

Shipwreck Stew

3 lbs. meat (can be ground beef, round steak, stew meat)
1 onion, chopped
4 cups potatoes, peeled and cubed
1 lb. carrots, peeled and sliced 1/2" thick
1 pkg. frozen cut green beans
2 - 28 oz. can crushed tomatoes
2 - 8 oz. can tomato sauce
2 - 15 oz. cans pinto beans, drained
1/2 c. barley
1 can beef broth (have an extra can or two to add if the stew is too thick)
1 tsp. ground cumin
1 tsp. salt

Brown meat, adding onion right before meat is finished browning.

Transfer meat and onion to crock pot, leaving behind as much grease as possible. Add all remaining ingredients. Cook on low for 8 hours. If the mixture looks too dry, add more broth, crushed tomatoes or water. Taste before serving and add more salt if desired.