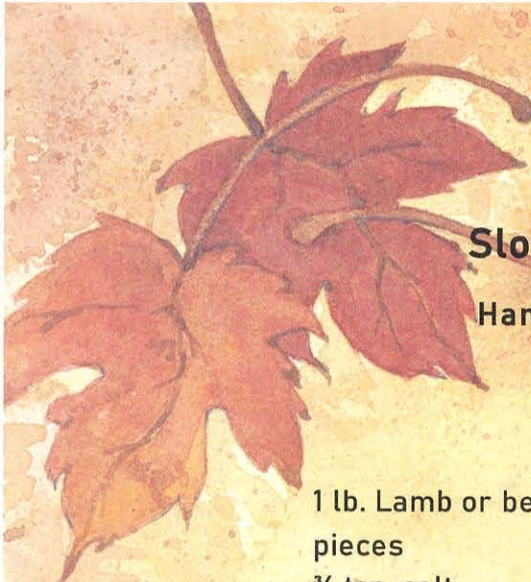




Slow Cooker Lamb and Potato Stew

Hands-on 30 minutes Total 4 hours Serves 6

1 lb. Lamb or beef stew meat or boneless lamb or beef shoulder, cut into 1-inch pieces
¾ tsp. salt
½ tsp. black pepper, plus more for garnish
1 Tbsp. butter
1 medium sweet onion, chopped (1 cup)
¼ cup minced shallot
4 medium cloves garlic, minced (4tsp)
1 (8-oz.) pkg. button mushroom, chopped (3 cups)
2 cups roughly chopped butternut squash (1-inch pieces)
1 medium red potato, chopped (1 cup)
3 medium carrots, chopped (1 cup)
3 medium celery stalks, chopped (1 cup)
1 tsp. chopped fresh rosemary
1 tsp. chopped fresh thyme
2 ½ cups low-sodium beef broth
½ cup dry Marsala wine (substitute dry sherry, Madeira, dry vermouth)

1. Sprinkle lamb with salt and pepper. Melt butter in a large skillet over medium heat. Add lamb and cook, stirring occasionally, until browned, for about 5 minutes. Transfer lamb to a 6-qt slow cooker using a slotted spoon.
2. Add onion, shallot, and garlic to skillet. Cook stirring occasionally, until softened, 3 to 5 minutes; transfer to slow cooker with lamb.
3. Stir mushrooms, squash, potato, carrots, celery, rosemary, and thyme into slow cooker. Pour in broth and Marsala. Cook on High 3 ½ to 4 hours, until lamb and vegetables are tender. Garnish servings with additional pepper.

SUBMITTED BY DAN TOOMEY



Slow Cooker Oxtail Soup



A hearty stew oozing with rich broth and succulent, tender meat that's comforting any time of the year, cold and warm weather. Oh, and remember to serve it with a loaf of bread, preferably a baguette, because you'll need it to soak up the soup for a more fantabulous dining experience.

Course	Soup
Cuisine	Asian
Diet	Gluten Free
Prep Time	10 minutes
Cook Time	7 hours 10 minutes
Total Time	7 hours 20 minutes
Servings	6
Calories	258kcal
Author	Imma

Ingredients

- 2-3 pounds (1-1.5k) oxtails, cut into medium pieces
- Salt and pepper to taste
- 2-3 tablespoons (30-45ml) cooking oil
- 1 onion, chopped
- 2 green onions, chopped
- 1 tablespoon (15g) [garlic](#), minced
- 2 teaspoons (2g) fresh thyme, chopped
- 5-6 whole allspice berries
- 1 tablespoon (15ml) Worcestershire sauce
- 1 teaspoon (2.5g) [smoked paprika](#)
- 1 whole scotch bonnet pepper
- 1 tablespoon (15ml) ketchup (or tomato paste)
- 1 tablespoon (35g) bouillon powder or cube (optional)
- 1 teaspoon (3g) curry (or more according to preference)
- 1 pound (450g) carrots
- 1 15-ounce can cannellini beans, drained and rinsed
- 2 large potatoes, cut into chunks
- 4-5 cups (950-1,180ml) water

Instructions

1. Season oxtail with salt and pepper. Set aside.
2. Heat oil (about 2-3 tablespoons) over medium heat until hot in a large cast-iron or saucepan. If using cast iron, only use about a tablespoon of oil. Add the oxtail and sauté, stirring frequently, scraping any browned bits off the bottom of the pot until the oxtail is browned. Drain oil if necessary (leave about 1-2 tablespoons).

