

VEGGIE & KIELBASA STEW

1 tbsp. salad oil
1 large onion, sliced
1 clove garlic, crushed
1 (1 1/2 lb.) Kielbasa, cut into 1 1/2-inch pieces
1/2 tsp. caraway seed
1 tsp. dried basil leaves
1 tsp. salt
3 med. carrots, cut into 1-inch pieces
6 small potatoes (1 1/2 lbs.), halved
2 cups apple juice
3 ears corn on cob
1 small head cabbage
2 tbsp. flour
1/4 cup water

Heat oil in 5 quart Dutch oven. Sauté onion, garlic, and Kielbasa until lightly browned (about 5 minutes). Add caraway, basil, salt, carrot, potato, and apple juice. Bring to boiling; reduce heat, and simmer, covered, 15 minutes. Remove husks and silk from corn (or use frozen cobs). Slice each ear crosswise into 4 pieces. Wash cabbage, cut into 8 wedges. Add to Kielbasa mixture; cook 10-15 minutes longer, or until veggies are tender. Stir flour into water until smooth. Stir into stew and cook until thickened, stirring constantly. Turn into serving tureen or serve from Dutch oven. Serve with dark bread and strong mustard. Makes 6 servings.

Grace Wood • Poplar

LENTIL BARLEY VEGETABLE STEW

1/4 cup olive oil
4 carrots, peeled and diced
2 leeks (3 inches green left on), diced
2 ribs celery, diced
2 zucchini, trimmed and diced
1 large onion, chopped
1/2 cup frozen okra
1 tbsp. minced garlic
1 tsp. dried thyme
1 cup dried lentils, rinsed
1/2 cup pearl barley, rinsed
6-7 cups vegetable broth
1 cup torn fresh basil leaves

Cook on medium high until the lentils are cooked. Serves 4.

Carrie Knotts • Kalispell

CHEESE CHOWDER

1 cup water
1/2 cup chopped carrot (1 medium)
1/2 cup sliced celery (1 stalk)
1/2 cup chopped red sweet pepper
1/4 cup thinly sliced green onions (2)
3 cups milk
1/4 cup all-purpose flour
1/2 tsp. instant chicken bouillon granules
1/4 tsp. white pepper
1 1/2 cups (6 oz.) shredded sharp cheddar cheese
1 1/2 cups (6 oz.) shredded American cheese

In a large saucepan bring water to boiling; add carrot, celery, sweet pepper and green onions. Cook, covered, about 5 minutes or until vegetables are tender. Do not drain. In a small bowl gradually stir about 1 cup of milk into flour; stir into cooked vegetables in saucepan. Add remaining milk, the bouillon granules and white pepper. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Add cheddar cheese and American cheese stirring until melted. 6 to 8 side-dish servings (about 5 cups).

**Laura Alice Miltenberger
Clancy**

WILD ZESTY STEW

Medium White Sauce

1 cup half and half, scalded
2 tbsp. melted butter
2 tbsp. flour
dash of salt and pepper
1/4 tsp. nutmeg

Stew

1 1/2 lbs. of wild game sausage or mild Italian sausage
1/2 cup chopped celery
1/2 cup diced sweet onions
1/2 cup sliced carrots
1 med. peeled and sliced turnip
1 med. peeled and sliced rutabaga
1 envelope Good Seasons Zesty Italian Salad Dressing
1/4 tsp. crushed rosemary
1/2 tsp. sweet leaf basil
1 (15 oz.) can petite peas
2 cups condensed chicken broth

For white sauce: combine butter and flour cook over medium heat stirring until smooth, add scalded half and half slowly, stirring constantly. Cook until thick and smooth, add spices. Set aside. For the stew: in a large (5-quart) cooking pot, fry sausage until browned, remove from pot, set aside. Drain pot of excess fat. In the large pot with sausage drippings, add 2 tablespoons olive oil. Add onion and celery to pot, sauté until transparent, add carrots, turnip and rutabaga; sear for 1 minute. Sprinkle dry salad dressing, rosemary and basil over the top of mixture and mix all together. Add chicken broth, browned sausage, white sauce and peas. Simmer for 45 minutes to 1 hour. Serve stew in a wide mouth soup bowl, in the center place diced Roma or firm tomatoes, shredded cheddar cheese, and a dollop of sour cream. Serves 4-6. Serve with crescent Parmesan rolls.

