

MULLIGAN STEW

4-6 SERVINGS

EVERYBODY LIKES IT! IT'S EASY & FUN TO MAKE! HERE'S HOW:

USE A HEAVY PAN OR SKILLET, WITH LID

MELT



1 TABLESPOON SHORTENING

ADD



1 LB. BEEF, CUT INTO SMALL PIECES

BROWN OVER
MEDIUM HEAT



ADD



1 TEASPOON SALT
1 CAN TOMATO SOUP (10½oz.)
2 SOUP CANS WATER

COVER TIGHTLY AND LET COOK
SLOWLY UNTIL TENDER, ABOUT 1 HR.



ADD



3 CARROTS, SLICED
3 POTATOES, CUT INTO 4 PIECES
2 ONIONS, CUT INTO 4 PIECES

COVER AND CONTINUE COOKING SLOWLY, ABOUT THIRTY
MINUTES. IF THERE IS NOT ENOUGH LIQUID, ADD
MORE WATER DURING COOKING. IF STEW IS
TOO THIN, REMOVE LID AND COOK UNTIL THICKENED.

SAFETY TIP: STIR WITH A LONG HANDLED SPOON



IF YOU COOK OUTDOORS:
BEFORE COOKING, RUB SOAP
ON OUTSIDE OF PAN.
THIS MAKES YOUR CLEAN-UP
JOB EASY.

IF YOU COOK IN A CAN, USE
MORE WATER

