

Cowboy Stew



Ingredients:

- 1 lb ground beef (or half ground beef & half sausage)
- 1 medium onion (diced)
- 2 garlic cloves (minced)
- 2 medium potatoes (diced)
- 2 carrots (sliced)
- 1 bell pepper (diced)
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) whole kernel corn (drained)
- 1 can (15 oz) pinto beans (drained & rinsed)
- 1 can (15 oz) ranch-style beans (or baked beans)
- 1 can (10 oz) Rotel (diced tomatoes with green chilies)
- 2 cups beef broth
- 1 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp cumin
- Salt & pepper to taste
- Optional: sliced smoked sausage or bacon for extra flavor

Instructions:

1. Brown the meat: In a large pot or Dutch oven, cook ground beef (and sausage, if using) with diced onion and garlic until browned. Drain excess fat.
2. Add vegetables: Stir in potatoes, carrots, and bell pepper. Cook for 5 minutes, stirring occasionally.
3. Add liquids & seasonings: Pour in beef broth, diced tomatoes, Rotel, and seasonings (chili powder, paprika, cumin, salt, pepper). Stir well.
4. Simmer: Cover and cook on low for 30–40 minutes, until potatoes and carrots are tender.
5. Add beans & corn: Stir in pinto beans, ranch beans, and corn. Simmer for another 10 minutes to blend flavors.
6. Finish & serve: Taste and adjust seasoning. Serve hot with cornbread or crusty bread.