

# United States Beef Stew

## INGREDIENTS

- Pot Roast - Figure three people for each pound, so if you have 8 or 9 people eating, get a 3-pound roast
- Carrots (one for each person)
- Potatoes (one for each person)
- Onions (one for every two people)
- Green Peppers (one for every two people)
- Celery - 2 or 3 stalks (if desired)
- Seasoning ingredients: bay leaf, paprika, crushed cloves, pepper, salt, crushed garlic, Worcestershire sauce, sugar
- Other supplies: oil, flour, bread, hot cocoa mix

## AT HOME

1. Cut Pot Roast up into cubes or pieces about 1 inch in size. When done, put in a sealed plastic bag and refrigerate until you leave for the hike.
2. In a plastic bag which you can seal, place:
  - 1 Bay Leaf
  - 1 Tbsp. of sugar
  - 1 tsp. of paprika
  - 1/8 tsp. of cloves or less
  - 1 tsp. of pepper
  - 1 tsp. of salt
  - 1 slice of onion
  - 1 clove of crushed garlic
  - 2 Tbsp. of Worcestershire sauce
3. Be sure you seal this bag tight!

## AT CAMP

1. Flour your meat
2. Brown the meat in oil in the Dutch oven
3. While meat is browning, heat 2 cups of water to boil and add this boiling water to the meat when it is browned.
4. Add the plastic bag of seasonings listed above (Take OUT of the bag first, idiot!)
5. SIMMER - SIMMER - SIMMER!!! for 1 and 1/2 hours. Look at it every 15 minutes or so to make sure that the liquid is not boiling away.
6. After 1 and 1/2 hours of simmering add carrots, potatoes, onions and green pepper (see above for amounts).
7. Cover and simmer for another 45 minutes - you will probably have to add a cup of water at this point. NOW IS THE TIME to call Russ over to take a look!
8. After 45 minutes of simmering use a separate bowl to mix 3 Tbsp. Of flour into 1/3 cup of cold water. Stir this slowly into the stew.
9. Simmer for 3 more minutes.
10. Eat hot with plenty of whole wheat bread and lots of HOT cocoa. GREAT!!!

### ADDITIONAL INFO:

Browning meat - bring about 1/2 cup of oil in a plastic jar with a tight lid. Also bring a small plastic bag with flour (about 1 cup). Close it tight.

Vegetables - see ingredients for amounts. If they are small, you obviously might need more of them - use your mind on this. Also, I like to add a few stalks of celery even though the recipe doesn't call for it.

Gravy - see no. 8 above - note you will need to have some flour for this - so don't use it all when you brown the meat.

Bread and cocoa - is important. Have at least 3 slices of bread per person and at least 2 cups of HOT cocoa per person.