

## *Beef Stew*

*Patricia Cooper*

2 pkgs. stew meat	2 bay leaves
2 tsp. Worcestershire sauce	2 Tbsp. salt
2 cloves garlic, minced	2 tsp. sugar
1 large onion, chopped	1 tsp. pepper
2 shakes allspice	6-8 carrots, sliced
3-4 potatoes	1 can corn
1 can green beans	1 small can tomato sauce
	6-8 cups hot water

Season meat and trim fat. Lightly flour and brown meat in a little oil. Add all seasonings including garlic and onion. Add water and tomato sauce. Let come to boil. Turn down heat and simmer for 1 hour. Add carrots and cook 30 more minutes. Add potatoes and cook 30 minutes or until potatoes and carrots are tender. Add green beans and corn, and heat through.

## *Taco Stew*

*Patricia Cooper*

1 ½ lbs. hamburger	1 can pinto beans, undrained
1 pkg. taco seasoning	1 can whole corn, undrained
1 pkg. Hidden Valley Ranch dressing	1 can whole hominy, undrained
2 cans Ranch-style beans, undrained	1 large can stewed or crushed tomatoes

Brown meat and drain; add seasoning. Add remaining ingredients. Simmer. Serve in bowls over Doritos or Fritos and with grated cheese on top.