

Prepper Stew

What you'll need:

- A pound of ground meat (beef, chicken, turkey, elk, whatever)
- 32oz of stock (beef, chicken or vegetable) – can also use broth
- Spices (salt and pepper minimum)
- Vegetables (dealer's choice, see below)

Time: about 45 minutes

Prepper stew is one of my favorite easy peasy, no hassle type of meals. My favorite part of it is that besides the ground meat and stock, I'm just using whatever veggies I have left over, so not a lot of thought or effort needs to go into it. If your freezer is anything like mine, you probably have at least a couple half frozen bags of veggies in there, and this stew is perfect for it. Why is it called Prepper Stew though? Dude, I don't know, it sounded good, get off my nuts.

Step 1: Take a pot with a lid, pop the meat into and put it on the stove top. I would do a medium for this, around a 5. Break apart the meat with a spatula by stabbing the fuck out of it until it breaks up and looks like ground meat. Keep stabbing and flipping over about every 60 seconds.

Step 2: After 3-5 minutes, you'll notice a lot of fat pooling in the pot. You need to drain the fat out (I usually just cut off the top of a pop can and pour into that).

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If you do, you're a barbarian and you'll fuck up your drain and pipes.

Step 3: After you've drained the fat, pour in the stock. At this point I would add a couple table spoons of salt and pepper. If you have other spices, add them now (garlic and onion powder are always winners, thyme, oregano, basil, chili, whatever you want, just go easy as you can't unseason it). Mix well.

Step 4: After the stock starts to bubble, drop it down to low. Now it's time to add the veggies. As mentioned above, there isn't a set list of veggies, mostly just whatever you have left over. Half frozen bag of corn? Toss it in. Can of green beans? Drain the water and toss it in. Bell peppers left over? Slice and dice and toss in. I recommend a shitload of garlic and onion – dice them up and toss in. (note: the most recent batch of Prepper Stew I made contained an entire yellow onion, several minced cloves of garlic, corn, peas, bell pepper). Mix well.

Step 5: Put the lid on the pot and leave alone. I recommend stirring every 5 minutes or so. After about 30 minutes, season to taste. Serve up in a bowl and enjoy with the fam.

Step 6: Clean up after yourself. Your old lady puts up with so much shit, just do the dishes, bro.