

Pumpkin Stew

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Perfect for the night before Thanksgiving!

Recipe Ingredients

- 1 Med/large pumpkin
- 1 lb stew meat
- 1 Onion
- 1 Red or yellow pepper
- 1 cup chopped celery
- 1 can chopped tomatoes
- 1 can V8 or tomato juice
- 1 can of beef broth
- 1 cup minute rice, uncooked
- Chopped garlic or garlic powder to taste
- Salt and pepper to taste
- 1 1/2 tsp Italian seasoning
- Optional: add shredded cabbage

Recipe Instructions:

Preheat oven to 400°.

Hollow out pumpkin like you're making a jack o' lantern (keep the seeds to roast in oven with a little seasoning, yum).

Roll stew meat in flour and lightly brown in oil.

Chop vegetables, add garlic, salt, and pepper and sauté lightly in butter or oil

Add can of chopped tomatoes, add juice, add all to meat and mix together. Mix in rice, add broth to make soupy.

Put it all in your hollowed out pumpkin.

Put the top on pumpkin, place in casserole dish (no lid), put in oven at 400° for 2 - 2 ½ hours.

The finished stew will not be soupy but more like a casserole serve with cornbread and salad.