

Crock Pot Pork Roast

Ok fans, this one is really easy. It might surprise you to think about doing a roast in your crock pot, but again—anything that can be cooked in the oven, can be cooked in the crock pot. I started this roast while I drank my breakfast



coffee and it was done by lunchtime. Dinner tonight is going to be a breeze. (I should note that my crockpot cooks quickly, even on low. You will want to use a meat thermometer to determine when your roast is cooked through. Pork is done when the internal temperature of the meat reached 160 degrees).

I like that the dry rub on this roast is simple and you can vary up the flavor and switch out other seasonings, if you prefer. I think that the brown sugar really complements the flavor of the pork, but if you'd rather cut down on the sweetness or calories, you can use other seasonings and leave out some of the brown sugar.

Enjoy this roast from your crockpot and savor the flavors. Add a couple side dishes and you'll have a complete meal for dinner tonight or even entertaining. Enjoy!

2 lb. pork loin rib end roast

1 t. thyme

1 t. parsley

1 t. garlic powder

1 t. cumin

1/2 t. black pepper

1/2 t. salt

3 T. brown sugar

1/2 c. water

Rinse roast and pat dry, then place in crock pot on metal trivet (this lets the juices run without letting the meat sit in the juice). Mix all seasonings and brown sugar in a separate bowl and place mix on the meat, patting down with your fingers until mixture is evenly distributed. Add 1/2 c. water to crock pot, but do not pour it on top of meat. Cook on low for 4-6 hours.

Crock Pot French Dip

At this time of year, everyone is trying to hang on to at least a shred of the New Year's resolution that they made only a couple weeks ago. This recipe is a great one to help— you can eat healthier and save money by making French dip. You don't need a lot of meat on your sandwiches and you get to savor so much of the flavor by using the cooking liquid as the au jus. Plus, you don't need to add extra condiments, cheese, oil or any other typical sandwich toppings that just add fat and calories anyway. (You can also make a great salad and top it with the leftover meat as a second meal!)

This meal was inspired by my friend T.D.H. who made these sandwiches for her family last week. I altered her recipe a little, but I appreciated her recommendation. Thank you! I hope you enjoy these crock pot French dip sandwiches so much that you share it with your friends, too. ☐

1.5-2 lb. London Broil, trimmed
32 oz. beef stock (I use low-sodium)
1/4 c. soy sauce (again, low-sodium)
1/2 medium yellow onion, quartered
3 cloves garlic, smashed
1 t. celery seed
1/2 t. thyme
1/2 t. rosemary
2 bay leaves, whole
1 t. whole black peppercorns

Serve on 4-6 crusty french rolls

Heat a flat skillet with 1 T. olive oil in it. Sear your London Broil on both sides, but do not cook meat through. Put all other ingredients in the crock pot and then delicately place the meat in. Cook on high for 3 hours. Remove meat, slice across the grain, then put the meat back in the crock pot for an additional hour. Serve meat on warmed, crusty french rolls. Remove bay leaves from the crock pot and discard. Either drain the remaining liquid through a cheese cloth— or be lazy like me... I used a ladle and removed 1/2 c. of the liquid for each sandwich and served it in a ramekin. So what if some rosemary or thyme comes along for the ride, it just adds more flavor!

Crock Pot Grits with Sausage

Our county schools have been out of school for three days and the grocery has been out of milk for two. Oh, the fun of a southern winter! I have decided not to venture out until the roads are better so I'm getting creative with foods from the pantry and freezer.

Since we've already had crock pot soup and grilled cheese sandwiches and also crock pot Cincinnati chili, I thought it would be fun to do a crock pot breakfast for dinner. I like finding new ways to remake some of our favorites, using the crock pot to my advantage. So this is my rendition of our breakfast favorites.

1 c. quick grits

4 c. water

1 c. shredded cheddar cheese

6 turkey sausage precooked breakfast links, thawed and sliced thin

1/2 t. salt

1/2 t. black pepper

Put all ingredients in crock pot and stir. Cook on high for 3 hours. Consistency should be thick and almost creamy— all grit particles should be softened and cheese melted throughout. When serving, top with your choice of salsa, peppered gravy, shredded cheese, butter, salt and/or pepper.

Purple Sweet Potato Biscuits

Happy New Year, friends and fans!

So to be perfectly honest, I haven't done a lot of cooking since January 1. We've relished in some easy dinner like grilled cheese and tomato soup, grilled chicken with steamed veggies and even ordering in Chinese food. But yesterday I tried a little baking and the result turned out so funny, I thought I would share.

I recently bought some organic veggies, including purple sweet potatoes. These potatoes are the same size and shape as regular sweet potatoes, but the insides are a vibrant purple (think the color of Barney or pansies!!) When I roasted the purple sweet potatoes, they were beautiful, but when I used them in this biscuit recipe, they turned out to be a purplish/blueish/greenish color instead! We were all entertained and they were really funny to see. But the taste and light, fluffy texture was great.



So here's the recipe for you to try. This is NOT my recipe. It's from www.foodnetwork.com with the original recipe provided by "Mama Dip", whoever that is. You can use regular sweet potatoes if that is what you can find, but I assure you that the purple variety is much more entertaining. Enjoy!

I will work on new crock pot recipe



2 cups cooked, mashed sweet potatoes (skins removed)

1 stick butter, melted

1 1/4 c. milk

4 cups self-rising flour

3 T. sugar

pinch of baking soda

Mix together the sweet potatoes, butter and milk until well blended. Stir in the flour, baking soda and sugar. Shape the dough into a ball and knead about 10 times on a well-floured board. Roll the dough out 1-inch thick and cut with a biscuit cutter. Bake in a greased baking pan in a 400-degree oven for 15-20 minutes or until brown on top.

((if you don't have self-rising flour you can substitute with all purpose flour and a few more ingredients and the result will be the same. 1 c. self-rising flour= 1 c. all-purpose flour+ 1 1/2 t. baking powder+ 1/2 t. salt))

Yields: 15 biscuits