

Hearty Beef Stew

This recipe makes 12 servings beef stew



Ingredients

32 oz low sodium beef broth
1 ranch dressing packet
2 cups baby carrots
1¼ lb yellow potatoes
1¼ lb red potatoes
3 lb rump roast
2 Vidalia Onions
¼ cup Worcestershire Sauce

This recipe was contributed by John In Bibs

Directions:

1. Carefully trim away as much excess fat as possible from the 3 lb rump roast. Place the trimmed roast into your crockpot.
2. Chop the Vidalia onions. Dice both the yellow and red potatoes.
3. Add these along with the baby carrots into the crockpot.
4. Drizzle ¼ cup of Worcestershire sauce evenly over the ingredients. Pour in 32 oz of low-sodium beef broth. Sprinkle the ranch dressing packet evenly over the top.
5. Cook on low heat for at least 8 hours, ensuring that the roast remains covered with liquid throughout.
6. Periodically check the liquid level and add more broth or water if necessary.
7. Once the cooking time is complete, allow the contents to cool completely by refrigerating them overnight. After cooling, any fat that has solidified on the surface can be easily removed.
8. Shred the roast using two forks.
9. Return the shredded meat to the crockpot, stirring it back into the vegetables and broth.
10. Divide the stew into 24 portions in silicone molds (2 portions = 1 serving), or use dividers to make 12 total portions on a lined tray.
11. Pre-freeze until solid. Remove the chili from molds and arrange on a lined tray. If using dividers you can leave them in while freeze drying.
12. Freeze dry.
13. Store in one serving portions in mylar bags for long-term storage.

Rehydration:

1 serving is 2 mold portions or one divider portion. Add 1 cup of boiling water, stir, cover and let sit for 2 minutes. Stir and let sit for an additional 2 minutes. Serve with rice.

Nutritional Value Per 1 serving

Calories: 277 Protein: 26 g Fat: 9 g Carbohydrates: 22 g Sugar: 4 g Fiber: 2 g