

Southwestern Stew Bibs Style

This recipe makes ~ 20 cups



Ingredients

1 - 28 oz can Rotel with chiles
1 - 28 oz can whole tomatoes
2 cups beef broth
1 large yellow onion, chopped
1 large yellow pepper, chopped
2 - 15.5 oz cans pinto beans, drained
2 - 15.5 oz cans fire roasted diced tomatoes
2 - 10 oz cans Campbell's Fiesta Nacho Cheese Soup
1 packet taco seasoning
2 lbs cooked, drained, and rinsed lean ground sirloin
14 oz bag frozen sweet corn

This recipe was contributed by John In Bibs

Directions:

1. Cook the ground sirloin over medium heat, breaking it apart with a spatula, until the meat is fully browned.
2. Carefully drain the excess grease from the cooked hamburger. Rinse the meat thoroughly with hot or boiling water to remove as much fat as possible.
3. Cut the whole tomatoes in half or quarters.
4. Add all ingredients into a large crockpot.
5. Cook on low in the crockpot for 6 hours.
6. Add parchment paper to your trays
7. Pour the stew onto the trays. Place dividers using 10 portions per tray - I used 4 trays.
8. Pre-freeze when possible.
9. Freeze dry.
10. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

3 of the 1/10th portions makes 1 serving (about 1 ½ cups) of stew. In a bowl, combine each serving with about 1 cup of boiling water. Stir, cover and let sit for 5 minutes. Check for consistency, especially the beans, and add more hot water if needed.

Notes:

I stored each portion of this along with a piece of Pilot Bread Crackers in individual mylar bags.

Nutritional Value Per 1 serving

Calories: 234 Protein: 16 g Fat: 12 g Carbohydrates: 17 g Sugar: 6 g Fiber: 3 g