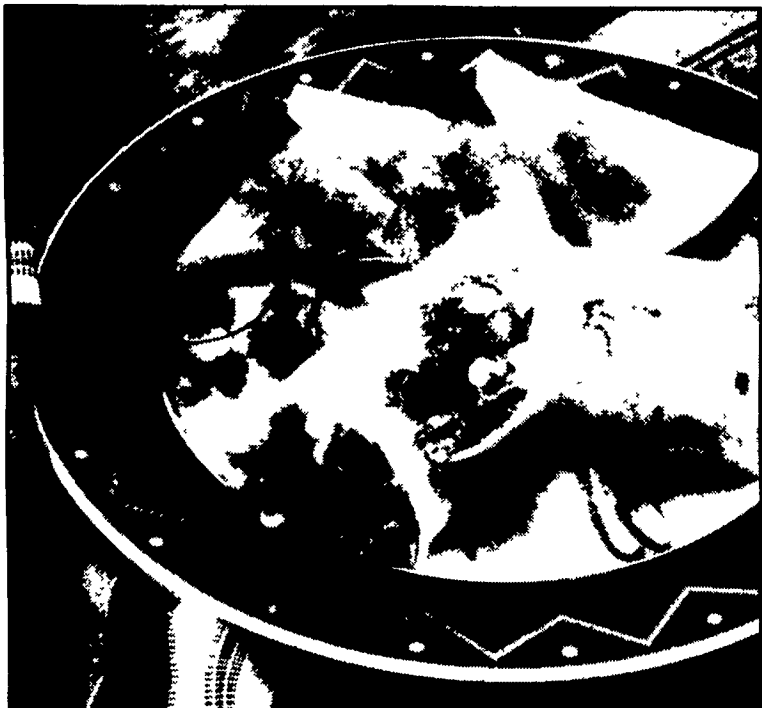
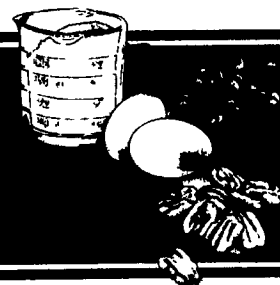




Home on the Range



Featured Recipes

Prepare a crockpot of Two-Way Shredded Beef from which you can serve the following delicious sandwiches. Recipes are from the Pennsylvania Beef Council.

TWO-WAY SHREDDED BEEF

3 to 3 1/4 pound boneless beef chuck shoulder or bottom round roast, cut into four large chunks
1 medium onion, quartered
3 whole cloves garlic, peeled
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup water

In slow cooker, place onion and garlic; top with beef chunks. Sprinkle beef with salt and pepper; add water. Cover and cook on LOW 9 to 9 1/2 hours or until beef is tender. No stirring is necessary during cooking. Remove beef from cooking liquid; cool slightly.

Meanwhile, strain cooking liquid; skim off fat. Set aside. Trim and discard excess fat from cooked beef. Shred beef with two forks. Divide shredded beef evenly in half (approximately 3 1/4 cups per portion); add 1/4 cup reserved cooking liquid to each. Use on portion shredded beef to prepare Tex-Mex Beef Wraps with Tomato-Corn Salsa or Honey Mustard BBQ Beef-wiches. Cover and refrigerate remaining portion up to four days for later use. (See following recipes.) Makes approximately seven cups shredded beef.

Cooks Tip: Beef mixture may be frozen in a covered container; defrost before using.

TEX-MEX BEEF WRAPS WITH TOMATO-CORN SALSA

3 1/4 cups Two-Way Shredded Beef
16 ounces prepared thick and chunky salsa
two tablespoons chopped cilantro
4 (10-inch diameter) flour tortillas, warmed
Tomato-Corn Salsa

1/2 cup frozen whole kernel corn, defrosted
1 small tomato, chopped
1 tablespoon chopped cilantro

In small bowl, combine Tomato-Corn Salsa ingredients with two tablespoons prepared thick and chunky salsa; cover and refrigerate until ready to use.

In slow cooker removable crock or 1 1/2-quart microwave-safe dish, combine one portion shredded beef, remaining prepared salsa and two tablespoons chopped cilantro. Cover and microwave on HIGH seven to eight minutes (eight to nine minutes from the refrigerator) or until hot, stirring once.

Spoon 1/4 of beef mixture (scant one cup) evenly over each tortilla, leaving 1 1/2 inch border on all sides. Top each with approximately 1/4 cup Tomato-Corn Salsa.

Fold right and left edges of tortilla over filling; fold bottom edge up, then roll up jelly-roll fashion. Garnish with additional chopped cilantro; serve immediately.

Makes 4 servings.

HONEY MUSTARD BBQ BEEFWICHES

3 1/4 cup Two-Way Shredded Beef
1 cup honey mustard barbecue sauce
hamburger buns or kaiser rolls, split
chopped green bell pepper (optional)
chopped sweet onion (optional)

In slow cooker removable crock or 1 1/2-quart microwave-safe dish, combine one portion shredded beef and barbecue sauce; mix thoroughly. Cover and microwave on HIGH five to six minutes (six to seven minutes from refrigerator) or until hot, stirring once.

Place equal amounts of beef mixture on bottom half of each bun. Top with bell pepper and onion, if desired. Close with top half of bun.

Makes four sandwiches. Any flavor barbecue sauce may be substituted for the honey mustard barbecue sauce.

Slow Cooking For Fast Eating

You're away for the day. But when you come home, the family is waiting for dinner. They're hungry. You're hungry and tired — too tired to prepare a meal.

