



CAMPFIRE STEW WITH ROASTED CORN



Ingredients

Olive oil or butter
Onion, diced
Salt and pepper, to taste
Ground beef
Desired spices, including paprika, chile powder, or a blend of curry spices
Golden potatoes, diced
Chicken stock
Beer, wine, or cider, if desired
Cherry tomatoes, halved
Roasted corn, cut off the cob
Spinach, cleaned, and roughly chopped
Lemon or vinegar

THIS IS A GREAT RECIPE TO MAKE IF YOU'VE USED SOME FROZEN CHICKEN STOCK TO KEEP YOUR COOLER COLD!

Directions

1. In a Dutch oven or medium-sized pot, heat the fat.
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2. When hot, add the onion, and season with salt and pepper. Cook, stirring, until translucent.
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3. Add the ground beef to the pot, season with desired spices, and add more salt and pepper. Cook, stirring, until browned.
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4. Add the potatoes, chicken stock, and wine, beer or cider, if desired. Season again!

MY FIRST CAMPING TRIP WAS MY SOPHOMORE YEAR OF HIGH SCHOOL. MY FRIEND'S YOUTH GROUP CANOED THE WINOOSKI RIVER FROM MONTPELIER TO THE MOUTH OF LAKE CHAMPLAIN, AND I GOT TO GO ALONG FOR THE RIDE. I DON'T REMEMBER ANYTHING WE ATE EXCEPT FOR THE "CAMPFIRE STEW," WHICH WAS A MIX OF CAMPBELL'S ALPHABET SOUP, GROUND BEEF, AND SOME FORMERLY FROZEN VEGGIES. THIS IS MY VARIATION.

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THIS RECIPE IS A GOOD ONE FOR REMINDING COOKS TO SEASON IN SMALL INCREMENTS ALL THE WAY THROUGH COOKING.

Directions (cont.)

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5. Simmer until the potatoes are nearly tender and add the cherry tomatoes and roasted corn. Simmer for another few minutes to allow the flavors to meld.

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6. Remove from heat and add the spinach, stirring to allow it to evenly wilt.

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7. Season to taste with more salt and pepper, spices if needed, and lemon or vinegar for acidity.

