

One Pot Wonders for Camping ...

Hearty Steak Stew

Ingredients:

- 500g of round steak, cubed
- 1 tablespoon of oil
- 1/2 teaspoon of black pepper and garlic salt
- 2 cups of water
- 1/2 package of beef stew seasoning mix. (Found in the aisle with the gravy mixes)
- 1/4 cup each of chunked celery and onion
- 1/2 cup each of chunked fresh green beans and chopped carrots
- 1 cup of chunked potatoes (1 large or two small spuds)

Method:

1. Oil the pot. Add the seasoning salts to the meat and brown.
2. Add the stew seasoning mix and coat the meat well.
3. Add water and the rest of the ingredients. Cover the pan and simmer for about one hour
4. Lightly stir occasionally



Pork Chop Delight

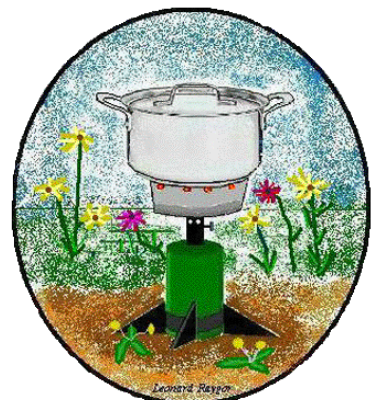
Serves 1 or 2 depending on the amount of chops added

Ingredients:

- 2 pork chops per person
- 1 ½ cups of green beans
- 2 medium potatoes sliced thickly
- 1 medium onion sliced thinly
- Enough water to cover
- Spices to taste
- Gravy mix

Method:

1. Brown but do not fully cook, pork chops in the bottom of the pot. After lightly browning, remove the chops and grease from the pot and set aside.



2. Lay fresh green beans in the bottom of the pot. Add a layer of thick sliced potatoes (two medium sized) over the green beans. Add a thin layer of onion over the potatoes.
3. Add water up to the top of the potatoes.
4. Lay the pork chops and the saved grease on the very top, then sprinkle spices to taste before covering with the lid.
5. Bring to just barely boiling then let simmer.
6. Gently wiggle the green beans from time to time to make sure they don't stick to the bottom of the pan.
7. In about 20 minutes, poke the potatoes. Add gravy mix to thicken and enjoy