

COWBOY CAMPFIRE BEEF STEW

F EASY

Last Modified: 04/21/2018

PREP: 45 Min
COOK: 6 Hrs
STOVETOP Or CAMPFIRE

SOUP-STEW

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Pounds	Beef Stew Meat (Trimmed)	1" Cubes
4	Tbsp	Olive Oil (or Lard if you want Original)	Divided
2	48 OZ	Jars Great Northern Beans (Randall)	Undrained
2	Cups	Yellow Onions	Chopped
3	Pounds	Carrot Fingers (Organic)	
5	Pounds	Starchy Potatoes (Russet / Idaho)	1" Cubes
1	16 Oz	Jar Sweet Cherry Peppers (Mezetta)	Chopped
2	Quarts	Beef Stock (Swanson)	
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
2	Tbsp	Dried Oregano	
2	Whole	Bay Leaves	
2	Pounds	Frozen Sweet Corn	Thawed
1	Cup	All Purpose Flour	Breading
2	Tbsp	Beef Base (Superior Touch)	
1 +/-	Pinch	Kosher Salt	To Taste
1 +/-	Pinch	Fresh Ground Black Pepper	To Taste
1/4	Cup	All Purpose Reserved Breading Flour	Thickener

OPTIONAL INGREDIENTS

4	DROPS	Liquid Smoke (Colgin or Wright's))	To Taste
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PREPARATION

FACTOID	<p>I enjoyed this dish on a trail ride up into the mountains with work friends Cecil & Sandy on their 5,000 acre Colorado horse ranch. Unfortunately, my buddy was killed when his horse slipped and fell on him the following year during round-up. Originating during those all summer long, arduous Cattle drives, where trail injured Cattle were always available for Meat. All-day hot Coffee was ALWAYS available on the Chuck Wagon. Their ever-present dried Beans are an important ingredient. While this Stew is cooked on the stovetop and is technically missing that wonderful, original wood smoke flavor, we CAN substitute a little Liquid Smoke in it's place. You'll LOVE this rich Beef Stew</p>
TOOLS	<ol style="list-style-type: none"> 1) 2 - Medium Mixing Bowls 2) Large Stainless Steel Skillet 3) Aluminum Half Sheet Pan & Wire Rack 4) Dutch Oven and Lid. 5) Wooden Spoon 6) Large Plastic Bag

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PREP	<p>DISH</p> <p>1) Finely Chop the Onions and set them aside. 2) Mince the Garlic and add it on top of the Onions.. 3) Drain (reserve the liquid) the Peppers, chop and set them aside. 4) Peel & Cube the Potatoes and set them aside covered with cold water.</p>
1	<p>BEEF: Place the Breading Flour in a large plastic storage bag, Season generously with Salt and Pepper. Add the Beef Cubes in a few at a time and shake to coat evenly. Remove the Cubes and place them on a wire rack to dry for about 10 minutes.</p>
2	<p>BEEF: In a Dutch oven over medium high heat, add in 2 tablespoons of Olive Oil and heat until it shimmers. Add in the Beef Cubes (NOT touching) and brown them on all sides, about 6 minutes per batch. Continue until all of the Beef Cubes are browned, adding in more Oil as needed.</p>
3	<p>MIREPOIX: In the Dutch oven over medium high heat, heat the other 2 tablespoons of Olive Oil until it shimmers. Add in the Onions and Garlic and cook while stirring until the Onions are transparent and you can smell the Garlic.</p>
1	<p>STEW: Add the Beef Stock, Browned Beef Cubes, Peppers, Carrots, Coffee, Worcestershire Sauce, Bay Leaf and Oregano. Bring the Stew to a rolling boil and cook while covered for 4+ hours or until the Beef is tender (Longhorns were world renowned as the TOUGHEST Meat available).</p>
1	<p>STEW: Mix the reserved breading Flour with hot Stew Broth, stirring until there are no lumps. Slowly pour it into the Stew while stirring. Stir in the Beans and Juice, drained Potatoes and frozen Corn. Season to taste with Salt and Pepper. Cook for an additional hour or until the Potatoes are just done. Stir in the Liquid Smoke if using.</p>
SERVE	<p>Ladle the Stew into serving bowls (remove & discard the Bay Leaves as you find them) and serve while hot with hot Biscuits on the side. This is FANTASTIC when served in a Crusty Sourdough Bread Bowl.</p>