



COWBOY STEW

Hearty and super delicious!

INGREDIENTS

- 2 lbs ground beef
- 1½-2 lbs kielbasa sausage sliced into ¼ inch pieces
- 2 garlic cloves, minced
- 1 onion, chopped
- 2 (14.5oz) cans diced tomatoes, drained
- 3 medium baking potatoes, peeled and diced
- 1 (15oz) cans pinto beans, with liquid
- 1 (15.2oz) can whole kernel corn, drained
- 1 (14.5oz) can diced tomatoes with green chile pepper, with liquid
- 1 (10oz) package frozen mixed vegetables
- 4 cups of beef broth
- 2 tsp ground cumin
- 2 tsp chili powder
- Salt and pepper to taste



INSTRUCTIONS

1. In a dutch oven over medium heat, sauté onion. Add ground beef and cook until there's no pink left. Drain off any fat.
2. Add sliced sausage
3. Pour in tomatoes, pinto beans, corn, potatoes, diced tomatoes with chiles and veggies
4. Mix everything until well combined, add spices.
5. Add beef broth, bring to a boil, and simmer for one hour

COOKING TIPS AND SWAPS:

Want it a little spicier? Add in some jalapeno.

This is great served in a bread bowl!