

What's
COOKIN' Ang?!

Winter Favorites '24



Beef Chuck Roast in the Slow Cooker

1 chuck roast (~2.5 to 3.5#) – frozen
2 tablespoons seasoning

Place frozen chuck roast in your slow cooker; sprinkle with seasoning. Turn slow cooker to low and cook for 8hrs. Let sit with crock pot off or on a warming setting for at least 1 hour.

Using a fork, pull out chunks of meat, it should shred easily, and serve w/ potato and vegetable. For leftovers, pick through meat to remove any fat and tendons. Place in a container with some of the meat juice (not all, as there's a good amount of fat).

Can store in refrigerator up to 1week.

Tip: This is how I cook beef for homemade vegetable beef soup it's very tender and an inexpensive cut.



Pumpkin Bread

- 4 tablespoons butter, soften
- 1 3/4c flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1/2 teaspoon allspice
- 1/2 teaspoon ground cloves
- 1 1/2c sugar
- 1/4c vegetable oil
- 1c canned pure pumpkin (not flavored pie filling)
- 2 large eggs

Preheat oven to 350F; spray a loaf pan with non-stick spray.



Pumpkin Bread Continued

Place flour, salt, baking soda, baking powder and spices in a medium bowl and whisk together and set aside.

Beat softened butter, sugar and oil on high speed in bowl of a stand mixer with the fitted paddle attachment, until light and fluffy, about 1 minute. Add pumpkin and mix until combined. Add eggs one at a time and mix just until incorporated.

Mixing on slow speed add the flour mixture and $\frac{2}{3}$ c water and mix until just combined. Spread batter into the prepared pan and bake until toothpick inserted into the center comes out clean, 1 hour to 1 hour and 15 minutes. Let cool in the pan on a wire rack for 15-20 minutes. Remove from pan and let cool completely.



Roasted Sausage and Vegetables

- 1 yellow pepper, sliced
- 1/2 red onion, sliced
- 2 small zucchini, halved and sliced
- 8oz cherry tomatoes, halved
- 1 bunch kale, de-stemmed and leaves torn into bite-sized pieces or 3-4 cups fresh spinach
- 5 links sweet Italian sausage, sliced in half

Seasoning:

- 1/4 c olive oil
- 1 teaspoon oregano
- 1 teaspoon dried basil
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground pepper



Roasted Sausage and Vegetables Continued

Preheat oven to 425.

Prep all veggies; ensure sizes are consistent for even cooking. Place on a large sheet pan; set kale aside. Combine seasoning, pour over vegetables and combine to ensure all are coated. Spread vegetables out on pan leaving spaces; add sausages. Bake for 20 minutes. Add kale or spinach, toss vegetables and turn sausages. Cook another 10 minutes.

Serve over your choice of starch.



Turkey and White Bean Soup

2 tablespoon oil

1 tablespoon minced garlic

1 yellow onion roughly chopped

1 tablespoon thyme

2 teaspoon garlic powder

2 teaspoon onion powder

salt to taste

1 teaspoon ground pepper

4 celery stalks, thinly sliced

2 cups carrots, thinly sliced

2# cooked turkey or chicken

2 can Great Northern beans, drained

8-9 cups chicken stock, depending on how thick you like your soup

2 cups cooked rice

Sauté garlic and onion in oil over medium heat until translucent. Add thyme, garlic powder, onion powder, salt, pepper, carrots, and celery. Cook 2 minutes or until fragrant. Add meat cook 3-5 minutes. Mix in beans; add chicken broth and bring to low simmer. Cook 25 minutes, add rice. Cook an additional 15 minutes and serve.

