained

Directions

Heat the vegetable oil in a large stock pot over medium heat. Cook and stir the onion in the hot oil until softened and translucent, about 5 minutes. Add the turkey, tomatoes, potatoes, water, ketchup, barbecue sauce, vinegar, Worcestershire sauce, hot pepper sauce, salt, and pepper. Bring stew to a boil; reduce heat to low and simmer for 2 hours, stirring occasionally. Add corn and cook another 30 minutes.

Monica's Vegetable and Seitan Stew

Ingredients

1 cup uncooked brown rice
2 1/2 cups water
1 quart vegetable broth
1 (14.5 ounce) can diced tomatoes with garlic
1 (8 ounce) package seitan
1 cup cauliflower
2 carrots, chopped
1/2 cup chopped fresh green beans
1/4 cup sliced green onions
celery salt to taste

Directions

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.

In a separate pot, bring the broth to a boil. Stir in the tomatoes, seitan, cauliflower, carrots, green beans, and green onions. Reduce heat to low, and simmer 10 minutes, or until vegetables are tender. Season with celery salt, and serve in bowls over the cooked rice.