

The Record Recipes

1-2-3 Tomato-Onion Roast

NANCY'S KITCHEN FOR THE RECORD

In early October, Mac and I and some of our local friends took a nine day vacation, traveling by coach with the Groves First Baptist Senior Adults. Our destinations were Colorado and New Mexico. We visited Royal Gorge, took the Silverton Train Ride to Ouray where we spent two nights, on to the San Dia Canyon, N.M., the Balloon Festival in Albuquerque, N.M., and an outdoor cowboy dinner and musical entertainment in Palo Duro Canyon, Texas to name a few. The views were breathtaking especially when crossing canyons in trams. The Groves coordinator, Colleen Kessel, truly spoiled us. The younger adults were especially helpful to the more elderly. We were made to feel like royalty. I have taken several tours in my 71 years and this one tops them all. We returned to the "real world" with many happy memories.

Whenever I take a trip, my souvenir is usually a new cookbook. This trip was no different, but I didn't get just one cookbook but five. While at the Royal Gorge, I purchased three cookbooks from their gift shop. Two of the books were from the Gooseberry Patch Series. I have collected several Gooseberry Patch cookbooks over the years and am always pleased with the home style recipes. One of those Gooseberry Patch cookbooks I purchased that day and am enjoying is titled, "One Pot Meals." (What cook doesn't like one pot meals?). While rid-



Nancy
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ing in the bus, I spent some of the traveling time reading this book and when finished passed it to a friend, Audrey Lawson, to read. Then others on the bus started reading it. The next stop was a Cracker Barrel Restaurant and they had several of the "One Pot Meals" cookbooks in stock the word was out and the books sold out.

Soon after returning from our trip, I needed to restock my kitchen. Following this recipe from the "One Pot Meal" cookbook, I put a roast on to cook before leaving the house. It was simple to prepare. When I returned home, the aroma in my kitchen was very inviting and the roast was just as delicious as the smell promised.

I highly recommend this cookbook. It is available at bookstores and most Cracker Barrel Restaurants. The ISBN number is 1-931890-54-4. The roast recipe is on page 102 and was submitted by Jacqueline Kurtz from Reading, Pennsylvania.

3 to 4 lb. beef chuck roast
1 1/2 oz. pkg. onion soup mix
14 1/2 oz. can stewed tomatoes
(I liquefied these in my blender)

Place roast in slow cooker; top with soup mix and tomatoes. Cover and heat on low for eight hours. Serves 6 to 8.

PREPARE & SERVE WITH LOVE,
NANCY

THOUGHT: Make the mistakes of yesterday your lesson for today.