**RECIPES FROM WAYFARINGTRAVELER.COM**

**Hearty Southwest Stew**

(For vegetarian version, omit grass-fed beef & increase beans to 2 cups; double water.)

Day before:

1. Set 1 c. organic Anasazi or other beans to soak in filtered water. Drain off water 3x in the next 18-24 hrs. Two benefits here: It starts the sprouting process which increases nutrient content, and reduces likelihood of bean-eating flatulence.
2. Marinate grass-fed beef shank w/ marrow bone: 2 slices or 1 thick one. Coat both sides with fresh-ground black pepper and a couple pressed garlic cloves. Set in glass dish. Pour over ¾ c. organic red wine. Cover dish & set in fridge overnight.

To cook stew, use a stainless pressure cooker for faster prep, or for slow simmer: an enameled cast iron pot, a clay one, or a crock pot.

Brown grass-fed beef in organic oil: olive, sunflower or safflower & add:

1 organic onion, chopped

2 garlic cloves, chopped

Stir till onions smell savory & are translucent. Toss in:

2 organic bay leaves

Chipotle dried pepper, organic to taste, say, 1/3-1/2 a pepper

3 whole spice organic cloves

6 organic juniper berries

2 turnips or 1 small rutabaga, organic, peeled and chopped

1-2 carrots, organic, peeled and chopped

Porcini mushrooms, dried organic, small handful

Shitake mushrooms, 2, dried organic, broken in small pieces

Kombu, a dried sea veggie, one strip

Wakame, a dried sea veggie, small handful

2 dried organic tomato halves

Anasazi beans, soaked and drained

3 pints (~1.5 liter) filtered water

Organic red wine marinade from beef

Splash of organic balsamic vinegar

(Wait to add Himalayan salt till done; it otherwise toughens meat and beans.)

I used a pressure cooker in this batch of stew, and wanted to add organic potatoes, but pressure cooking turns them to mush. So, get stew going in the pressure cooker to right pressure and timing. Scrub clean and chop 3 large organic potatoes with thin skins on (Yukon golds, red Pontiacs, etc.) Cover with filtered water in a pot with tight-fitting lid. Add a dash of organic olive oil to help extract the rosemary essence, ground black pepper, and Himalayan salt. Simmer till tender, 10-15 minutes.

When pressure cooker or other cooker is done, remove beef shanks; chop meat and marrow; sprinkle with salt and I Tbs. chili powder. Let sit while you add to stew:

2 c. organic greens, chopped (kale, spinach, mixed braising greens, etc.)

½-1 c. organic tomato sauce

Bring to boil; add Himalayan salt to taste, and maybe another splash of balsamic vinegar.

Epasote herb, 1 tsp. organic if available (good with beans, a desert herb.)

Add chopped meat and marrow. Let simmer 10 minutes.

Add cooked potatoes and water.

Yield: ~1 gallon or 8 hearty servings. Pack any leftovers hot into canning jars, which will seal as they cool. You can then enjoy a savory stew days later.