

Mountain Soup

Ingredients

- About 1-2 pounds of stew meat
- salt and pepper if you chose
- Patatoes cut in to fours (amount of patotos Vary use your judgement for right amount)
- Garlic powder use judgement of how much you want in
- fresh or caned Corn 1-2 cans
- Fresh or caned Greenbeans 1-2 cans
- Fresh or caned carrots 1-2 cans
- Elbow mac 1-2 cups
- One white onion
- Soysauce about four to five good shakes

Directions

In large stew pot fill half full water add meat and all the seasonings,boil about 30 min,

While this is cooking you can prepare your veggies.

Add every thing except the Elbow mac,

Let cook for about a good hour, It also depends on stove type (not real sure why)

When meat and patatoes are real tender add the mac cook only untill the mac is done.

Also Add water as needed while soup is cooking,

Note: This soup is good for ceremonies, Pow-Wows , And just about any big event, it will feed a whole lotta people and fill you up at the same time.