

Texas Stew



What did they eat during the Battle of the Alamo?

According to the famous letter written by William Travis, on February 24, 1836 with regards to the Texians' diet, he writes that while withdrawing inside the walls of the Alamo at the start of the siege, the Texans managed to bring with them 80–90 bushels of corn and 20–30 head of cattle. We know that the Texans had beef and corn to eat throughout the siege. We also know that there was at least one well within the walls of the besieged Alamo, so the Texans would have had drinking water even after the Mexican army cut off their access to the nearby acequias. (An **acequia** is a community-operated watercourse used in Spain and former Spanish colonies in the Americas for irrigation.)

Let's go back in time to the time of the battle of the Alamo in 1836 and create what could have been a Texian recipe by making Texas Stew. Saddle up and Remember the Alamo by making this simple and delicious dish at home!

STEP 1 – Gather your cooking tools

- Chopping board
- Knife
- Can opener
- Cooking Pot
- Spatula
- Ladle

STEP 2 – Gather your Ingredients (rinse can foods)

- 1 pound of ground meat (beef, turkey, chicken)
- 1 can of corn
- 1 can of beans (black or pinto)
- 1 can of kidney beans
- ½ onion, chopped
- Optional chopped vegetables (bell pepper, carrot, or potato)
- 2 t olive oil
- 2 t salt
- 2 t pepper
- 1 t garlic power
- 1 t chili power
- 2 C water (or broth)

STEP 3 – Start cooking

- Place pot on the stove and turn on to **medium** heat
- Add olive oil and warm for 2-3 minutes
- Sauté the onions for 2-3 minutes until they turn a little brown
- Add the ground beef (or other meat of your choice) and cook for 5 minutes until it is cooked through (no longer pink)

STEP 4 – Add the rest of your ingredients

- Add seasonings and stir to combine and heat through- about one minute
- Add chopped vegetables, if using, and sauté for 2-3 minutes until soft
- Add canned beans (drain and rinse before adding)
- Stir together for 2-3 minutes
- Add 2 cups of water and stir to combine all ingredients
- Turn your stove to **low** heat and let it simmer for 20-25 minutes

STEP 5 – Serve bowl and add toppings

- Grab a bowl and a ladle when time is up
- Serve yourself a delicious bowl of Texas Stew
- Add extra toppings as desired:
 - Grated cheese- cheddar, feta, queso fresco
 - Crushed tortilla chips
 - Chopped cilantro
 - Chopped jalapeno



