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COWBOY STEW/SOUP

(Serves 4)

- 1 lb. 90% lean ground beef
- 2 cloves garlic
- 1 yellow onion, chopped
- 1 can yellow hominy, drained
- 1 can Ranch Style beans (pintos), undrained
- 1 can RoTel diced tomatoes and green chilies
- 1 10 oz. can water
- 1 c. cooked baby lima beans, drained

In a large skillet, cook meat over medium-high heat. When meat begins to brown, add onions and continue cooking until thoroughly done. Season meat with salt and pepper, remove from heat.

In a large soup pot, combine hominy, beans and RoTel tomatoes, and then stir in the meat mixture and water. Cook over medium-high heat until the soup comes to a boil, then reduce the heat and simmer for 15 minutes. Remove lid. Simmer for 15 minutes more, stirring occasionally.

Serve with crusty bread and butter.