

A recipe from

DAD'S COOKBOOK



Rating:



Texas Depression Days Stew

Adapted from the Long Overdue Cookbook

The Depression fostered a lot of creative cuisine. Well, maybe "cuisine" is a bit stout; but so is this stew, with everyone's favorite flavors. Easy too!

2 yellow onions, thinly sliced; divided
2 lb potatoes, thinly sliced
1 lb carrots, sliced
1 can peas, drained

1 to 1½ lb ground beef
1 can diced tomatoes
½ tsp Italian seasoning
salt and pepper, to taste

In a large Dutch oven, place layers of food: onions (use about $\frac{2}{3}$), potatoes, carrots, peas. Season each layer as you place it. Pat the beef out into a round shape that just fits into the pot; place the meat on top of the vegetables and season it. Pour the tomatoes over the beef, and place the remaining onions on top. Place the lid on the pot and turn to medium-high heat for about 5 minutes, then reduce heat to medium-low and let everything steam for another 15 minutes. Check meat; if cooked through, serve the stew.

I like to experiment with the ingredients: add lima beans and corn, use spicy tomatoes like Rotel, and so on. Paula Jo really prefers I just "follow the rules." Try your own experiments and then you decide! You can't break it...

Yield: Six to eight servings

Preparation time: 20 minutes (All that slice-slice-slice)

Cooking time: 20 minutes

