

Tex-Mex Stew Recipe (edited 7-6-21; [www.intranuclear.com](http://www.intranuclear.com))

For a 3-1/2 Quart Crockpot or larger

Start filling a 3-1/2 quart crockpot (minimum volume) with:

- 2 16 oz. cans of black kidney beans drained and rinsed
- 1 29 oz. of Hunt's tomato sauce... hold back about 5 oz.
- 1 32 oz. box of Swanson's beef stock or broth... hold back 1 cup.
- 1 Red cabbage head chopped (Freeze half for next time).
- 1 Package of Ortega Chipotle Taco Seasoning (When Ortega Chipotle became unavailable, I ordered Flavor Seed online from Walmart:
  - Chipotle Organic Fajita and Taco Seasoning (16 oz) and use 2 TBS
  - Add more Chipotle to taste the next day when you add saved liquid
- 1 Package of Chi-Chi's taco seasoning  
(Yes... only this combo of taco seasonings is synergistic)
- 1 Onion, chopped & sautéed in a skillet with light olive oil... salt and pepper to taste
- 1 lbs. Ground beef browned in a skillet... salt and pepper to taste

Dealers choice veggies (you may not have room left)

Carrots, or washed mini-potatoes, or peeled/cut-up large potatoes will need pre-nuking in microwave.

Celery will need to be added 30-60 minutes before serving to keep crunchy.

Cook 4 hours on high or 8 hours on low.

After crockpot is half consumed, add back juice and stock and taco seasoning to taste.

Still taste great two days later.

(Note: simmer setting should kill bacteria)