

Mr. Majewski's Beef Stew (Serves 8)

INGREDIENTS:

8 potatoes - medium
8 carrots - medium / small
2 green peppers
3 tomatoes
8 ounces mushrooms
2.5 pounds stew meat (Mr. McGee's note: consider substituting lean hamburger)
4 beef bullion cubes
4 tablespoons dry onion flakes
1 teaspoon black or crushed red pepper
.75 cup flour

PREPARATION & DEHYDRATION

1. Cube potatoes and carrots (1/2") and par boil by steaming or microwave
2. Cube peppers (1/2") Slice tomatoes (3/8")
3. Cook meat with sliced mushrooms as you would for a meal. Then cube meat to approximately 3/4"
4. Dehydrate potatoes, carrots, peppers, tomatoes, beef, and mushrooms
5. Combine potatoes and carrots in a large waterproof container for trail
6. Combine peppers, tomatoes, beef, mushrooms, bullion cubes, onion flakes, and pepper in zip lock bag for trail
7. Put flour in waterproof container or ziplock bag

COOKING ON TRAIL

1. At least 1 hour before supper, if possible, fill potato/carrot container with water
2. To cook, empty potato/carrot container into pots, add water and boil 10 minutes
3. Remove from heat, add contents of Beef Packet and let stand for 20 minutes or till softened
4. Cook again 5 minutes and remove from heat
5. Mix thick solution of flour and water in cup and slowly stir into stew to thicken
6. Cook over low heat to consistency and tenderness

UTENSILS - 2 stew pots, drinking cup, large spoon, & small spoon