

## **Mexicali Beef Stew in a Pumpkin Shell**

Can be served with or without the pumpkin shell tureen

Recipe Cookbook: Fabulous Food Associations

Prep Time: 20 minutes

Cooking Time: 2 Hours

### **INGREDIENTS:**

2 1/2 lbs stew beef, cut into 1-1 1/4" pieces  
1-2 TBS CRISCO® Crisco vegetable oil  
2 large onions, chopped  
4 cloves garlic, crushed  
2 cans (13 3/4 ounces each) beef broth, ready to serve  
1 C Picante sauce  
2 medium zucchini, cut into 1/4" slices  
4 tsp cornstarch, dissolved in 1/4 C water  
2 small tomatoes, each cut into 8 wedges  
1 can (2 1/4 oz) ripe olives, drained/sliced

### **DIRECTIONS:**

In Dutch oven, heat oil over medium-high heat till hot. Add beef, onions & garlic (1/2 at a time) - brown beef evenly. Pour off drippings. Add broth & Picante sauce. Return beef; bring to boil. Reduce heat; cover tightly & simmer 1 1/2 hours, stirring occasionally.

Meanwhile prepare Pumpkin Shell Tureen: cut top off 5-6 pound pumpkin; scrape out fibers & seeds. Approximately 10 minutes before serving, pour boiling water into pumpkin; cover & let stand. Drain before serving.

Add zucchini to pan; continue cooking, covered, 10 minutes or till beef is tender. Stir in cornstarch mixture; cook & stir 2 minutes or till thickened & bubbly. Stir in tomatoes & olives. Remove from heat; let stand, covered, 5 minutes. Ladle into Pumpkin Shell Tureen.

Serves: 8