

Portuguese Stew – Laurie Wanko

3 pounds of beef (chuck roast)

Salt, pepper, garlic, oregano (rub into meat and let rest in refrigerator overnight).

Dice and brown meat in the following:

2 tablespoons of oil

3 sliced onions

Then add:

6 cups of water (simmer all of the above for one hour)

Then add:

3 cups of navy beans (including the liquid)

3 or 4 large sticks of pepperoni sliced kind of thick

Simmer all for 45 more minutes.

Add:

1 pound of shredded cabbage

1 pound of shredded spinach

Simmer all for another 45 minutes.

Note: This is really good and is best if it sets overnight after the final 45 minutes of simmering. Warm slowly before serving.