



Camping Stew

From the Kitchen of Linda Holt

Ingredients: 1 - lb of Meat (Ground Beef or Turkey)
1 - Large bag of Frozen Mixed Vegetables
1 - Small Onion (optional, more if desired)
1 - Medium Potato (more if desired)
1 - Pack of Stew Seasoning

Instructions: *Brown the meat in a large pan. When well cooked add the onion. Drain the fat. Add vegetables, peeled and cubed potato, stew seasoning, and 1-1/2 to 2 cups of water and mix well. Bring to a boil then simmer until all vegetables are well cooked (Usually 45 to 60 minutes)*

Serves: 2-4 people