

Three meat stew--shared by Amy Jo

1 quart beef, 1-inch cubes

1 quart lamb, 1-inch cubes

1 1/2 quarts chicken, 1-inch cubes

4 quarts potatoes, peeled and chunked

1 quart carrots, peeled and chunked + 1 carrot, peeled and cut in thirds for cooking meat.

3 cups onion, chopped, Plus 1 small onion, quartered for cooking meat.

4 slices bacon, cut into thirds

1 green bell pepper, chunked

1 red bell pepper, chunked

3 cloves garlic, minced

1 tablespoon black pepper

1 tablespoon paprika

1 tablespoon salt

1 pint tomato sauce

Three fourths cup tomato juice

In large pot, add meat, quartered onion, and carrot cut in thirds cover with water and bring to boil, reduce heat and simmer for about 1 hour or until meat is cooked through and tender. Discard carrots and onion pieces.

Cook bacon and pour off grease. Add to the pot of meat. Add remaining ingredients to pot, cover, and simmer gently until mixture is hot. Ladle hot stew into hot jars, leaving one inch headspace process 90 minutes 4 quarts and 75 minutes for pints at 10 psi, adjusting for altitude. Makes about 9 to 10 quarts