



What's Cookin'

by Gerri Okray



Happy St. Patty's Day

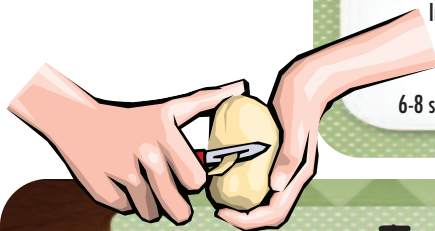
RECIPE

French Hamburger Stew

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| 1½ lbs. Ground beef | 4 medium carrots, sliced |
| ½ cup chopped onion | 4 medium potatoes, quartered |
| 2 T olive oil | 2 tsp. salt |
| 1 cup ketchup | 1 tsp. pepper |
| 2 cups water | ½ tsp. oregano |
| 2 cups celery, sliced | 1 green or red pepper, chopped |
| | 1 can (16 oz.) mushrooms |

In large skillet or pan, brown the beef and onion in oil. Drain. Add the remaining ingredients. Cover and simmer for 1 1/2 hours or until vegetables are tender.

6-8 servings



RECIPE

Irish Lamb Stew

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| 2 lbs. Boneless leg of lamb, trimmed and cut into 1 in. pieces | 1 (14 oz.) can reduced-sodium chicken broth |
| 1¾ lbs. White potatoes, peeled and cut into 1 in. pieces | 2 tsp. chopped fresh thyme |
| 3 large leeks, whites only, halved, washed and thinly sliced | 1 tsp. salt |
| 3 large carrots, peeled and cut into 1 in. chunks | 1 tsp. ground black pepper |
| 3 stalks celery, thinly sliced | ¼ cup packed fresh parsley leaves, chopped |

In a 6-qt. Slow cooker, combine the lamb, potatoes, leeks, carrots, celery, broth, thyme, salt and pepper. Stir well. Cover the slow cooker, then cook on low until the lamb is fork tender, about 7-8 hours. Stir in the parsley just before serving.

Serves 8



RECIPE

Potato Sausage Stew

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| 1 lb. German sausage | 5 med. Potatoes, peeled and cut in cubes |
| 1 lb. Polish sausage | ½ head of cabbage, cut in 4 wedges |
| 1 onion, cut in wedges | 1 can tomato soup + 1 can water |
| 7 carrots, cut in long, thin slices | — Salt and pepper to taste |
| 4 pieces celery, cut in 2 in. chunks | |

Cut the sausages in 2 in. slices and cook in a large dutch oven over medium heat. While sausage is cooking, cut the vegetables and add them to the pot. Add the cabbage wedges last and place them on top. Pour the soup + water over the vegetables and salt and pepper to taste. Bring to a boil, cover and turn to low heat. Simmer for at least an hour or two. Can be cooked in a crockpot all day, also.

6-8 servings

