



DISHING IT UP WITH DANA

Sundaes Aren't Just for Ice Cream!

Potatoes, gravy, meat, corn & cheese are topped with sour cream, chives and a cherry tomato

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association

The slow cooker is my friend. Even if a recipe doesn't call for using a slow cooker, I will often find a way to incorporate it anyway.

"Fry the chicken breasts in a pan until the internal temperature reaches 165 degrees Fahrenheit." Ok, right. How about we put the chicken breasts in a slow cooker the night before, or immediately in the morning, so they're done by dinner?

"Sear the turkey tenderloin on each side until brown and bake at 350 for 20 minutes." Um, no thanks!

Don't get me wrong. I love the flavor that comes from searing meat and the juiciness after baking it. But for the sake of my sanity, I'll be using the electric invention that sits on my countertop and cooks the meat while I'm taking care of other business.

You'd think Eric and I could go back to traditional ways of cooking on the weekends, but that hasn't been the case lately, either. With the boys involved in all things sports and our spicy little tagalong of a 3-year-old daughter, weeknights are filled with practices (sometimes more than one in an evening) and weekends with tournaments and swim meets.

Between swimming club, basketball, and baseball

(Rhinelanders has the Dome that allows for the blessing and the curse of year-round baseball practices and tournaments that start as early as the first weekend in February), Eric and I feel like a regular taxi service and sometimes like ships passing in the night.

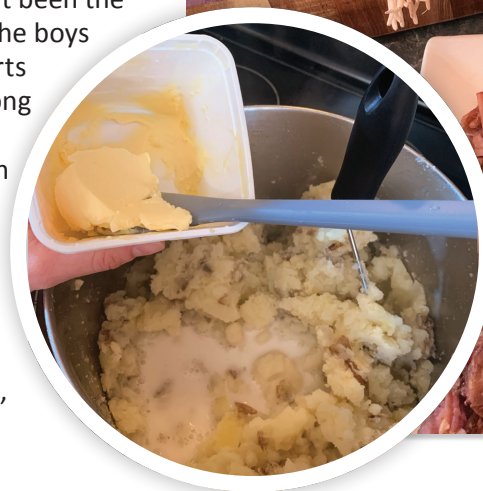
Any other spare moment (if it exists)

is spent giving Havyn attention or helping her find her favorite movie, "Kuwana" (a.k.a., "Moana,") to watch.

EASE OF MASHED POTATOES

With all our recent taxiing, I've been tuning into the ease, convenience, and versatility of mashed potatoes.

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The Rady kids, from left to right, Griffin, Easton and Havyn, enjoy their Mashed Potato Sundaes in the car while shuttling between swimming practice and a basketball game.

Enter the “Mashed Potato Sundae,” and a true match made in heaven for busy moms of “rowdy Rady” households like mine.

Throw the meat of your choice into a slow cooker, make gravy, prepare the mashed potatoes (fresh or instant), and toss on the toppings. It really is that simple.

One evening, I put this recipe to the test. After swimming practice, we needed to head directly to a basketball game 20 minutes away. We needed a quick, healthy meal and didn’t want to go out (not that we even had time).

Thankfully, I had meat and mashed potatoes already prepared. All I needed were toppings and that was easy enough, too. I threw some frozen corn in the microwave and took out the cheese and sour cream from the fridge. I started layering the ingredients in a pint-sized mason jar.

First the potatoes, then gravy, meat, corn, cheese, and repeat. When the jar was full, I topped the jar with a dollop of sour cream, some chives, and a cherry tomato. I put the jar in the microwave to warm it up, put the cover on and put the jar in a bag

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Mashed Potato Sundae

INGREDIENTS:

4 cups	prepared mashed potatoes
16 oz	cooked and shredded chuck roast with gravy —about 1 to 1.5 lbs.
1 cup	canned corn
1 cup	shredded sharp cheddar cheese
½ cup	sour cream
½ cup	diced chives
4	cherry tomatoes
	salt and pepper to taste

along with a spoon. Then I made four more.

We ate a home-cooked meal in the car on our way to a game and it wasn’t even messy! It also took less time than if we had pulled up to a fast-food window. It was quick, healthy, delicious and even fun!

Sundaes aren’t just for ice cream!

DIRECTIONS

Prepare/re-heat the mashed potatoes, chuck roast and corn.

Build each sundae by scooping about one cup of mashed potatoes into the bottom of each mason jar.

Add a layer of approximately 4 to 5 ounces of the roast and gravy on top of the potatoes.

Top the roast with a layer of shredded cheese and then 1/4 cup of corn.

Finish the sundae with a dollop of sour cream, a sprinkling of chives, a cherry tomato and a bit of salt and pepper.

Repeat for each sundae, and enjoy! **BC'T**



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