

## Basic Camp Out Stew

**Ingredients** 4 ounces of stew meat (do not use hamburger) per person  
½ onion per person  
1 medium potato per person  
2 small or one large carrot per person  
1 small turnip for each two persons  
1 clove of garlic per person  
1 small can of tomatoes per two persons  
¼ cup frozen or canned peas per person  
2 or 3 tablespoons vegetable oil  
2 or 3 tablespoons kitchen bouquet  
1 or 2 tablespoons Worcestershire Sauce  
Salt and pepper to taste  
¼ to ½ cup of flour

1. Trim visible fat from the meat and cut into one inch cubes
2. Peel and dice the onion, carrot, turnip, and potato into bite sized pieces.
3. Peel and mince the garlic.
4. Put enough flour to coat the meat in a bowl or bag with a little salt and pepper. Add the meat cubes and stir or shake to evenly coat the meat. Reserve any unused flour for later use.
5. Heat the oil in the Dutch oven and brown the meat stirring occasionally
6. Add the onions, and garlic, and cook till onions wilt.
7. Add the chopped tomatoes and the liquid from the canned tomatoes. Scrape the bottom of the pot to loosen any browned bits of meat or flour.
8. Add the potatoes, carrots, and turnips.
9. Add enough water to cover the ingredients. Cover the pot and let it simmer for about one hour, stirring occasionally.
10. When the vegetables and meat are tender, mix some water with some of the leftover flour to form a thin paste. Add enough kitchen bouquet or Worcestershire to darken the mixture and add it to the pot, and remove the pot from the fire.
11. Stir in the peas and wait five minutes before serving.

**Suggestions:** Substitute diced skinless chicken, or a variety of dried beans for the meat.  
Add one carefully trimmed beef short rib per person.