

Dandelion Stew

A go to stew that is comforting and hearty with little prep time. What is great about this recipe is that all the ingredients can be found in your local food pantry, except for a pound of ground beef.



Ingredients:

- 1 lb Ground Beef
- 2 14.5 oz Cans of Mixed Vegetables
- 1 28 oz Can of Tomatoes (diced, crushed, whole)
- 1.5 cups Pasta of choice (elbow macaroni, spaghetti, penne, rigatoni)
- 5 cups Water
- Seasonings to taste (your choice = onion soup mix, cayenne, Italian herbs)

Directions:

1. Brown Ground Beef
2. Drain Ground Beef
3. Return Ground Beef to pot
4. Add: tomatoes, water and seasoning of choice
5. Bring to Boil
6. Reduce Heat to Med/Low and Simmer, stirring occasionally
7. After 1 hour – add pasta
8. Increase heat to Medium and cook for around 15 min, stirring occasionally
9. Drain Vegetables
10. Add Vegetables to Stew once pasta texture is to your liking
11. Cook until Vegetables are hot
12. Season additionally if needed
13. Spoon into Bowls
14. Serve with Soda Crackers or Warm Bread