

Ground Beef "Hobo" Stew

From the Kitchen of [Deep South Dish](#)

Ingredients

- 1 tablespoon cooking oil
- 1 cup chopped onion
- 1/2 cup chopped mixed sweet and hot peppers
- 1/2 cup celery
- 1 tablespoon minced garlic
- 1- 1/2 pounds ground beef
- 2 tablespoons all-purpose flour
- 1- 1/2 cups beef stock or broth
- 3 (11.5 ounce) cans original or spicy V-8, or tomato juice
- 1 (14.5 ounce) can diced tomatoes
- 2 large potatoes, peeled and diced
- 2 cups fresh diced carrots (about 2 large)
- 2 cups corn
- 2 cups cut green beans
- Dash Worcestershire sauce
- Couple dashes hot sauce
- 1/4 teaspoon Cajun seasoning (like Slap Ya Mama), or to taste, optional
- 1 teaspoon kosher salt, or to taste
- 1/4 teaspoon freshly cracked black pepper, or to taste

Instructions

1. In the bottom of a Dutch oven or other heavy pot, heat the oil over medium high heat.
2. Add the onion, peppers and celery; cook and stir until softened, about 4 minutes.
3. Add the garlic and ground beef, cook and stir until meat is browned and cooked through. Drain off excess fat.
4. Sprinkle meat with flour; cook and stir for 3 minutes.
5. Add the beef stock, V-8 juice and diced tomatoes. Stir in the potatoes, carrots, corn and green beans. Add Worcestershire, hot sauce and seasonings to taste.
6. Stir, cover and simmer over medium to medium low (low bubble) for 1-1/2 to 2 hours, or until veggies are tender, stirring occasionally. Taste and adjust seasonings as needed.
7. Hobo stew may be served as is, or spooned over rice or mashed potatoes. Serve with hot cornbread, biscuits or rolls.

Notes

Use other meats such as stew meat, venison, bacon, Italian sausage, smoked sausage, andouille or kielbasa - all good choices. If using a stewing type of meat, allow it to cook in the base veggies and

juice for about 1 hour before adding in the vegetables. Use fresh or frozen vegetables, or may substitute 1 can of drained carrots, corn and cut green beans or use a variety of other vegetables or beans, such as mixed vegetables, shredded cabbage, black-eyed peas, pinto beans, hominy, turnips, kidney beans, great northern beans, lima beans. You'll want around 5 to 6 cups fresh or frozen, or about 3 (15 ounce) cans. If using canned vegetables, allow the potatoes and carrots to cook for 30 minutes before adding in the canned vegetables.

Okay to use lower sodium or spicy V-8, but taste stew to adjust with herbs and seasonings up or down as needed. If using spicy, take into consideration hot peppers and other spicy seasonings you use. May also substitute a can of Rotel tomatoes for the diced, if desired.

For the Crockpot: Sauté the vegetables and brown the meat as above; add that along with the remaining ingredients to a 6-quart slow cooker, cover and cook on low for 4 to 6 hours or until veggies are tender.

Variation: To convert to a Hobo Soup, increase the beef stock/broth to 4 cups or more, to desired consistency.

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