

Italian Beef (crockpot)

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| 1 (3-4 pound) beef roast | 1 clove garlic, minced |
| 1 medium onion, chopped | 1/8 teaspoon crushed red peppers |
| 1/4 teaspoon oregano | 1/2 cup water |
| 1/8 teaspoon basil | Salt and pepper to taste |

Place all ingredients in slow cooker. Cover and cook for 8-10 hours. One hour before serving, shred meat. Serve on crusty hard roll. (16-20 sandwiches)

Chili with Beans (crockpot)

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| 1 pound ground beef | 1 teaspoon to 1 tablespoon chili powder |
| 1 cup diced onion | 2 tablespoons cold water |
| 1/2 green pepper, diced | 1 1/2 teaspoon salt |
| 1 small clove garlic, chopped | 2 teaspoons sugar |
| 1 teaspoon Worcestershire sauce | 2 cups cooked or canned kidney beans, drained |
| 2 cups canned tomatoes | |
| 1 cup diced celery | |

Combine all ingredients. Stir to blend seasonings. Cover and cook 8-9 hours.

Stuffed Cabbage (crockpot)

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:

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| 2 pounds ground beef | 1 teaspoon garlic salt |
| 1 large onion, chopped | 1 large green pepper, chopped |
| 1 teaspoon salt | 2 cans tomato sauce (15 ounces each) |
| 1/2 teaspoon pepper | 1 cup cooked rice |
| 1/2 teaspoon thyme | |

Brown ground beef in frypan with onion and green pepper. Drain grease. Add salt, pepper, thyme, garlic salt, 1/2 can tomato sauce and rice. Mix thoroughly. Spoon mixture onto each cabbage leaf (about 2 tablespoons). Roll leaf, tucking sides and ends to enclose filling. Secure with toothpicks. Place rolled leaves in layers in slow cooker. Pour approximately 1/4 cup tomato sauce over each layer. Pour any remaining tomato sauce over top. Cover and cook for 4-6 hours. Using two wooden spoons, remove from slow cooker carefully.