

All Day Cookin' Without Lookin'

Kate Bradley

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Traditional Pot Roast

Yield: 6-8 servings

3-4 lb. rump roast	4-6 potatoes, peeled and quartered
¼ cup flour	1 cup of beef stock
1 tsp. each salt and pepper	7 ½ oz. can of tomato sauce
2 Tble. Vegetable oil	1 clove garlic, minced
2 medium onions, quartered	1 bay leaf
4 carrots or parsnips, peeled and sliced	½ tsp. dried thyme

- 1.) In a shallow bowl or pie plate, season flour with salt and pepper. Pat meat dry and coat on all sides with flour mixture.
- 2.) In a large skillet, heat oil over medium-high heat. Add in the meat to sear and turn with wooden spoon. It should take 7-10 minutes or until the roast is brown on all sides. Transfer meat to slow cooker.
- 3.) Add in the rest of the ingredients to the slow cooker.
- 4.) Cover and let cook on low for 10-12 hours or on high for 6-8 hours. Check and make sure the vegetables are tender before serving.

Veggie Chili

Yield: 6-8 servings

1 Tble. Vegetable oil
2 medium onions, peeled and diced
1 green pepper, diced
2 cloves of garlic, minced
3 cans (15 oz.) each beans of any variety (red, black, navy, etc.)
2 cans (28 oz.) diced tomatoes
1 can (14.5 oz) tomato sauce
2 tsp. cajun seasoning
4 tsp. chili powder

- 1.) Saute the onions, green pepper, and garlic in oil on the stove top. They should get slightly brown and smell great. About 5 minutes. Add into the slow cooker.
- 2.) Pour the drained beans on top of the vegetables. Add in the tomatoes and sauce. Give it a good stir. Then add in the seasonings. Feel free to adjust the seasonings, or add in some jalapenos.
- 3.) Cover and cook on low for 6-8 hours or on high for 3-4 hours.

Onion and Apricot Pork Roast

Yield: 6-8 servings

2-3 lb. boneless pork shoulder butt roast
1 large onion, thinly sliced and left in rings
½ cup chopped, dried apricots
1 ½ cups beef broth
¼ cup orange marmalade
1 tsp. fresh ginger root or 2 tsp. ground ginger
1 garlic clove, minced
Dash of ground nutmeg
1Tble. Corn starch
4½ tsp. Cold water

- 1.) Place roast in slow cooker. Cover roast with onions and apricots.
- 2.) In a bowl combine beef broth, marmalade, ginger, garlic and nutmeg. Mix well and pour over roast. Cover and cook on low for 6-8 hours or on high 3-4 hours.
- 3.) Remove roast and cover with foil to keep warm. Carefully pour juices from slow cooker into a sauce pan. Skim off any fat that you can.
- 4.) In a small bowl combine corn starch and water. Stir until there are no lumps. Add to saucepan. Cook over medium heat, bring to a boil, and season to taste with salt and pepper. Remember to keep stirring the sauce as it thickens. Serve the sauce over the pork.

Harvest Casserole

Yield: 14 as a side

5 Tble. Butter, divided	3 Tble. All purpose flour
1 lb. onions, cut into 1 inch slices	½ tsp salt
2 garlic cloves, minced	¼ tsp pepper
1 small rutabaga (about 1 lb) peeled, quartered and sliced	1/4 tsp nutmeg
6 medium carrots, peeled and sliced	2 ½ cups milk
6 medium parsnips, peeled and sliced	¼ cup parmesan cheese
1 ½ cups vegetable stock	

- 1.) In the slow cooker, combine 3 Tble. Butter, onions, garlic, rutabaga, carrots, and parsnips. Stir in stock.
- 2.) Cover and cook on low for 7-9 hours or on high 3-4 hours. They are done when they are fork tender.
- 3.) For the sauce: Melt butter in a medium saucepan over medium -high heat. Stir in flour, salt, pepper, nutmeg. Stir until well blended. Slowly add milk to butter and flour mixture. Keep stirring to make gravy. Pour over vegetables, sprinkle with parmesan cheese. Serve warm.

Cranberry and Apple Cobbler

Yield: 8-10

1 Pkg. (12 oz) cranberries
¾ cup granulated sugar
3 Tble. Cornstarch
½ tsp. cinnamon
1 cup cranberry juice
8 cups sliced peeled apples

1 ½ cups all- purpose flour
¼ cup granulated sugar
1 Tble. Baking powder
¼ tsp. salt
½ cup cold butter
2/3 cup milk
1 tsp. sugar
¼ tsp cinnamon

- 1.) Place cranberries in bottom of slow cooker. Add in sugar, cornstarch, and cinnamon. Toss to coat. Add in cranberry juice and apples. Stir. Cover and cook on low for 6-8 hours or on high for 3-4 hours.
- 2.) In a bowl, combine flour, sugar, baking powder, and salt. Cut in butter to flour mixture. It should look like coarse sand. Drizzle milk over mixture and stir until a thick batter forms.
- 3.) Drop batter in spoonfuls over fruit mixture. Cover and cook on high 30-45 minutes, until it is a light brown. In a small bowl, combine sugar and cinnamon: sprinkle over dumplings before serving.