

RECIPES FROM TRIXIE MATKOWSKI AND HER
FRIENDS AND RELATIVES

COWBOY BEEF STEW

(I cut this recipe out of a magazine ages ago. The recipe was dog-eared and yellowed, so I re-wrote it when I was making it (times fifty!) for the Silver Bullet's Tuesday Special last week.)

TOTAL RECIPE TIME: 2-1/4 TO 3 HOURS

Makes 6 servings

INGREDIENTS:

2-1/2 pounds beef for stew, cut into 1-inch pieces

1 package (12-14 ounces) dried bean soup mix with seasoning packet (not quick cooking)

2 cans (14-1/2 ounces each) diced tomatoes with green peppers and onion

2 tablespoons vegetable oil

1 can (14 to 14-1/2 ounces) beef broth

3 cups frozen diced or hash-brown potatoes

Salt and pepper

1. Soak beans in water overnight in refrigerator according to package directions. Reserve seasoning packet.
2. Coat beef with seasoning packet. Heat 1 tablespoon oil in large stockpot over medium heat until hot. Brown 1/3 of beef in hot oil. Remove from stockpot. Repeat two more times. Add additional oil as needed.
3. Pour off drippings. Return beef to stockpot. Drain beans and discard water. Add beans, tomatoes and beef broth to stockpot. Bring to a boil. Reduce heat and simmer 1-3/4 to 2 hours until beef is fork tender.
4. Stir in potatoes. Bring to a boil. Reduce heat. Continue simmering uncovered 5-7 minutes or until potatoes are tender. Season with salt and pepper as desired.

