

Quick and Easy Beef Stew **by Mike Ellman Troop 100**

Place the following ingredients in a Dutch Oven in the order they are listed.

- **1 cup water**
- **16 oz bag** of small Gemstone potatoes
- **1 or 2 tsp** L.B. Jamison's beef soup base
- **16 oz bag** of fresh baby carrots
- **1.5 to 2 lbs** of cut stew beef
- **About 1 tbs** garlic salt and **1 tsp** black pepper
- **8 oz package** of fresh cut and rinsed mushrooms ready to use
- **2** plum tomatoes sliced
- **1** white onion skinned and quartered
- **16 oz bag** frozen cut corn
- **16 oz bag** frozen cut green beans

Except for the tomatoes and onion, everything can be used straight from the package.

Stir the stew a few times later in the cooking and taste to see if you have enough seasoning.

In the Dutch oven it can be done cooking in about 2 to 3 hours if you make sure to keep the coals hot.

In a crock pot cook on medium or high all day.