

A few recipes needed in the market.

Shopping lists

Beef Stew

Beef

8oz mushrooms

2 ea large carrots (for stew)

1-2 lb potatoes

1 small white onion

celery

Chicken soup

1+ lb dark (and white) chicken

1 small white onion

celery

12oz noodles

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Beef stew, crockpot

1+ lb beef stew meat, 1" cubes

1/4 cup flour

1/4 tsp salt

1/2 tsp pepper (75 1/2 grinds)

1 cup beef broth

1 tsp Worcestershire sauce

1 ea bay leaf

1 tsp paprika, ground

8 oz mushrooms, sliced

2 ea large carrots, sliced

1 lb potatoes, diced

1 small white onion, chopped

1+ rib celery, sliced

Place meat in crock-pot and coat with flour, salt, pepper mixture. Add remaining ingredients and mix well. Cook on high 4 hrs (should be boiling, time might be longer on some pots). Remove bay leaf, stir and serve.

Optional, add frozen or fresh corn, peas or string beans. (Note. Beans affect the flavor quite a bit.)

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Chicken noodle soup

1+ lb boneless chicken, cubed (dark and white meat)

1.5 qt water

1/2 Tbs salt
1/2- tsp.pepper
1/2 white onion, chopped
1 large carrot, fine sliced
2 rib celery, sliced
1 1/3 Tbs parsley, dry
1/2 tsp marjoram or basil
1 ea bay leaf
1 or 2 chicken bouillon

12 oz noodles

Place all but the noodles in crock-pot. Cook on high 3.5 hrs (should be boiling, time might be longer on some pots). Remove bay leaf. Stir in noodles and cook on high till done, about 30 min.

(Notes: 12 ounces of noodles makes it more like a stew, 6 ounces more like a soup. I also add the frozen corn at the end to cool the boiling mixture to serving temperature.)

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Pot roast, Dutch Oven

Coat 2 pound roast (Tri-tip) with flour (season with salt and pepper if desired)

Brown in hot oil. Remove from heat.

Add 1/2 cup of water or beef broth,

Add small potatoes (<1.5"),

add desired spices (celery salt, 1tsp Worcestershire & Paprika, bay leaf, dash Allspice (opt)),
cover and cook slowly 2 to 2.5 hours. Add water if needed. (Setting 1.0 to 2.5 on my Jenn-Air)

For gravy, remove excess fat from 1.5 cups of liquid. Thicken by slowly adding a mixture of 2 Tbs flour, some salt, and 1/4 cup cold water stirring continuously. Cook & stir 3 min.

1 tsp Worcestershire sauce

1 or 2 bay leaves

1 Tbs salt

1/2 tsp pepper

1/2 tsp paprika

dash of cloves (or allspice)

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Beef stew, dutch oven

2 sticks of celery and 1 medium white onion

Sliced and sauteed

2 lbs stew meat (lean tri-tip) in large cubes (1.5")

Coat with flour and brown in 1/2 stick butter

2 cups hot water

1 tsp Worcestershire sauce
1 or 2 bay leaves
1 Tbs salt
1/2 tsp pepper
1/2 tsp paprika
dash of allspice or cloves
Cover and simmer for 1.5 hours stirring occasionally

Remove bay leaves

4 carrots cleaned and cut to desired size
2 lbs potatoes cleaned and cut to desired size
Cook 30-45 min or until done.

Add frozen peas to cool and to taste. Serve.

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Stroganoff, Crockpot
2 lb London broil beef, cubes or strips

1/2 cup flour
1/2 tsp salt
1/2 tsp pepper (~70 1/2 circle grinds)

1 medium onion, chopped or thin slices

2.5 ribs celery, sliced
8 oz mushrooms, sliced

1 1/4 cup beef broth
1 tsp Worcestershire
2 Tbs tapioca (optional)

1.5 cups sour cream

12 oz egg noodles, cooked

Place meat in crock-pot and coat with flour, salt, pepper mixture. Add mixed onion, celery, mushrooms, broth, Worcestershire, tapioca. Cook on high 4-5 hrs (should be boiling, time might be longer on some pots). Add sour cream, mix well, and cook 5 min on high.

Serve over egg noodles or stir in the egg noodles. Garnish with paprika if desired.

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