

Crock Pot Tzimmes

My family loves to try new foods and experience new cultures. This time of year gives us plenty of opportunities to gather with friends and family for holidays and to celebrate spring. This crock pot dish, pronounced "tseh-miss", is an eastern European side dish usually served at Jewish holiday meals, such as Passover, which begins tonight. Tzimmes has naturally sweet components, so you don't have to add much to make it really flavorful. As with most holidays, if you cook a whole feast, your dishes are fighting for room in the oven and you have to coordinate timing on everything. My suggestion— do this special dish in the crock pot instead for similar results, but less stress as you're coordinating your meal.

3 medium sweet potatoes, peeled and cubed

2 c. baby carrots

3 or 4 parsnips, peeled and diced

2-3 cups dried fruit (I like apricots and prunes)

2 c. orange juice

4 T. honey

1/4 brown sugar, not packed

1/2 t. salt

1/2 t. cinnamon

pinch of nutmeg

Place all fruits and veggies into crock pot and stir together. Sprinkle the brown sugar and all seasonings into the pot and then pour the orange juice over mixture in crock pot and stir just a little so that juice runs through everything. Drizzle

the honey on top of everything as the last step before covering with the lid. Cook on low for 8-10 hours.