
QUICK & EASY PEPPER STEAK

Edie Clemans

1-1/2 lb. Round Steak, sliced thin	1 T. Paprika
1 Green Pepper, sliced thin	Salt & Pepper to taste
1 lg. Onion, sliced thin	1 box Rice
1 pkg. Au Jus Gravy Mix	Flour
1 T. Soy Sauce	2 c. Water

Prepare rice as directed on box & set aside. Generously sprinkle salt, paprika & pepper on the round steak slices & roll them in flour. Brown in 3 Tbsp. oil in a hot skillet until good & brown. Add sliced peppers & onions & continue to sauté until vegetables begin to change color. Add gravy mix, soy sauce & 2 cups water. Bring to a boil & then reduce heat to medium/low & simmer for 15 minutes. Serve over cooked rice.

SAVORY PORK ROAST WITH CABBAGE

2-3 lbs. Pork Loin (unsliced)	1 head Cabbage, cut into large wedges
1 lg. Onion, cut into wedges	4-6 Potatoes, peeled & quartered
1 T. Paprika	4-6 Carrots, cut into large pieces
2-3 tsp. Salt	
Dash of Pepper	
Flour	
1-2 tsp. Caraway Seeds	

Wash pork loin roast with cold water to clean it. Sprinkle with salt, pepper & paprika, then roll it in flour. Place roast in Dutch oven that has been preheated with 2-3 Tbsp. oil. Brown roast completely on all sides. Add onion wedges & sear them for a minute or two. Cover the roast with caraway seeds & remaining seasonings. Add water to the kettle until it just comes about to the top of the roast. Bring it to a boil & then reduce heat to medium & cover the kettle with a lid & cook until the meat is cooked through (about 2 hours). Check periodically to make sure you are not boiling all the liquid away. If you need to, you can add water. Careful though, anything you add will dilute the flavors of the broth. When the meat is done, add vegetables to kettle & continue cooking for 30 minutes until vegetables are tender. Remove roast & place it in a large serving bowl. Remove vegetables & place them in a 2nd bowl. Taste broth. Add salt if necessary or to taste. Thicken with rye if it's too thin for you (3 T. butter & 3 T. flour melted to cooked together to a paste). Pour broth over roast & vegetables. Serve with corn bread to make a complete meal. For variety, you can use a teaspoon of dry thyme instead of caraway for seasoning. If you don't want to use a pork loin, you can use chops instead. You'd just need to adjust the seasonings to suit your taste.