



# In-Law Stew

by Gail Barber



## You will need:

4 pounds hamburger meat

2 large cans of tomato juice

8 cans of vegetables brought by prospective bride,  
groom, and parents of future bride and groom

## Instructions:

Cook the hamburger meat on high in water, adding salt, pepper, and any other seasoning you choose. I like old bay seasoning. Chop meat into small pieces as it starts to cook. When cooked through, turn temperature to medium-low for 2 hours. Pour water and meat into a colander and drain. Run hot water over the meat to get the grease off.

Add one can of tomato juice. Cook on low 2 more hours.

Each guest brings a can of vegetables. Add to meat. If it has a thick juice, such as some beans, rinse before adding. You may need to add some or all the other can of tomato juice.

Warm vegetables with the prepared base and serve.