



## Hearty New England Dinner

Joette Droz  
Kalona, IA

*Makes 6-8 servings*

- 2 medium carrots, sliced
- 1 medium onion, sliced
- 1 celery rib, sliced
- 3-lb. boneless chuck roast
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 envelope dry onion soup mix
- 2 cups water
- 1 Tbsp. vinegar
- 1 bay leaf
- half a small head of cabbage, cut in wedges
- 3 Tbsp. melted margarine, or butter
- 2 Tbsp. flour
- 1 Tbsp. dried minced onion
- 2 Tbsp. prepared horseradish
- 1/2 tsp. salt

1. Place carrots, onion, and celery in slow cooker. Place roast on top. Sprinkle with 1/2 tsp. salt and pepper. Add soup mix, water, vinegar, and bay leaf.

2. Cover. Cook on Low 7-9 hours. Remove beef and keep warm. Just before serving, cut into pieces or thin slices.

3. Discard bay leaf. Add cabbage to juice in slow cooker.

4. Cover. Cook on High 1 hour, or until cabbage is tender.

5. Melt margarine in saucepan. Stir in flour and onion. Add 1 1/2 cups liquid from slow cooker. Stir in horseradish and 1/2 tsp. salt. Bring to boil. Cook over low heat until thick and smooth, about 2 minutes. Return to cooker and blend with remaining sauce in cooker. When blended, serve over or alongside meat and vegetables.



## Easy Beef Stew

Connie Johnson  
Loudon, NH

*Makes 6 servings*

- 1 lb. stewing beef
- 1 cup cubed turnip
- 2 medium potatoes, cubed
- 1 large onion, sliced
- 1 garlic clove, minced
- 2 large carrots, sliced
- 1/2 cup green beans, cut up
- 1/2 cup peas
- 1 bay leaf
- 1/2 tsp. dried thyme
- 1 tsp. chopped parsley
- 2 Tbsp. tomato paste
- 2 Tbsp. celery leaves
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 qt., or 2 14 1/2-oz. cans, beef broth

1. Place meat, vegetables, and seasonings in slow cooker. Pour broth over all.

2. Cover. Cook on Low 6-8 hours.



## Pot Roast

Julie McKenzie  
Punxsutawney, PA

*Makes 8 servings*

- 3-lb. rump roast
- 1/2 envelope dry onion soup mix
- 1 small onion, sliced
- 4-oz. can mushrooms with liquid
- 1/3 cup dry red wine
- 1/3 cup water
- 1 garlic clove, minced
- 1 bay leaf
- 1/2 tsp. dried thyme
- 2 Tbsp. chopped fresh basil, or 1 tsp. dried basil

1. Combine all ingredients in slow cooker.

2. Cover. Cook on Low 10-12 hours.

### Variations:

1. Add 1/2 tsp. salt, if desired.

2. Mix 3 Tbsp. cornstarch into 1/2 cup cold water. At the end of the cooking time remove bay leaf and discard. Remove meat to serving platter and keep warm. Stir dissolved cornstarch into hot liquid in slow cooker. Stir until absorbed. Cover and cook on High 10 minutes, until sauce thickens. Serve over top or alongside sliced meat.