

Campfire Stew: Hearty, Veggie-Packed Comfort in a Bowl

Campfire Stew: A Warm and Hearty One-Pot Meal



TIME
30 min

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INGREDIENTS

- 1 lb ground beef
- 2 cups beef broth
- 1 can (15 oz) diced tomatoes
- 2 medium potatoes, peeled and chopped into bite-sized pieces
- 1 cup corn (fresh or frozen)
- 1/2 cup peas
- 1/2 cup green beans (fresh or frozen)
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tsp paprika
- 1/2 tsp cumin
- Salt and pepper, to taste
- Optional: sliced corn on the cob

DIRECTIONS

- 1. Brown the Beef:** In a large pot or Dutch oven, sauté ground beef with diced onion and garlic over medium heat until the beef is no longer pink. Drain any excess fat.
- 2. Build the Stew:** Add diced tomatoes, beef broth, chopped potatoes, paprika, cumin, salt, and pepper. Bring to a boil.
- 3. Simmer:** Reduce heat, cover, and simmer for 25-30 minutes, until the potatoes are tender and easily pierced with a fork.
- 4. Add Veggies:** Stir in corn, peas, and green beans. Simmer another 10 minutes, uncovered, until the vegetables are heated through and the flavors meld.
- 5. Serve:** Ladle into bowls, optionally garnished with sliced corn on the cob for a rustic touch. Goes great with cornbread or warm biscuits.

SWAPS & NOTES

and Swaps Ground Beef : Opt for leaner beef (85/15) to reduce fat, or swap for ground turkey or chicken.

Veggies : Frozen peas and green beans work beautifully for convenience.

Add-Ins : For extra fiber, stir in kidney beans or bell peppers when adding the frozen veggies.

Broth : Use low-sodium beef broth if available - adjust salt accordingly.

TIPS FOR SUCCESS

Pre-cut your potatoes to ensure even cooking.

Stir gently after adding vegetables to avoid mashing them.

Adjust thickness : simmer longer for thickened stew or add more broth for a thinner soup-like consistency.

Make it ahead - flavors deepen when reheated, making leftovers even better.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/campfire-stew-hearty-veggie-packed-comfort-in-a-bowl/>