

Hobo Stew & Hobo Chili



Directions

- *Open can of Stew or Chili
- *Put in pan, warm up on medium heat
- *Cook Rice as instructed on the bag
- *Once rice is cooked, scoop the desired amount into a bowl
- *Top with Stew or Chili
- *Enjoy a nice hot snack or meal



Why Rice and Beans?

Both are a classics, globally enjoyed combination or individually, because they form a nutritious, budget-friendly, and complete protein source, providing all nine essential amino acids necessary for human health. Beans offer protein and fiber, while rice provides carbohydrates for energy, together offering a filling, low-fat meal that is easy to store and prepare.



King of Hobos

Maurice W. Graham (June 3, 1917 – November 18, 2006), also known as Steam Train Maury, was the five-time holder of the title "King of the Hobos", and was later known as "Patriarch of the Hobos".



History of the Hobo Stew

Hobo food, peaking between the late 19th century and the Great Depression, was a resourceful, communal cuisine born of necessity by transient workers. Staples included (a "throw-together" mix of scavenged scraps), foraged vegetables, and canned goods cooked over open flames in "hobo jungles".

Scavenging & Foraging

Ingredients were obtained by begging, working for food, or finding discarded items along railroad tracks.

Additional Suggestions

- Instead of rice try mashed potatoes or noodles.
- Add cheese, onions, jalapenos or a drop of Tabasco sauce.
- A biscuit or roll will sop up every delicious drop!



HOBO STEW



HOBO CHILI



Also great on
hot dogs or
hamburgers!

