

## WOMEN'S WEEKEND RECIPES

### CARDENAS FAMILY RICE

3 cups dry long grain rice

1 large onion finely chopped

2 natural bouillon cubes (vegetarian or chicken or combo)

3/4 liter chicken broth

8 oz tomato sauce

4 bay leaves

good sprinkle of garlic powder

1 to 1 1/2 cups frozen mixed vegetables

oil for browning (olive is best)

Brown dry rice in pan with some oil, just until grains start to turn white. Add chopped onion during this process.

Add chicken broth a little at a time plus the bouillon cubes that you have dissolved in 3/4 cup of hot water, until liquid reaches about 1 inch above the rice.

Put tomato sauce, bay leaves, garlic powder and frozen vegetables.

Bring to a boil, then reduce to simmer and cover with lid. Check every 7 minutes or so and fluff with fork until rice is done and grains are tender, but not mushy.

### CROCK POT PORK ROAST

1 5-6 pound pork shoulder or pork butt roast

2 large chopped onions

4-5 bay leaves

generous sprinkle of garlic powder

2 teaspoons salt

Small amount of oil

Rub oil on the inside of a 6-quart crock pot.

Rinse pork roast and place it inside.

Sprinkle the salt and garlic powder, and add the bay leaves.

Spread the chopped onions over all.

Put on lid.

Cook on high for 4-5 hours or cook on low over night.

Pork will be tender enough to pull easily with forks.

## CROCK POT BEANS

2 pounds pinto beans

2 medium chopped onions

4 bay leaves

2 teaspoons salt

Generous sprinkle of garlic powder

4 "chiles de arbol" chili peppers

Small amount of oil

Rub the inside of the crock pot with oil.

Rinse the beans thoroughly and check for rocks and dirt chunks.

Put in crock pot.

Add salt, bay leaves, garlic powder and chilis.

Add chopped onions.

Fill with water until one inch from top.

Cook on high for 4-5 hours or cook on low over night.

