

## Easy Vegetable Stew With Cornbread Topping

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1 Chuck roast, the size for your family  
1 package Peking frozen stir fry vegetables  
5 or 6 potatoes peeled  
4 Tablespoons Olive oil  
salt to taste

For cornbread:

1 cup cornmeal  
1 cup flour  
1 egg  
salt  
2 heaping teaspoons of Rumford Baking Powder  
Enough milk to make a thick batter

Wash roast well. Cut up into strips three inches long and two inches wide. Sprinkle the salt in the bottom of a very large heavy stew pan. Pour the olive oil in pan. Add meat strips and brown very well. Use a medium flame.

Fill the pan completely with water, cover and let cook until meat is well done, but not falling apart.

Add peeled potatoes that have been sliced in quarters lengths. Add Peking frozen vegetables and cook these until tender. Turn flame off.

From this dip a good amount of the vegetables but not the potatoes, plus about one cup of the liquid and place in another large pan. The liquid should be below the vegetables.

Over this pour the cornmeal batter. Cover with a tight fitting lid. Turn the flame down to very low. This will cook in a short time, maybe eight to ten minutes. Check it after eight minutes by inserting a knife in the middle of the bread. If there is no batter on it the bread is done. At the most it will only take fifteen minutes.