

Beef Stew - (serves 6)

Ingredients:

- 2 cups beef flavored TVP (or ground beef)
- 2 tablespoons beef bouillon
- 1/4 cup tomato powder
- 1 tablespoon dried onions
- 1 teaspoon garlic powder
- 2 1/2 teaspoons salt
- 1/2 cup dried carrots
- 1 cup potato dices
- 1/2 cup dried sweet peas
- 12 cups water

Combine all ingredients together in a Dutch oven or a soup pot. Cover with a lid and boil. Turn the stove down to medium low and simmer for 30 minutes. To thicken the stew, mix 3 tablespoons of flour with 1/2 cup of water and slowly pour it into the stew until it thickens. This can be served over cooked rice, wheat, another grain or with a freshly baked loaf of bread.