

My Country Stew

Ingredients:

3 lbs stew meat
4 tablespoons vegetable oil
½ medium onion chopped
4 cups water
2 cans chicken stalk
3 soup bones or ½ lb of stew meat
1 teaspoon salts
2-3 rutabagas or potatoes cubed
1 medium eggplant cubed
½ cup diced green pepper
1 medium sized zucchini cubed
1 can stewed tomatoes
½ medium sized cabbage

Preparation Method:

1. Add meat and brown well on all side. Push meat aside and add onion. Cook for 5 minutes.
2. Add water, chicken stalk, soup bones or meat, and salt. Simmer for 1hr. on medium heat.
3. Add rutabaga or potatoes and simmer for another 10-15 minutes.
4. Add stewed tomatoes, eggplant and zucchini. Simmer 10-15 minutes.
5. Let stand for 15-20 minutes to cool before eating.