

- Themed Menu Accompanying Recipe -

# The Surveyor's Beef & Bean Stew

2 cups white beans (navy beans) soaked overnight in lots of cold water and 2 tsp salt (the salt is essential to creamy well-textured beans). The beans will more than double in size so make sure you use a large bowl and fill with water.

Before proceeding with the recipe, pour off the water and rinse the beans.

Layer the following in a large slow cooker:

- 1 large onion, diced
- 2 fresh tomatoes, diced
- 1 lb (500 g) stewing beef cut into 1" pieces
- 2 large sausages, sliced
- 1/4 cup diced bacon
- 1/2 lb (225 g) sliced mushrooms
- 3 cups beef broth
- 2 tbsp Flaming Toque Smoky Blend & Rub
- 2 whole bay leaves
- 1 tsp dried oregano

Stir the mixture. You may need to add a bit more liquid to barely cover the stew ingredients. Cover with a the lid. Slow cook on low heat for 5 hours. About 30 minutes before serving, make a paste of 2 tbsp cornstarch and 2 tbsp cold water. Stir it into the hot mixture and let cook, covered, for 30 minutes to thicken the stew. Serve with crusty bread.



Jacques is not averse to using a slow cooker, especially on long days out surveying.

If you don't have a slow cooker, place everything in a stewing pot and bake in the oven at 300°F for about 6 hours, or until the beans are tender.

