

Backland Camp Stew--Easy

Here is a recipe for an easy "Backland Camp Stew:"

- 1) Brown two pounds of lean ground meat in a stew pot. This can be ground sirloin, lean ground beef, or ground turkey/chicken.
- 2) Add 1/2 cup diced onion during the browning process. The onion can be prepared at home and put in a zip-lock bag for simplicity, or you can substitute 2 tbs. of dehydrated onion for ease.
- 3) After the meat is fully cooked, add two cans of vegetable soup and one small can of white beans (Navy or Great Northern).
- 4) Stir and heat it all together and serve.

This recipe should serve 4 adults (unless they are Darrell and Mike; then you need more--lots more). One pan...easy cleanup!

Submitted by Judy