

# Cowboy Soup

## Ingredients

3 lbs chuck roast, cut-up and trimmed  
1 28 oz can stewed tomatoes  
1 28 oz can tomato sauce  
4 carrots, cut up  
4 celery stalks, cut up  
2 cans green beans, drained  
1 can peas, drained  
1 can corn, drained  
3 potatoes, peeled, cut up  
1 onion, diced  
Salt and pepper  
Optional — 1/2 package spaghetti noodles

## Directions

Using a five quart pot, place cut-up roast in pot, add water, at least two inches above the meat, boil for 30 minutes. Add stewed tomatoes, tomato sauce, carrots, celery, and onions. Bring to a boil, add green beans, peas, corn and boil on low for one hour. Final one hour of cooking add potatoes and dry spaghetti noodles if using. Salt and pepper to taste.



**Threshing season meant hard work in the kitchen for farm wives too, who brought food and drink to the crews in the fields.**

Submitted by: Gina Walsh



*“My grandma’s recipe — feeds a big crowd or keeps well in the fridge.”*