

TEXAS COWBOY STEW

INGREDIENTS

- 2 lb ground beef
- 2 packages kielbasa sausage
sliced into ½ inch pieces
- 2 garlic cloves, minced
- 1 onion, chopped
- 2 (14.5oz) cans peeled and diced tomatoes, drained
- 4 medium baking potatoes, peeled and diced
- 2 (15oz) cans pinto beans, with liquid
- 1 (15.2oz) can whole kernel corn, Drained
- 2 (14.5oz) can diced tomatoes
with green chile pepper, with liquid
- 1 (10oz) package frozen mixed vegetables
- 4 cups of water
- 2 tsp ground cumin
- 2 tsp chili powder
- Salt and pepper to taste



DIRECTIONS

- Over medium heat, sauté onion
- Add ground beef and cook until there's no pink left
- Add sliced sausage
- Pour in tomatoes, pinto beans, corn, potatoes,
diced tomatoes with chiles and veggies
- Mix everything well
- Add spices
- Add water, bring to a boil, and simmer for one hour