

## Roasted stew/soup [stoup]

I love stews or soups or anything cooked in a pot. The combination of meat, onions, carrots, tomatoes, celery and other vegetables meld together for awesome overlapping flavors that create great comfort foods, especially in the winter time. I burn about 1/3 of what I cook because I don't pay attention [I put the burner on high and walk away]. By cooking in the oven I eliminate scorching because the covered pot is getting heat from all sides. I don't have to check on the pot as often, so I can fall asleep on the couch pretending to watch TV. I love stainless steel like All Clad or cast iron like LeCreuset the best because they hold and conduct the heat evenly from all sides. Here is one of my favorite recipes for an oven based stoup [keep in mind that I cook for large parties so you may wish to cut this in ½].

1 – 3 1/2 to 4 lb. chicken. [I like to cook with legs and thighs only - about 6 of each]

1 - large can of tomatoes [juice and all]

1 - 14 oz. can Bush great northern beans [no pork]

2-4 large onions cut into chunks

6 stalks celery cut into 1" lengths

12-15 small red or white potatoes, scrubbed and chunked [peeling is optional]

6 big carrots [peeled and cut into ½ to 1" chunks]

1 lb. of green beans [fresh or frozen]

2 – 14 oz. cans of chicken stock or broth

Salt and pepper to taste

Cut chicken into parts, cover with salt and pepper and saute' in cooking oil until brown on both sides in large covered dutch oven. Pour off extra grease [you may wish to remove the skin now or at the end of the cooking process]. Don't debone the chicken – this is the flavor. Mix and add the remainder of ingredients. Cover with lid and bake at 350 degrees for 2 hours. Stir occasionally but don't mix so well that you break down the ingredients into a mush.

Serve over rice or in a bowl by itself. You must have a good hot sauce to kick it up a notch. I still love Texas Pete or Crystal. Tobasco is hot but has little character.

Cornbread goes with this [I use Jiffy in a box 'cause I can't bake from scratch – too much measuring]

Chris M

