



## Luncheon Meat Stew

### Ingredients:

- **12 oz (1 Can)** Luncheon Meat
- **3 Large** Carrots
- **2** Celery Stalks
- **15 oz (1 Can)** Diced Potatoes
- **14.5 oz (1 Can)** Diced Tomatoes
- **3 Cups** Chicken or Beef Broth
- **2 Tbsp** Vegetable or Olive oil
- **1 Tbsp** Onion Powder
- **1 Tsp** Garlic Powder
- **1 Tsp** Salt
- **1 Tsp** Pepper

### Instructions:

1. In a large pot over medium heat, add the oil, celery, canned tomatoes, and onion powder. Add salt, pepper, and garlic powder to pot. Let the soup cook for 3-5 minutes, until the vegetables are soft.
2. Dice up your luncheon meat and add it to your pot. Stir the pot gently so the meat does not smash. Add your 3 cups of broth to pot.
3. Dice up your carrots and add them to the pot. Drain and add canned potatoes to the pot.
4. Let the soup reach to a boil on medium high heat, then lower the heat to medium low. Let the soup simmer on that temperature for 13 to 20 minutes, until carrots and potatoes are soft and can be pierced with a fork.
5. Turn off heat and let the soup sit for 5 minutes.
6. Serve and enjoy!

Optional:

Serve soup with a side of rice or toasted bread!