

Spicy Maca-Burger Casserole (crockpot)

2 pounds ground beef	½ teaspoon oregano
1 medium onion, chopped	2 1-pound cans tomatoes
1 clove garlic, crushed	1 8-ounce can tomato sauce
2 teaspoons salt	1½ cups water
1½ teaspoons pepper	2 cups elbow macaroni, uncooked
1 tablespoon chili powder	

Brown ground beef in frypan. Drain grease. Place all ingredients except macaroni in slow cooker. Cover and cook for 6-9 hours. One hour before serving, prepare macaroni as per package directions, drain, and add to sauce in slow cooker. Stir to combine and keep warm in slow cooker until ready to serve.

Chicken 'n Rice (crockpot)

Chicken Pieces:	3 cans condensed cream of chicken soup
2 breasts (split)	2 cans condensed cream of celery soup
4 legs and thighs	1 package dry onion soup mix

Place chicken in slow cooker. Pour soup over chicken. Sprinkle onion soup mix on top. Cover and cook 4-6 hours. One half hour before serving, prepare 1 cup uncooked regular long grain rice. Serve chicken over rice.

Pot Roast Stroganoff (crockpot)

1 3-pound arm or chuck roast	1 teaspoon caraway seed
1 tablespoon shortening	¼ teaspoon pepper
4 ounces mushrooms, sliced	1 cup beef stock
1 small onion, chopped	2 tablespoons butter or margarine
½ cup ketchup	2 tablespoons flour
1 tablespoon Worcestershire sauce	1 cup sour cream
2 teaspoons salt	

Heat shortening in skillet and brown meat on all sides. Combine other ingredients except last three in cooker and add browned meat. Cook on low for 8 hours. Remove meat from cooker and keep warm.

Melt butter in cooker, add flour and blend. Add sour cream and stir well. Pour sauce over meat. 6 to 8 servings. Serve with a side dish of noodles.