

## **SAVORY RICE PILAF**

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2 cups long grain white rice  
4 cups chicken stock  
1 large onion, diced  
2 teaspoons freshly squeezed  
lemon juice

1 tablespoon olive oil  
1/2 cup apple juice  
2 cloves garlic, minced  
1/2 teaspoon dried thyme

In a 2 quart saucepan, combine rice and oil. Stir over medium heat until rice is golden brown, about 5 minutes. Add stock, apple juice, onion, garlic, lemon juice, and thyme. Bring to a boil. Reduce heat to low, cover pan and simmer until all liquid has been absorbed and rice is tender, about 20 minutes. Fluff with fork before serving.

## **SLOW-COOKER CHILI**

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2 pounds beef chuck, cut into  
1/2 to 1 inch cubes  
1 large onion, chopped  
8 ounce can tomato sauce  
2 cans red kidney beans, well-  
drained

1 teaspoon salt  
1 1/2 to 2 tablespoons chili  
powder  
1/2 to 3/4 teaspoon Tabasco  
pepper sauce

Mix all ingredients in slow cooker crock pot. Cover and cook on high for 4 to 5 hours or on low for 8 to 10 hours or until beef is tender. Makes 6 servings.