

# Crock Pot Beet Salad



In the midst of summer heat, I love to use my crock pot to cook the season's ripe vegetables. My kitchen stays cool and my taste buds get to dance. This week, I had friends bring me fresh beets from their community CSA. I love roasting beets in a little bit

of olive oil, salt and pepper, so I thought this would be a fun challenge for the crock pot.

When you roast beets in the oven, there is the chance of overcooking, resulting in a dried, wrinkled sad result for this moist and vibrant treat. With the locked-in moisture of the crock pot, I really think that beets get the chance to both marinate and cook to perfection.

Please note— this recipe calls for FRESH produce. This recipe is not intended for canned beets. When you are preparing fresh beets, be cautious that the juice doesn't dye your hands, your counter or your cutting board. But you will benefit greatly by doing the preparation, because the taste and texture of using fresh produce for this recipe is so much better than you could ever replicate with a canned product.

6 large fresh beets, greens removed and skins peeled, sliced

3-4 fresh white radishes, greens removed and skins peeled, then sliced

1/4 c. water

3 T. olive oil

1/2 t. salt

1 t. ground black pepper

1 t. celery seed

1/2 t. ground mustard

1/4 onion, sliced thin

2 T. red wine vinegar

topping: 1/2 c. crumbled feta cheese

Put all ingredients in crock pot and stir together. Cook on low for 4 hours. After beet salad cools, transfer and refrigerate until salad is cold. When serving, top it with 1/2 c. crumbled feta cheese.

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## Crock Pot Chimichurri Steak

The word “chimichurri” might make you think of that silly little ditty from Mary Poppin’s chimney sweep friend, but I assure you, there is nothing dirty or British about this recipe (not that the two are synonymous!). I think of chimichurri sauce as an Argentinian version of pesto, but with parsley instead of basil. I love it as a marinade, but it can also be used as a garnish or a dipping sauce for pretty much any meat. I challenge you to try this on as many grilled meats as possible this summer and to find any single one that it doesn’t complement.

But since I don’t feel like firing up the grill and cinging my eyebrows, I’m going to cook my beef in the crock pot. Chimichurri is often served with steak, so I am using a flank steak and I sliced it into half inch sections before cooking

it. I think this will help really get all the flavors into the steak. I marinated the meat overnight in the refrigerator, but that isn't necessary. I would recommend marinating it for at least four hours, just to give it enough time to fester.

I don't have enough fresh produce on hand to make this with the real ingredients, but if you do— use 1 c. fresh flat-leaf parsley and some fresh oregano, too. I assure you this will taste good with the dried stuff, but even more amazing with fresh herbs.

I'm serving my chimichurri steak with some steamed veggies (at least I know my kids will eat those things!), but you can also try roasting some potatoes with the meat or serving it on a nice bed of salad. Enjoy!

Meat: 2 lbs. beef (flank steak, skirt steak, London Broil, flat iron steak.... if you don't love beef, use chicken)

Chimichurri sauce:

1/2 c. white wine

1/3. c. vegetable oil

1/4 c. red wine vinegar

2 lemons

3-4 cloves garlic, minced

4 T. parsley flakes

2 T. oregano flakes

1 T. red pepper flakes

1/2 t. salt

1/2 t. black pepper

Combine all seasonings, liquids and the juice of two lemons in

a bowl and mix well. Put meat in a sealable bag and pour marinade on top of meat. Mash around and then let it sit for 4-24 hours in the refrigerator. When ready to start cooking, dump meat and marinade into crock pot and cook on low for 6-8 hours.

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## Vinaigrette Salad

***“To make a good salad is to be a brilliant diplomatist –  
the problem is entirely the same in both cases.***

***To know exactly how much oil one must put with one’s vinegar.”***

**Oscar Wilde 1856-1900, British Author**

Dinner was not a crock last night. We grilled out brats and had cold side dishes, drank chilled wine and enjoyed time with friends. Sometimes I really enjoy the contrast of a hot main dish and the refreshment of cold accompaniments. I made a



vinaigrette salad last night that everyone seemed to really enjoy, so I thought I’d share the recipe with you too. Tomorrow I’ll use the crock pot, but this was a nice change.