With a bit of forethought, you can easily prevent this dilemma by preparing a crockpot meal. Slow cooking during the day enables you to serve a nutritious meal fast. Here are some tips for successful slow cooking

Cooking Basics

- Slow cookers are available in many sizes; the 3-, 4- and 5-quart (with convenient removable crockery or stoneware liners) are the most popular. For best results, manufacturers recommend that the slow cooker be filled at least half full, but never more than three-fourths full.

- Cooking times are guidelines; each slow cooker varies, and power fluctuations may occur. Follow recipes to determine whether to cook on LOW or HIGH setting.

- Do not remove lid during cooking as this can result in heat loss. Lift the lid only when it's time to check for doneness or stirring is recommended.

- In high altitudes, cooking may take longer.

- Do not reheat foods in the slow cooker.

Foods In The Cooker

- Ingredients can be taken directly from the refrigerator and placed in the slow cooker.

- Purchase beef roasts or other large cuts in a size and shape that fit easily into the cooker; otherwise trim them to fit.

- Fresh vegetables tend to cook slower than meat. Place vegetables on the bottom and around the side of the cooker; place meats on top.

- Trim visible fat from beef prior to placing it in the cooker to reduce fat in the finished dish.

- Usually only small amounts of liquid are added to the slower cooker because liquid accumulates from foods during cooking.

CROCKPOT BREAD PUDDING

8 slices bread, cubed
4 eggs
1/4 cup sugar
1/4 cup butter, melted
2 cups milk
1/4 teaspoon cinnamon
1 cup raisins, optional

Place bread in greased crockpot. In bowl, mix beaten eggs, sugar, butter, milk, and cinnamon. Stir until smooth. Stir in raisins. Pour over bread and mix. Cook three hours on low. Set lid aside and let mixture steam so that pudding doesn't get watery.

Cathy Christ
Gap

CROCK POT CHICKEN BREASTS

1/2 cup flour
1 teaspoon salt
2 teaspoons dry mustard
1 teaspoon garlic powder
Mix together ingredients thoroughly.
2 boneless, skinless chicken breasts, halved
Coat breasts in flour mixture.

Brown in 2 tablespoons oil. Brown on both sides, place in crockpot. Pour 10-ounce can chicken rice soup over chicken and cover and cook on low for 8 hours.

Nancy Kramer
Newmanstown

SLOW-COOKED TURKEY DINNER

1 onion, diced
6 small red potatoes, unpeeled, quartered
2 cups carrots, sliced
1 1/2-2 pounds boneless, skinless turkey thighs
1/4 cup flour
2 tablespoons dry onion soup mix
2/3 cup chicken broth or water
10 1/4-ounce can fat-free cream of mushroom soup

Place vegetables in bottom of crockpot. Place turkey thighs over vegetables.

In medium bowl, combine remaining ingredients, blend well, pour over turkey. Cover. Cook on high 30 minutes. Reduce heat to low, cook on low seven hours. Serves 4.

Each serving — 410 calories, 70 calories from fat, 8 grams fat.

Nancy Kramer
Newmanstown

CROCKPOT MACARONI BAKE

1 package elbow macaroni, cooked, drained
1 onion, chopped
1 tablespoon vegetable oil
1 cup water
Salt and pepper to taste
Cooking spray
1 1/2 pounds ground chuck, browned, drained
1 cup chopped celery
2 cans condensed tomato soup
1 teaspoon sugar
1 1/2 cups grated cheese
Spray inside of crockpot with cooking spray. Cook macaroni according to package directions, drain. Cook ground chuck, onion, and celery in a nonstick skillet with 1 tablespoon oil, until done. Combine browned meat mixture, noodles, soup water, sugar, 1 cup grated cheese, salt and pepper. Mix well and place in crockpot. Top with remaining 1/2 cup grated cheese. Cook on high 2-3 hours or on low for 6-7 hours.

Lucinda Bray
Berks Co. Dairy Princess

CROCKPOT POT ROAST

3-5 pounds rump roast or pot roast

1 can golden mushroom soup
1 can cheddar cheese soup
1 can onion soup

Empty soup into crockpot and stir to mix well. Add meat. Cover and cook on low for 6-7 hours or until meat is tender. Remove meat and let set 10 minutes before carving. Serve gravy on side with noodles or mashed potatoes.

Sometimes I add baby carrots at the beginning and this way my veggie is also cooking at the same time.

Lee Laverty
Dover, N.J.

MEDITERRANEAN BEEF POT ROAST, VEGETABLES

3 to 3 1/4 pound boneless beef bottom round rump roast or chuck shoulder roast

red potatoes (approximately 2 to 2 1/2 inch diameter)

1/2 pound packaged baby carrots whole cloves garlic, peeled

1 teaspoon dried rosemary leaves, crushed

1 teaspoon salt

1/2 teaspoon pepper

1/4 cup water

1/4 cup dry red wine

2 tablespoons cornstarch dissolved in 3 tablespoons water

chopped parsley

In slow cooker, place potatoes, carrots and garlic. Rub beef pot roast with rosemary, salt and pepper; place on top of vegetables. Add water and wine. Cover and cook on LOW 10 to 11 hours or until beef and vegetables are tender.

Remove pot roast and vegetables; keep warm. To make gravy, strain cooking liquid; skim fat. In small saucepan, combine 2 cups cooking liquid and cornstarch mixture. Bring to boil; cook and stir 1 minute or until thickened.

Just before serving, carve pot roast across the grain into thin slices. Serve with vegetables and gravy. Garnish with parsley, as desired.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

March

31 — Favorite Cakes

April

7 — Easter Candy

14 — Easter Dinner

21 — Incredible Egg Recipes