3. Add onions, green onions, garlic, thyme, allspice, Worcestershire sauce, and smoked paprika, and stir for about a minute. Toss in the scotch bonnet pepper, tomato paste, bouillon, and curry powder, and stir for another minute.
4. Then add to crockpot or slow cooker with carrots, beans, and potatoes.
5. Deglaze the pan with about 2 cups of water, gently pour into the slow cooker, and add 2-3 cups more water. You may adjust with more or less water at the end.
6. Cover and cook on LOW for 7-8 hours or until desired tenderness has been reached. Remove and serve with rice and or baguette.

Notes

- If you can, get oxtails that are well-trimmed. If not, remove as much visible fat as possible before cooking it.
- Oxtail soup tends to be too oily for some folks, so toward the end of the cooking process, use a spoon to spoon off any extra fat at the top of the dish.
- Also another way is to cook the dish a day ahead, refrigerate and remove solidified fat at the top.
- Searing the oxtail gives wonderful caramelization, but don't crowd the pot so they sear instead of steam.
- Nutritional information is provided as a courtesy only. Please keep in mind that it is a rough estimate rather than a guarantee. Ingredients can vary greatly based on the products used.

Nutrition

Serving: 240g | Calories: 258kcal | Carbohydrates: 11g | Protein: 24g | Fat: 12g | Saturated Fat: 4g | Cholesterol: 83mg | Sodium: 466mg | Potassium: 337mg | Fiber: 2g | Sugar: 5g | Vitamin A: 12945IU | Vitamin C: 12.1mg | Calcium: 55mg | Iron: 3.8mg

Skillet Cornbread

★★★★★

Skillet Cornbread - super moist, buttery cornbread with a perfect crumb and crispy edges. It has the right balance of sweet and tang then baked to perfection in a skillet. A great accompaniment to any fried dishes or soups and stews. It's even great as snacks, too!

Course	Sides
Cuisine	Southern
Prep Time	10 minutes
Cook Time	18 minutes
Total Time	28 minutes
Servings	6 -8
Calories	298kcal
Author	<u>Imma</u>

Ingredients

- 1 1/4 cup all-purpose flour
- 3/4 cup cornmeal
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 3-4 tablespoons sugar
- 2 tablespoons chives see notes
- 1-2 Tablespoon Jalapeno pepper, diced optional
- 1 teaspoon salt
- 1/2 cup whole milk
- 1 cup buttermilk
- 2 eggs , lightly beaten
- 8 tablespoons unsalted butter , melted

Instructions

1. Preheat the oven to 350 degrees F. Spray a 10 inch skillet and set aside.
2. In a medium bowl, whisk together the flour, cornmeal, baking soda and powder, sugar, chives, jalapeno and salt.
3. Whisk in milk, buttermilk and lightly beaten eggs until well combined.
4. Then, add melted butter.
5. Pour batter into prepared skillet. Bake for about 18 -20 minutes or until light golden brown and toothpick inserted in center comes out clean.

Notes

1. To make your own buttermilk (or soured milk), add 1-2 tablespoons of vinegar OR lemon juice to a room temperature regular milk (whole, skim, 1% or 2%) to make a total of 1 cup. Stir it

- and let it stand for 5 minutes before adding it to the cornbread mixture.
2. You can also use cast iron instead of regular skillet.
 3. You can store baked cornbread in the freezer for up to 3 months. Just thaw it overnight in the fridge before you heat it up in the microwave oven.
 4. If you want to add frozen corn kernels, thaw it and drain well. For canned corns, drain it well, too.
 5. You may substitute the chives with green onions, or any other herb of choice.
 6. Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

Nutrition

Calories: 298kcal | Carbohydrates: 22g | Protein: 11g | Fat: 18g | Saturated Fat: 9g | Cholesterol: 258mg | Sodium: 417mg | Potassium: 271mg | Sugar: 6g | Vitamin A: 750IU | Vitamin C: 0.7mg | Calcium: 136mg | Iron: 2.1mg