

## **PUMPKIN STEW**

2 pounds beef stew meat, cut into 1 inch cubes	4 garlic cloves, minced
3 Tbs. cooking oil, divided	1 med. onion, chopped
1 cup water	2 tsp. salt
3 large potatoes, peeled and cut into 1-inch cubes	1/2 tsp. pepper
4 med. carrots, sliced	2 Tbs. instant beef bouillon
1 large green pepper, cut	1 tomatoes undrained, cut up
	1 pumpkin (10-12 lbs.)

In dutch oven, brown meat in 2 Tbs. oil. Add water, potatoes, carrots, green pepper, garlic, onions, salt and pepper. Cover and simmer for 2 hours. Stir in bouillon and tomatoes. Wash pumpkin; cut a 6 to 8 inch circle around top stem. Remove top and set aside; discard seeds and loose fibers from inside. Place pumpkin in a shallow sturdy baking pan. Spoon stew into pumpkin and replace the top. Brush outside of pumpkin with remaining oil. Bake at 325° oven for 2 hours or just until the pumpkin is tender (do not over bake). Serve stew from pumpkin, scooping out a little pumpkin with each serving.

Yields: 8-10 servings