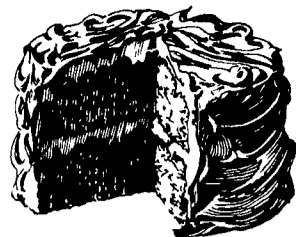


Home On The Range



Crock Pots Make Busy Days Easier

For many of us warmer weather means more activity and less time to spend in the kitchen. But that doesn't mean you can't continue to serve tasty meals.

If you haven't used your crock pot or slow cooker for a few months — or years — now is the time to put it back into use. A few minutes out of your morning schedule to fill the crock pot will mean a worry-free meal later. You can simply go about your chores and forget dinner, which will be simmering away to tender perfection.

Below are some of the time-saving crock pot recipes Lancaster Farming's readers have shared this week. We hope you will enjoy them.

We appreciate the recipes you share and ask that you continue to contribute to this recipe page that is such a vital part of the women's section. The topics for the coming weeks are listed below.

Don't forget to send in a recipe or two featuring dairy products for the June issues. We will devote the entire month to dairy recipes in tribute to Pennsylvania's dairy industry.

GREENBEANS 'N SAUSAGE

1 quart greenbeans, cut into 2-inch pieces
1 carrot, chopped
1 small green pepper, chopped
1 8-ounce can tomato sauce
1/4 teaspoon thyme
1/2 teaspoon salt
1 pound bulk pork sausage, cut in 1-inch pieces

Mix all ingredients except sausage. Cook in crock pot on high for 3 to 4 hours. Add sausage and cook another 2 hours on low.

Marian Zeiset
Mount Joy

BEEF STEW

2 pounds beef chuck, cut in 1-inch cubes
1/2 cup flour
1 1/2 teaspoon salt
1/2 teaspoon pepper
1 1/2 cups beef broth
1 teaspoon Worcestershire sauce
1/2 clove garlic
1 bay leaf
1 teaspoon paprika
4 carrots, sliced
3 potatoes, diced
2 onions, chopped
1 stalk celery, sliced

Place meat in crock pot. Mix flour, salt and pepper and pour over meat; stir to coat meat. Add remaining ingredients and stir to mix well. Cover and cook on low for 10 to 12 hours or on high for 4 to 6 hours. Stir stew thoroughly before serving.

Brenda Oberholtzer
Ephrata

HAM AND SCALLOPED POTATOES

6 to 8 slices of ham
8 to 10 medium potatoes, peeled and sliced
Onion to taste
1 cup grated cheddar cheese
1 can cream of celery or cream of mushroom soup

Cut ham in smaller pieces. Place half of first 3 ingredients in crock pot. Sprinkle with salt, pepper and cheese. Repeat layer. Spoon undiluted soup on top. Cook on low for 8 to 10 hours or on high for 4 hours.

Charlene Gingrich
Mercersburg

CROCK POT POTATOES

1 small carton sour cream
2 cans cheddar cheese soup
Onion to taste
1 stick butter
8 medium cut-up boiled potatoes

Melt butter, add sour cream and soup; stir in potatoes. Cook on low at least 1 hour. Note: be sure to boil potatoes.

Charlene Gingrich
Mercersburg

CHEESE SCALLOPED POTATOES

6 cups shredded potatoes
3 tablespoons butter
1 teaspoon salt
2 tablespoons chopped onion
3 cups milk
2 tablespoons flour
Pepper
1 teaspoon parsley
1 1/2 cups velveeta cheese

Cook and shred potatoes. Make a white sauce of butter, flour and milk by melting butter in saucepan. Then stir in flour and half of milk. Stir rapidly to remove lumps, then add rest of milk, stirring until thickened. Add seasoning and 1 1/2 cups diced velveeta cheese. Cook until cheese melts. Put potatoes in crock pot and pour sauce over top. Cook on low setting for 4 hours.

Brenda Oberholtzer
Ephrata

EASY CROCK POT SUPPER

2 pounds Polish kielbasa, cut into 3-inch chunks
1 medium onion, chopped
4 medium potatoes, peeled and sliced thick
1 small head cabbage, coarsely chopped
2 8-ounce cans tomato sauce

Slice potatoes and put in bottom of crock pot. Chop onion and sprinkle over the potatoes. Place coarsely chopped cabbage over onions. Arrange Polish kielbasa on the cabbage. Pour tomato sauce over all. Cover and cook on low 6 to 8 hours or until potatoes and cabbage are done. Makes 4 to 6 servings.

Mrs. Wilma Epler
Middletown

MOCK LASAGNA

1 pound ground beef
1/2 pound Italian sausage
1 onion, chopped
1 clove garlic, minced
12 ounces mozzarella cheese, shredded
12 ounces cottage cheese
2 6-ounce cans tomato paste
1/2 cup water
1 teaspoon basil
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 1/2 tablespoons parsley flakes
1 10-ounce package lasagna noodles, broken into bite-sized pieces
2 tablespoons oil

Brown ground beef and sausage; drain. Place in lightly-greased crock pot. Add all remaining ingredients except noodles and oil. Stir to mix thoroughly. Cook noodles just until tender, drain and toss in oil. Place in crock pot and fold into meat and cheese mixture. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours.

