

Cheeseburger Supper

- | | |
|--------------------------------------|---|
| 1 pound ground beef - (to 1 1/2 lbs) | Salt to taste |
| 1 medium onion - coarsely chopped | freshly ground black pepper to taste |
| 1 box scalloped potatoes | 2 tbsp ketchup |
| 1 can whole kernel corn - drained | 1 tbsp mustard |
| 1 can cream of celery soup | 4 thick slices American cheese (or 8 thin slices) |

Directions:

In a skillet, brown the ground beef with onions; drain. Place potatoes and seasoning mix in the slow cooker; top with undrained corn and cream of celery soup. Top potato mixture with ground beef and onions; salt and pepper to taste. Dot evenly with ketchup and mustard; top with cheese slices. Cover and cook on LOW for 7 to 9 hours.

4 servings



www.fraservalleymeats.com

Beef and Peppers

- | | |
|--|----------------------------|
| 2 lb round steak - lean | 2 tbsp soy sauce |
| 2 green peppers - slice thin | 1/2 tsp ground ginger |
| 2 tbsp dried onions - minced (or about 1/2 of a fresh onion) | 1 garlic clove - minced |
| 1 cup beef broth | 1 tsp worcestershire sauce |

Directions:

Cut the steak into serving size pieces. If desired you can brown the meat in a little hot oil before adding to slow cooker. Place the thinly sliced pepper rings in bottom of slow cooker, reserving a few to place on top of meat if desired. (Vegetables cook better when placed on bottom of pot.) Arrange the meat on pepper, careful to not stack one piece directly on top of another. Mix all other ingredients and pour over meat and peppers. Cover and cook on low for 8 - 10 hours or on high for about 4 hours. Serve with mashed potatoes and simply seasoned vegetables.



www.fraservalleymeats.com