

# State Capitol Park Stew

## Ingredients:

2/3 cup dried pinto beans (or 15 oz. canned)  
1/3 cup dried lima beans (or 8 oz. canned)  
3 green chilies (or one large) not-hot chilies, chopped  
1 stalk celery, chopped  
1/2 package onion soup mix  
1 small zucchini, chopped  
1 small parsnip, chopped  
6 ounces V8 juice, more if needed  
1-cup corn

16 oz chopped tomatoes (or one can chopped tomatoes)  
8 ounces olives, chopped  
1 small onion, chopped  
1-teaspoon chili powder  
Two beef bullion cubes  
Six to 10 ounces smoked sausage. Combine Andouille, smoky links, and Italian, chopped to 3/8 inch cubes. Alternatively, use your favorites.

**Instructions:** Mix all together in a 12” Dutch oven. Add 2 tablespoons barley and 2 tablespoons brown rice. Be sure to add more water for the added grains, see package directions. Use instant type grains if desired. **Note:** If precooked beans are used, the dish will be ready when it starts to boil

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Willamette Chapter of the International Dutch Oven Society

*The Willamette Chapter of the International Dutch Oven Society promotes the art of camp cooking in the Dutch oven, while enjoying the time spent teaching, cooking and eating. We meet to cook, monthly, in local Willamette parks.  
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