

## RECIPES IN KANSAS HISTORY

### Ranch Stew

5 pounds round steak, cut in pieces  
2 pounds carrots, scraped and cut up  
1 tablespoon salt  
10 cups water

4 pounds potatoes, peeled and cut up  
2 large onions, cut in pieces  
1 teaspoon pepper

Brown meat in its own fat in a large kettle. Add water. Cover and simmer 2 to 2 1/2 hours, or until meat is tender. Add vegetables during the last 30 minutes and continue to simmer until tender but not mushy. Season to taste. (A crock pot can be used.) Makes 10 to 12 generous portions or 20 to 22 small portions.

*Food in Kansas*

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