

Meat, Poultry & Seafood

Meat

BARBECUE CUPS

Bobbie Herrington

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| 1 can biscuits (10 count) | 1 T. cider vinegar |
| 1 lb. ground beef | ½ T. chili powder |
| ½ c. ketchup | 1 c. shredded cheddar cheese |
| 3 T. brown sugar | |

Separate dough into 10 biscuits and flatten into circles. Press each into the bottom and sides of a greased muffin pan and set aside. In a skillet, brown meat and drain. In a small bowl mix ketchup, brown sugar, vinegar and chili powder. Stir until smooth. Add to meat and mix well. Divide meat mixture among biscuit lined muffin cups, using about ¼ cup each. Sprinkle with cheese. Bake at 375° for 18 to 20 minutes or until golden brown. Cool 5 minutes before removing from muffin pan. You can cut the biscuits in half and use a mini muffin pan. Bake for 10 to 12 minutes.

CROCK POT ROAST

Lillie Belle O'Neal

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| 1 sm. roast | 1 to 2 pkgs. onion soup mix |
| 1 pkg. brown gravy mix | |

Wash roast and place in crock pot. Sprinkle onion soup mix on top of roast. Sprinkle brown gravy mix on top of roast. Cook on low overnight or all day.

CROCK-PORK CHOPS

Victoria Lytle

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| 5 thick pork chops | Flour |
| 1 tsp. dry mustard | 1 can chicken and rice soup |
| Salt and pepper | ½ tsp. garlic powder |

Mix flour with dry mustard, salt and pepper. Coat pork chops and fry in skillet until brown. Put in crock-pot. Add soup and cook on low 6 to 8 hours or until tender. Can also be cooked in oven.