

# Cowboy stew in a Dutch Oven (Potjie)



Cowboy stew in a Dutch Oven (Potjie)

Can also be done on a stove plate with any heavy based pot.

courtesy Dutchovendude.com

1 lb. ground beef

1 onion

3 potatoes

(all cans are about 15 oz.)

1 can green beans

1 can baked beans

1 can black beans

1 can tomato soup

1 can corn

1 can diced tomatoes

1 tsp Chili powder

1 tsp cayenne pepper

1 bay leaf

Salt and pepper

Instructions: Cut potatoes into 1 inch cubes.

Dice onion.

Heat dutch oven to 350 degrees for Frying.

Brown ground beef and onion.

Add potatoes and all cans, undrained.

Add spices (more or less if you like bland or spicy)

Cook until potatoes are soft (about 45 minutes), stirring every 5 minutes.

Serves about 8.