

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



FEATURED RECIPES
CAN BE PAIRED WITH
SIDE DISHES NOTED ON
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Ingredients:

2½ - 3½ pound Chuck roast
½ Tbsp. olive oil
1 onion, cut into 8 wedges
2 cups carrot chips
4 medium potatoes, cut into 1" pieces
1½ cups beef broth, reduced sodium

Southwest Seasoning:

1 tsp. chili powder
½ tsp. sea salt
½ tsp. black pepper
¼ tsp. cumin
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. smoked paprika

Traditional Pot Roast in Slow Cooker

Directions:

1. Pat the roast dry with paper towels. Mix southwest seasoning together in a small bowl. Rub onto roast.
2. Heat the oil in a large skillet on medium high. Brown the roast on all sides for several minutes.
3. Add half of the vegetables into the bottom of the slow cooker. Place meat on top. Add remaining vegetables. Pour beef broth over the vegetables in the slow cooker and cover.
4. Cook for 30 minutes on high. Then reduce heat to low for 8 hours, or until the meat and vegetables are done.

Notes:

- Southwest seasoning (left) is delicious on vegetables as well as adding to sour cream to make a dip.
- For ease of clean-up, use a slow cooker liner.

Eat what's in season... Carrots



Carrots are a great low-calorie snack that are naturally fat-free and cholesterol-free. Plus, they are low in sodium and a good source of vitamin A. Carrots can be eaten raw, baked or cooked.

Selection and Storage: Carrots are available fresh, frozen and canned for convenience. When selecting fresh carrots, choose well-shaped, smooth, firm, crisp carrots with deep color. Avoid soft, wilted and split carrots. "Baby cut carrots" are often called baby carrots, but are actually cut down to 2-inch pieces from fully grown carrots.

Store carrots in a plastic bag in the coolest part of the refrigerator for 1 to 2 weeks. Keep away from apples, pears, potatoes and other fruits and vegetables that produce ethylene gas; it will cause them to become bitter.

Preparation hints: Wash and scrub carrots under cool running water to remove dirt before using. If the stem end is green, cut it off because it will taste bitter. Carrots can be prepared in the microwave in a small amount of water in 5 - 10 minutes. Or, boil them on the range for 5 - 10 minutes. For a sweeter flavor, roast in a 400°F. oven for about 20 minutes.



Southwest Fajitas / Nachos

Ingredients:

- 1 green pepper, sliced into ¼" strips**
- 1 onion, slice into ¼" strips**
- ½ Tbsp. olive oil**
- 1 tsp. southwest seasoning, from on p. 1**
- 1 cup southwest chuck roast, shredded**

Optional:

- Lettuce, shredded**
- Tomatoes, diced**
- Shredded cheese**
- Sour cream**
- Queso cheese**
- Guacamole**
- Taco Shells**
- Nacho Chips**

Directions:

1. Wash pepper and cut into ¼" x 3" strips. Peel onion and slice into ¼" x 3" strips.
2. Pour olive oil in skillet. Heat oil on medium heat until hot. Add green peppers and onions. Sprinkle with southwest seasoning. Sauté pepper and onions until almost translucent. Add leftover southwest meat. Heat until meat is hot and vegetables are done.

Serving Options:

Serve on salad, in a taco shell or on nacho chips.



Side Dish Spotlight

Below are a few side dish ideas to pair with our featured chuck roast recipes or to try on their own!

Horseradish-Sauced Vegetables

- 1½ cups cauliflower florets
- 1½ cups sliced carrots
- 1¾ cups broccoli, cut into 1-inch pieces
- ½ cup mayonnaise or salad dressing
- 2 Tbsp. finely chopped onion
- 4 tsp. prepared horseradish sauce
- ⅛ tsp. salt
- dash of black pepper
- ¼ cup fine dry bread crumbs
- 1 Tbsp. butter, melted
- dash of paprika or smoked paprika



Directions:

1. In medium saucepan cook cauliflower and carrots, covered, in a small amount of boiling water for about 5 min. Add broccoli. Cook an additional 5 min. or until vegetables are crisp-tender. Drain.
2. Meanwhile, stir together mayonnaise, onion, horseradish, salt, and black pepper. Stir into cooked vegetables. Transfer to a 1½ quart casserole dish.
3. In a small bowl, combine bread crumbs, melted butter and paprika. Sprinkle over vegetable mixture. Bake in 350°F. for about 15 min. or until heated through.

Cheese Garlic Biscuits

- 2 cups Original Bisquick™ mix
- ⅔ cup milk
- ½ cup shredded Cheddar cheese
- 2 Tbsp. butter or margarine, melted
- ⅛ tsp. garlic powder



Directions:

1. Heat oven to 450°F.
2. Stir Bisquick™ mix, milk and cheese until soft dough forms. Drop dough by 9 spoonfuls onto greased cookie sheet.
3. Bake 8 to 10 minutes or until golden brown. Stir together butter and garlic powder; brush over warm biscuits.

Tiny Carrots with Dill Butter

- 16 oz. package (3½ cups) tiny whole carrots
- 2 Tbsp. margarine or butter, softened
- 1 Tbsp. snipped fresh dill or ½ tsp. dried dill
- 1 Tbsp. lemon juice
- ¼ tsp. salt
- ⅛ tsp. pepper



Directions:

1. In medium saucepan cook carrots, covered in a small amount of boiling water about 10 min or until crisp-tender; drain.
2. Stir margarine or butter, dill, lemon juice, salt, and pepper into carrots; toss lightly to coat. Makes 4 servings.

Selection, Handling, & Storage

Selection: Chuck roast comes from the shoulder and is a tougher piece of meat. It has a lot of connective tissue and fat. Thus, it is a good selection for slow cooking in either the oven or slow cooker. When purchasing, choose a firm deep red roast. Avoid beef that appears grayish brown, which indicates that it is older and may have been sitting on the shelf too long. A 2 – 3 pound roast will feed 4 – 6 people with leftovers.

Storage: Beef roasts may be stored in the refrigerator at 33°F to 40°F for 3 or 4 days before cooking. To prevent cross-contamination, always place in plastic bags to keep juices from leaking or dripping on to other foods. Plus, store meat in the bottom of your refrigerator. If you take advantage of a sale on beef roasts, freeze extra roasts wrapped tightly with aluminum foil, freezer paper, plastic containers or plastic freezer bags. It is important to remove as much air as possible to prevent freezer burn. To thaw, place in the refrigerator. It will take about 1 day to thaw for every 5 pounds of meat.



Additional Tips: It is easier to shred meat while it is still hot. For a larger roast, cut into three or four smaller pieces and place in a bowl. To shred, use 2 dinner forks starting together and pulling apart. Discard any bits of gristle or fat.

Note: A hand or stand mixer can also be used for shredding meat.

Nutrient Profile: Zinc

Zinc is a trace mineral. Although it's needed in only small amounts, zinc contributes to around 100 enzymes that carry out vital chemical reactions. It works in the process of creating DNA, growth of cells, building proteins, healing damaged tissues, and supporting healthy immune systems. Zinc is especially important during times of rapid growth such as; childhood, adolescence, and pregnancy. This trace mineral is also involved with your senses of taste and smell!



Food Sources: Shellfish, beef, poultry, pork, legumes, nuts, seeds, whole grains, fortified breakfast cereals.

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