Brenda Oberholtzer
Ephrata

SPLIT PEA SOUP

1 pound dry green split peas (soak overnight, then drain)
1 quart water
1 pound meaty ham bones or pieces
Salt to taste
1/4 teaspoon pepper
1/2 cup chopped celery leaves
1 medium onion, chopped

Put all ingredients in crock pot. Cover and cook on low for 10 to 12 hours or on high for 5 to 6 hours. Makes 2 1/2 quarts soup.

Brenda Oberholtzer
Ephrata

FAVORITE FAMILY STEW

2 1/2 pounds beef round steak cut into 1 1/2-inch cubes
2 teaspoons salt
1 teaspoon pepper
3 tablespoons oil
6 potatoes, cut into 3/4-inch cubes
6 carrots, thinly sliced
1 large onion, sliced
1 tablespoon lemon juice
1 teaspoon sugar
1 teaspoon Worcestershire sauce
1/2 teaspoon paprika
3 cups boiling water
3 tablespoons cornstarch mixed with 1/4 cup water

Season beef with 1 teaspoon salt and 1/2 teaspoon pepper. Brown beef cubes in hot oil in skillet. Layer potatoes, carrots, onion and beef in 3 1/2-quart slow cooker. Combine lemon juice, Worcestershire sauce, sugar, paprika, 1 teaspoon salt and 1/2 teaspoon pepper in bowl. Stir in 3 cups water. Pour into slow cooker. Cover and cook on low for 10 hours or on high for 5 hours. Blend together cornstarch and 1/4 cup water. Stir into stew. Turn heat to high, cover and cook until thickened — about 15 minutes.

Brenda Oberholtzer
Ephrata

CROCK POT HAM IN SAUCE

1 cup vinegar
1/2 cup brown sugar
2 cups boiling water
1 teaspoon dry mustard
2 tablespoons flour
1 3- to 5-pound ham

Mix all ingredients together and pour over ham in crock pot. Cook about 8 hours on low.



A hearty stew can cook while you're away from home or busy with outside chores.

STUFFED CABBAGE

1 medium head cabbage
Prepare cabbage for stuffing; discard outer leaves, remove core, place in boiling water, simmer until leaves separate, remove from water and cool.
Meat Stuffing:
2 pounds ground beef
1 large onion, chopped
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon thyme
1 teaspoon garlic salt
1 large green pepper, chopped
2 cans tomato sauce (1 8-ounce can and 1 15-ounce can)
1 cup cooked rice

Brown ground beef with onion and green pepper. Drain grease. Add salt, pepper, thyme, garlic salt, 8-ounce can tomato sauce, and rice. Mix thoroughly. Spoon mixture into each cabbage leaf. Roll leaf, tucking sides and ends to enclose filling. Secure with toothpicks. Place rolled leaves into crock pot. Pour 15-ounce can tomato sauce over top of cabbage rolls. Cover and cook for 5 to 7 hours on medium.

CHILI CON CARNE

1 pound ground beef, browned
2 medium onions, chopped
1 can kidney beans, drained
2 1-pound cans tomatoes
1 8-ounce can tomato sauce
1 green pepper, chopped
2 cloves garlic, crushed
4 teaspoons chili powder
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/4 teaspoon ground cloves
1 bay leaf
1/2 teaspoon paprika

Brown meat and onion. Drain grease. Put all ingredients into crock pot. Stir. Cover and cook for 5 to 6 hours on medium setting.

LINDA'S VEGETABLE SOUP

1 large can chunky chicken vegetable or beef soup
2 cups frozen mixed vegetables
The following can be altered to individual taste:
1 or 2 large onions, diced
1/4 cup green peppers, diced
1/2 cup celery, diced
Left over boiled potatoes, cut small
1/4 cup rolled barley flakes
Pepper to taste
1 soup can water
1 cup tomato juice or 3 pounds crushed tomatoes

Put all ingredients in crock pot and cook on low setting for 6 to 8 hours. Note: this recipe gives chunky soup an entirely different taste and is good served with barbecue or hamburgers.

Linda Miller
Smithville

MEATBALLS IN COCKTAIL SAUCE

1 16-ounce can tomato sauce
1 large bottle catsup
2 cloves garlic, crushed
2 tablespoons lemon juice
1 teaspoon chili powder
2 teaspoons onion salt
1 recipe meatballs (recipe below)

Mix all ingredients in crock pot. Cover and cook on low for 1 to 4 hours. This recipe is also good as a cold dip for seafoods.

Meatballs

1 medium onion, minced
2 pounds ground lean beef
1 cup soft bread crumbs
1 teaspoon salt
1/2 teaspoon pepper
2 teaspoons Worcestershire sauce
1/2 cup milk
1 egg

Mix all ingredients thoroughly in a large bowl. Shape into desired size meatballs. Brown in frypan and drain.

Share Your Dairy Recipes During June

Throughout the year, Home on the Range features nearly every kind of agricultural commodity available — from cherries and asparagus to beef and pork. But during June Dairy Month, Lancaster Farming shines the spotlight on dairy and Home on the Range will feature recipes containing fresh dairy ingredients.

Each week in June you will be able to turn to page B6 for dairy recipes our readers have shared. Lancaster Farming invites you to be part of our June Dairy Month celebration by submitting one or several of your family's favorite dairy recipes. To thank you for your support, we'll send you a spaghetti measurer/server to use in your kitchen. Listed below are the dairy recipe topics that will be featured each week.

June

7- Cheese Dishes
14- Dairy Desserts
21- Dairy Dinners
28- Puddings and Custards

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

24 - May is Egg Month
31 - Gelatin Desserts