

Cowboy Stew Recipe

Required:	
Ingredients:	1 lb. ground beef 1 onion 2 potatoes 1 can peas 1 can green beans 1 can baked beans 1 can tomato soup 1 can corn 1 can diced tomatoes Chili powder Nutmeg 1 Bay leaf Salt and pepper
Notes:	main course
Instructions:	Cut potatoes into 1 inch cubes. Dice onion. Preheat Dutch oven to 325 degrees. Brown ground beef and onion. Add potatoes and all cans, undrained. Cook until potatoes are soft. Add chili powder, nutmeg, bay leaf, salt, and pepper as you prefer and cook 30 minutes more.