

Great Depression Hoover Stew Recipe That's Hearty, Simple, and Budget-Friendly

Great Depression Hoover Stew



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10 min

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INGREDIENTS

12 ounces large elbow macaroni
14 ounces kielbasa sausage, cut into slices
1 small white onion, diced
2 cans (14.5 ounces each) stewed tomatoes, undrained
2 cans (15.5 ounces each) pinto beans, undrained
Salt, to taste
Black pepper, to taste
A little oil or butter, for the cooked macaroni

DIRECTIONS

- 1.** Cook the macaroni: Cook the elbow macaroni according to the package directions until al dente. Drain it, then stir in a little oil or butter to keep it from sticking. Set it aside.
- 2.** Brown the sausage: Place a Dutch oven or stew pot over medium heat. Add the sliced kielbasa and cook for about 10 minutes.
- 3.** Add the onion: Stir in the diced onion and cook for another 5 minutes, or until the onion is tender and the sausage has browned nicely.
- 4.** Add the remaining ingredients: Stir in the undrained stewed tomatoes, undrained pinto beans, and the cooked macaroni.
- 5.** Simmer: Continue cooking for about 20 minutes, stirring occasionally, until everything is hot, well combined, and slightly thickened.
- 6.** Season and serve: Taste and season with salt and black pepper as needed, then serve hot.

SWAPS & NOTES

Kielbasa gives this stew a rich, smoky flavor, but other smoked sausage can work if that is what you have.

Beef or turkey smoked sausage can both be used with good results.

Large elbow macaroni is traditional and hearty, but regular elbow macaroni works too.

The key is to cook it just until al dente so it holds up well once stirred into the pot.

TIPS FOR SUCCESS

Cook the pasta just to al dente so it does not become too soft after simmering with the tomatoes and beans.

Let the sausage brown well before adding the onion.

That extra color builds more flavor into the finished dish.

Stir occasionally while the stew simmers so the macaroni does not stick at the bottom and all the flavors blend evenly.

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