Southwestern Stew Bibs Style

This makes enough Stew for 4 medium trays.*

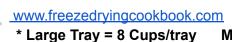
John in Bibs': Southwestern Stew Bibs Style Freeze Dried Ep273

Ingredients:

 28 oz Can Rotel with chiles 28 oz Can Whole Tomatoes 2 C Beef Broth 1 LargeYellow Onion coarsely chopped 1 Large Yellow Pepper coarsely 	 2 15.5 oz cans Fire Roasted Diced Tomatoes 2 Cans Campbell's Fiesta Nacho Cheese Soup 1 packet of Taco Seasoning 2 lbs cooked, drained, and rinsed lean 	
chopped	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)



<u>Cycle times & rehydration for reference only</u> Medium = 6 Cups/Tray Small = 4 Cups/Tray