

# Southwestern Stew Bibs Style

This makes enough Stew for 4 medium trays.\*

[John in Bibs': Southwestern Stew Bibs Style Freeze Dried Ep273](#)

## Ingredients:

28 oz Can Rotel with chiles	2 15.5 oz cans Fire Roasted Diced Tomatoes
28 oz Can Whole Tomatoes	2 Cans Campbell's Fiesta Nacho Cheese Soup
2 C Beef Broth	
1 Large Yellow Onion coarsely chopped	1 packet of Taco Seasoning
1 Large Yellow Pepper coarsely chopped	2 lbs cooked, drained, and rinsed lean Ground Sirloin
2 15.5 oz Cans Pinto Beans drained	14 oz bag of frozen sweet corn



## Directions:

1. Add all ingredients into a large crockpot. You may want to cut the whole tomatoes in half.
2. Cook on low in the Crock Pot for 6 hours, long enough for the onions to get tender.
3. Line your tray with parchment or silicone, Ladle the stew onto the trays, you may want to use dividers to portion (I used mine set in the ten portion configuration) Cover with a lid.
4. Freeze until solid, then remove lids and freeze dry.
5. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** Varies

**Rehydration:** For a 3/10 portion meal add 1 cup of boiling water, mix, seal, and let stand for 2 minutes. Check, add more water if needed, stir, let sit another 2 minutes.



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray