

# Pirate Stew



## Ingredients

- ☐ ¾ cup sliced Onion
- ☐ 1 lb Ground Beef/Turkey/Meat
- ☐ ¼ cup uncooked Rice/Quinoa
- ☐ 3 cups diced Potatoes
- ☐ 2 cups sliced Carrots
- ☐ 1 cup diced Celery
- ☐ 2 cups canned Kidney Beans, drained
- ☐ 1 tsp Salt
- ☐ ⅛ tsp Pepper
- ☐ ¼ tsp Chili Powder
- ☐ ¼ tsp Worcestershire sauce
- ☐ 1 cup Tomato sauce
- ☐ ½ cup water

## Utensils

- ☐ Wooden spoon
- ☐ Slow cooker

## Cooking Instructions

1. Brown onions and meat in skillet. Drain.
2. Layer ingredients in slow cooker in order given.
3. Cover. Cook on Low for 8 hours (until potatoes and grains are cooked).