

QUARTERMASTER'S STEW

(A time honoured Scouting recipe that is easy to make, serves 6 to 8 scouts)

Ingredients:

- 1 kg of mince
- 2 cans of mixed vegetables (save liquid)
- 2 cans of potatoes (drain off liquid and discard)
- 1 packet of stew seasoning mix
- If desired:
 - 1 can of stewed tomatoes
 - Sliced fresh mushrooms
 - Additional vegetables, such as beans, corns.

Preheat Dutch oven on fire, add small amount of cooking oil, and brown hamburger. Drain off grease.

Stir in stew seasoning mix, add a bit of water, and cook for 5 to 10 minutes.

Add vegetables with liquid. Chop up potatoes into small chunks and add to stew. Add small quantity of water if need to cover contents.

Place oven on bed of charcoal - 8 to 10 briquettes (more in winter) on aluminium foil, shiny side up. Cover with lid and put 2 to 3 times as many coals on top. Cook about 15 minutes.

Add tomatoes and mushrooms. Cook until potatoes are tender and stew is bubbly and hot through- 15 to 20 minutes depending upon heat level.

Stir occasionally.