

## **Recipes From "In the Kitchen With Jim, John and Mary Beth"**

The following two recipes were featured in the web extra video "In the Kitchen with Jim, John and Mary Beth" that accompanied the Focus on the Family Daily Radio Broadcast "Homemade Meals for Busy Families."

### **Texas-Style Lasagna (Serves 10-12)**

- 1 ½ pounds lean ground beef
- 1 package taco seasoning mix
- 1 14-1/2 ounce can diced tomatoes, undrained
- 1 15-ounce can tomato sauce
- 1 4-ounce can chopped green chilies
- 2 cups (16 ounces) small-curd cottage
- 2 eggs
- 12 flour tortillas, torn
- 3 ½ - 4 cups shredded Monterey Jack or Mozzarella cheese

In a large skillet, brown meat; drain. Add taco seasoning, tomatoes, tomato sauce and chilies; mix well. Simmer, uncovered, for 15 to 20 minutes. Combine cottage cheese and eggs. In a greased 13x9x2-inch baking dish, layer half of the meat sauce, half of the tortillas, half of the cottage cheese mixture and half of the Monterey Jack cheese. Repeat layers. Cover with heavy aluminum foil, label and freeze. Use heavy-duty aluminum foil.

To serve, thaw and bake, uncovered, in preheated 350 degree oven for 40 minutes or until bubbly. Let stand 10 minutes before serving.

## **Beef Pot Roast (Serves 8)**

3 pounds beef chuck roast

Salt and pepper

1-1/2 teaspoons chopped garlic

3 tablespoons balsamic vinegar

¼ cup soy sauce

2 tablespoons Worcester sauce

¼ cup Dijon mustard

Poke holes in the roast and rub it with salt, pepper, and garlic. In a small bowl, stir the balsamic vinegar, soy sauce, Worcestershire sauce and Dijon mustard. Place the roast in labeled 1 gallon Ziploc freezer bag, pour the marinade over it and freeze.

To serve, thaw roast. Place in slow cooker, with marinade poured over it, and cook on high for 4-5 hours or on low for 8-10 hours.

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