

Pancho Villa Stew

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Cooking time (minutes):

8 Wok

Yield:	cups	16	12	8	4
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Sausage, smoked	lbs	1 1/3	1	2/3	1/3
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3 Cook in wok & Drain

Beans Pinto /liquid	can	cups	2 2/3	2	1 1/3	1/3
Tomatoes, diced	can	cups	2 2/3	2	1 1/3	1/3
Ham, diced	can	cups	4	3	2	1
Chilli, green	can	cups	1 1/3	1	2/3	1/3
Vegatables, frozen	diced	cups	1 1/3	1	2/3	1/3
Corn, frozen		cups	1 1/3	1	2/3	1/3
Onion, chopped		cups	1 1/3	1	2/3	1/3
Chicken Broth		cups	4	3	2	1
Cumin	spice	teasp	2 2/3	2	1 1/3	1/3
Cocca	spice	teasp	2 2/3	2	1 1/3	1/3
Garlic	spice	teasp	1 1/3	1	2/3	1/3
Oregano	spice	teasp	1 1/3	1	2/3	1/3

Add to wok & Mix

5 Cook until heated - about 5 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months