**Priscilla Ann Ferkin
Bozeman**

CHICKEN NOODLE GRAVY STEW

8 cups cooked pasta
2 cups cooked shredded chicken
6 tbsp. butter
1/2 cup flour
4 bouillon cubes
3 cups hot water
Salt and pepper to taste
Fresh parsley

Crumble bouillon into water and stir, set near stove. Melt butter in deep skillet or pot. Stir in flour. Slowly pour in water and bouillon so as not to lump gravy. (A spatula works nicely for this.) Once all water is in stir until thickened. Add salt and pepper, then pour over chicken and noodles. Sprinkle with fresh parsley.

Jessica M. Weiss • Stevensville

BEST EVER TOMATO SOUP

1 (28 oz.) can of canned diced tomatoes
1 1/4 cups of chicken broth
2 tbsp. butter
2 tbsp. sugar
1 tbsp. chopped onion
Pinch of baking soda
2 cups cream or half & half

Mix tomatoes, broth, butter, sugar, onion and soda. Simmer 1 hour. Heat cream in double boiler and add cream to hot tomato mixture and serve. Makes about a half gallon. The trick is to add cream to the tomatoes, not the other way, or it will curdle.

Marlene Gerer • Denton

CHICKEN- VEGETABLE VELVEETA STEW

1 cup broccoli
1 cup cauliflower
1/2 cup onion
1/2 cup celery
1/2 cup carrots
1/2 cup red, yellow peppers
4 cups cooked chicken
2 cloves garlic
4 cups chicken broth
1 can Rotel tomatoes
1 can corn, drained
2 tsp. cumin
taco seasoning
8 oz. Lite Velveeta cheese
2 tsp. lime juice

Tortilla Chips

6 corn tortillas
1 tsp. garlic powder
2 tsp. cumin
1 tsp. salt

Cook stew ingredients (except cheese and lime juice) until tender. Add cheese, lime juice and garnish with cilantro (optional). For tortilla chips: Using a pizza cutter, cut triangles from tortillas. Spray with Pam. Put on a cookie sheet and sprinkle with mixture of garlic powder, cumin and salt. Bake for 10 minutes at 400° watching closely. Bake until crisp (very low in calories). Serve tortilla chips with stew.

**Marilyn Armstrong
Columbia Falls**

VENISON OR ELK STEW AND DUMPLINGS

Stew

1 1/2 lb. cut up meat
3 sliced carrots
4-5 quartered potatoes
1 med. chopped onion
2 cubes beef bouillon
1 tsp. Worcestershire sauce
seasoning of choice

Dumplings

1 cup self-rising flour
3 level tbsp. mayonnaise
1/2 cup milk

Brown meat on all sides. In a crock-pot add 5-6 cups water with bouillon. Add vegetables, meat and seasonings. Cook all afternoon. Bring stew to a boil. To make dumplings pinch off and drop into bubbling liquid. Stir down. May sprinkle loose flour if you want thicker stew. Cover and cook 10-15 minutes until dumplings are tender.

**Regenia Shelhamer
Miles City**

GERMAN SAUERKRAUT STEW

**1 lb. small potatoes, scrubbed
and sliced**
2 lbs. sauerkraut, drained and rinsed
1 med. onion, cut in half then slice thin
½ cup white wine
2 tbsp. cornstarch
1 (14 ½ oz.) can diced tomatoes
½ tsp. garlic powder
¼ tsp. salt
¼ tsp. pepper (white if you have it)
1 tbsp. caraway seeds
**2 lbs. beef top round steak, trim the
fat off and cut into 1-inch cubes**

Using a 5 quart crockpot layer potatoes, sauerkraut and onions. In a bowl blend cornstarch and wine until smooth. Stir in tomatoes and all spices. Pour 2/3 of this mixture over items in crockpot. Top with cubes of beef. Then pour remaining tomato mixture over the beef. Cover and cook for 9 hours on low heat until potatoes are tender.

Patricia Lawshe • Kalispell

GARBANZO BEAN STEW

**2 cans garbanzo beans, drained
and rinsed**
**1 cup each sliced carrots, diced celery,
diced sweet red pepper, diced onion
and diced sweet green pepper**
1 tsp. thyme
½ tsp. dried basil
¼ tsp. black pepper
1 lb. kielbasa cut in cubes
2 ½ cups beef broth
6 oz. tomato paste
8 oz. prepared hummus
½ tsp. salt

Spread beans over bottom of 5 to 5 ½ quart slow cooker. Layer the vegetables on top of the beans, sprinkle with thyme, basil and black pepper. Layer Kielbasa on top. Pour broth over all ingredients. Cover pot and cook on high for 5 hours or low for 11 hours; until the veggies are tender. Stir in tomato paste, hummus and salt. Cover and cook on high for 15 minutes until heated through.

Shirley Smith • Poplar