

A HEARTY Stew with delicate flavors

1ST PLACE — \$30

BELGIAN BEEF STEW

- 1/4 cup flour
- 2 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 lbs. beef chuck, cut into 1-inch cubes
- 1/2 cup salad oil
- 2 lbs. onions, peeled and sliced
- 1 clove garlic, crushed
- 1 bottle (12 oz.) beer
- 1 tsp. soy sauce
- 1 tbsp. Worcestershire sauce
- 1 tbsp. bottled steak sauce
- 2 bay leaves
- 1/2 tsp. dried thyme leaves
- 2 lbs. potatoes, pared and quartered
- 1 (10 oz.) pkg. frozen peas
- 2 tbsp. chopped parsley

Combine flour, salt and pepper. Use it to coat beef chuck well. Using a Dutch oven or kettle heat 1/4 cup oil and sauté the onion and garlic until tender, about 8 to 10 minutes; remove and set aside. Heat remaining oil in Dutch oven. Add chuck, and brown well on all sides. Return onion and garlic to Dutch oven, along with the beer, soy sauce, Worcestershire, steak sauce, bay leaves and thyme; and mix well. Bring mixture to boiling, reduce heat and simmer for approx. 1 1/2 hours. Add potatoes; simmer, covered for about 20 minutes or until they are tender. Add peas; simmer, covered, 8 minutes longer or just until tender. Add more salt if needed. To serve, turn into a serving dish or a large shepherders loaf of bread that has had the top sliced off and hollowed out to form its own serving dish. Garnish with the chopped parsley.

Editor's Note: In the RM kitchen, we did not pare the red potatoes. We also found the stew deliciously thick, so might pre-cook the potatoes next time.

Renee' Griffith • Laurel



Renee' Griffith

Congratulations, Renee' Griffith of Laurel, for the top recipe. And thanks to all who sent entries. Look for other Souper Stew recipes on our Web site: www.mtco-ops.com. Remember to send us your *Anything Oatmeal* recipes for February. Please include your hometown, address and phone number so RM can call you for a photo.

Send recipes to Rural Montana Recipes, Box 3469, Great Falls, MT 59403, or e-mail rural@sofast.net by Jan. 1 for February's RM.

For March, we'll be calling for your *Battered and Fried* recipes. (Any kind of batter, anything you want to fry.)

2ND PLACE — \$20

HOLIDAY POTATO SOUP

- 1/2 cup butter
- 1/2 cup flour
- 1 onion, chopped
- 1 clove garlic, minced
- 2 cans condensed chicken broth
- 2 cans water
- 6 potatoes, peeled and cubed
- 1 1/2 tsp. cumin
- salt to taste
- pepper to taste
- 7 1/2 oz. can green chilies, chopped
- 1 1/2 cup shredded Monterey jack cheese
- 2 cups whole milk
- 2 dashes hot pepper sauce

Stir together butter, flour, onion and garlic until butter is melted. Then add chicken broth, water, potatoes, cumin, salt and pepper. Simmer covered 30 minutes and then add green chilies, cheese, milk and hot pepper sauce. Heat soup and serve garnished with cilantro and chili powder.

Terry Northup • Glasgow

3RD PLACE — \$10

STEW JULIENNE

- 1lb. ground beef
- 1 med. onion, chopped
- 2 med. potatoes, cut into 1-inch pieces
- 4 med. carrots, 1/2 inch pieces
- 4 stalks celery, 1-inch pieces
- 1/2 cup water
- 1 can mushroom soup
- 2 cups green beans with juice
- 1 1/2 tsp. bouillon
- 1 1/2 tsp. powdered oregano

Preheat large electric skillet to 300° and brown ground beef. Drain off fat. Add onion. Add layers of carrots, celery and potatoes. Add water and seasoning. Cover and cook at 225° about 15 minutes. Add drained beans. Mix liquid to mushroom soup. Pour over vegetables; cover and cook for 15 minutes more.

June Elges • Big Timber