Making a vinaigrette salad takes only a few ingredients, but just the right balance (as Oscar Wilde said in the quote listed above). You want chemistry and harmony and simplicity

in the perfect mix. Depending on the potency of your ingredients, you may want to divide the dressing measurements in half and add a bit at a time until you get a good balance. Remember that when the vegetables marinate, they will absorb some oil and vinegar and release some water, so you might want to drain the salad a little bit before serving. Enjoy!

1 English cucumber, peeled and cut into chunks

2 c. cherry or grape tomatoes, cut in half

1/2 medium sweet onion, cut into chunks

1 15 oz. can garbanzo beans, drained and rinsed

1 15 oz. can green beans, drained and rinsed

3 T. fresh parsley, chopped

1/4 c. extra light olive oil

3 T. red wine vinegar

1/2 t. salt

1 t. coarsely ground pepper

Mix all vegetable together, then drizzle with oil, vinegar and seasonings. Toss salad together and then add parsley and mix one more time. Refrigerate at least an hour and then drain, if needed, before serving.

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## Crock Pot London Broil

My head had been swirling with a mix of the traditional

children's song about a certain London Bridge and the contemporary naughty version of the song by a certain Mrs. Black-Eyed Pea. While I might not have the cute sequin British flag on a pair of boy shorts, I think my London Broil is a fine salute. The funny thing about the name "London Broil" is that there actually isn't any connection to London or English foods and you don't actually have to broil this cut of meat, even though that direction is clearly stated in the name.

This beef steak is a good balance of muscle and fat and is moist and juicy. It can also be labeled as top round steak or flank steak and it's still the same part of the cow. It is helpful to marinate this cut of meat overnight before cooking in the oven, but you can get that same effect by cooking it on low with the marinade on the meat in the crock pot. If the meat doesn't fall apart when it's done cooking, you can remove it from the crock pot and make thin slices across the grain of the meat. Leftover slices also make really good cold roast beef sandwiches.

A simple meat and potatoes dish is a great way to have a filling dinner without having a lot of fuss. So be American and crock pot your London Broil today!

2-3 lb. London Broil (also called flank steak or top round steak)

4 potatoes, cut into chunks

6 carrots, peeled and cut

1 medium onion, quartered

1/4 c. Worcestershire sauce

2 T. red wine vinegar

2 T. olive oil

3 T. ketchup

2 cloves of garlic, chopped

1 t. black pepper

1 t. rosemary

Place veggies in crock pot first, then lay meat flat. Mix together all remaining ingredient, except rosemary, in a separate bowl. Slowly pour marinade over meat then sprinkle rosemary on top of it. Cook on low for 5-6 hours.

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## Crock Pot Vegetarian Lentil Soup

There used to be this great Greek restaurant that I frequented that served lentil soup in a styrofoam cup. It was always hot and fresh and the lentils were soft without being mushy. I would frame my entire meal around saving room and money for the soup. This recipe mirrors the flavors and warmth of the soup but without a disposable cup. Unlike my vegetarian vegetable soup which is savory and chunky, this lentil soup is hearty and robust with even more amazing health benefits. Lentils are high in protein, iron, amino acids and when you add in the lycopene in the tomatoes and then all the vitamins, folic acid and antioxidants in the spinach... this soup is like a power boost for your whole system. Oh yeah, and it tastes amazing too.

Feel free to serve it in a real bowl and maybe with some crusty bread instead of saltines.

2 cups lentils

8 cups vegetable broth  
1 onion, diced  
3 stalks celery, diced  
2 carrots, chopped  
6 oz. fresh spinach, chopped  
2 cloves garlic, minced  
1 t. salt  
1/2 t. pepper  
1 t. oregano  
1 t. cumin  
2 bay leaves  
1/4 t. cayenne pepper  
1 14 oz. can diced tomatoes  
1 T. red wine vinegar

Put everything in the crockpot and cook on low for 8 hours, but add the vegetable broth LAST. Most likely, you won't have room to pour all the liquid in yet. Once the vegetables have all cooked down, then add the rest of the liquid. My 5-qt crock pot is filled to the rim by the time everything is included.

This soup also freezes really well, so save half the pot for a meal another time.