

Beef pot roast warms up kitchen, your family during winter months

See related story on Taste front.

BARBARA'S POT ROAST

- 3 1/2 to 4 1/2 pound beef pot roast (Chuck, Blade, or Arm)
- 5 cloves garlic, cut in silvers.
- Salt and pepper
- 3 to 4 tablespoons vegetable oil
- 2 cups beef stock or 2 cups water mixed with 1 large onion, sliced thin
- 1 package Lipton Onion Soup mix
- Chili sauce, 1/2 jar
- 1 bay leaf
- 1 teaspoon thyme, or 2 teaspoons fresh thyme
- Potatoes, carrots, celery - chopped in large pieces.
- 4 tablespoons oil or margarine
- 4 tablespoons flour

Preheat the oven to 275° F. Stud roast with garlic silvers; salt and pepper both sides.

Place the roasting pan on the stove top and heat until hot. Add the vegetable oil then near the roast on each side.

Add enough beef stock to the roasting pan so it comes halfway up the roast.

Add the onion, bay leaf, and thyme to the stock.

Brush the top of the roast with chili sauce.

Cover the pan tightly with foil or a lid, then cook for 2 hours at 275° F.

After 2 hours, add the vegetables. Re-cover and cook for 1 more hour, or until the meat is fork tender.

To make gravy/sauce, place the margarine (or oil) and flour in a small saucepan. Cook over medium heat stirring constantly until the mixture forms a light brown paste.

Gradually stir in roast juices (approximately 1 1/2 cups) until the sauce reaches the desired consistency. The sauce will not thicken until it is almost at the boiling point. Allow the sauce to simmer for a few minutes (as you continue stirring) to cook out the flour flavor.

Presentation: Slice the beef against the grain. Place slices on the plate with vegetables on the side. Pour gravy/sauce on top and enjoy.

Recipe courtesy of Barbara Scholl of Oakland Community College.

BASIC HOMESTYLE POT ROAST

- 1/4 cup flour
- 3/4 cup water
- 1 envelope (1 ounce) onion soup mix
- 3 to 3 1/2 pound beef chuck pot roast
- 6 to 8 small whole redskin potatoes
- 1 medium onion, quartered
- 1 package (16 ounces) peeled baby carrots
- 1 oven bag (Reynolds, large size, 14-by-20-inch)

Preheat oven to 325° F. Add flour to oven bag. Place in 13-by-9-by-2-inch baking pan. Add water and soup mix to oven bag; stir to blend in flour.

Place beef in oven bag. Spoon sauce over beef. Arrange potatoes, onions and carrots around beef in oven bag. Close oven bag and vent following package instructions. Bake 2 1/2 to 3 hours or until beef is tender. Makes 7 to 9 servings.

Diet from page D1

since August.

"I eat three meals and two snacks. I have learned how to read labels carefully, interpret nutrition information from articles, and really immerse myself into what I am doing."

Brown added that she does not deny herself a small portion of something that she really likes, but while enjoying that food, she does not regress into old habits, either.

Once you understand that weight management and healthy eating behaviors is a team effort between you and your health care provider, understanding that weight loss is process and not product-oriented, and that you the client is the CEO, this sets

■ Once you understand weight management and healthy eating behaviors is a team effort between you and your health care provider, understanding that weight loss is process and not product-oriented.

the stage for a successful outcome.

Beverly Price, a registered dietitian and exercise physiologist, operates Living Better Sensi-

bly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. Visit her website at www.nutritionsecrets.com.

Look for her column on the first Sunday of each month in Taste.

Price offers over 17 years of realistic solutions to your nutrition concerns specializing in eating disorders, weight and food issues, women's health issues (pregnancy, PMS, menopause and osteoporosis), autoimmune disorders (lupus, scleroderma, fibromyalgia), breast and prostate cancer along with diabetes and hyperlipidemia. Call (248) 639-9424.

See related recipes on D2.

Cut the fat with lo mein noodles, vegetarian quesadillas and salsa

Recipes courtesy of Beverly Price. Soba noodles, tamari and texturized vegetable protein are available at health food stores. See related column on Taste front.

SPICY VEGETABLE LO MEIN

- 8 ounces soba noodles
- 2 teaspoons hot chili oil
- 2 teaspoons minced ginger root
- 2 cloves minced garlic
- 3.5 ounces shiitake mushrooms
- 1 medium red bell pepper, cut into thin strips
- 2 cups chopped bok choy, leaves and stems
- 1/2 cup canned vegetable broth
- 6 ounces sugar snap peas
- 2 tablespoons tamari
- 2 tablespoons seasoned or regular rice vinegar
- 1 tablespoon sesame oil
- 1/4 cup chopped cashews

Cook noodles according to package directions. Meanwhile, heat oil in large skillet over medium heat. Add ginger and garlic; cook 30 seconds. Add mushrooms, bell pepper, and bok choy; cook 3 minutes, stirring occasionally. Add broth and sugar snap peas; simmer until vegetables are tender-crisp, stirring occasionally, 3 to 5 minutes. Add tamari and vinegar. Drain noodles; add to skillet with vegetables.

Add sesame oil; cook 1 minute, tossing well. Sprinkle with cashews. Makes 6 servings.

MINI TVP QUESADILLAS

- 8 whole-wheat lavash
- 1 cup chopped onion
- 1 large bell pepper (red, yellow or green)
- 4 roma tomatoes, chopped

- 2 garlic cloves, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- Pinch of black pepper
- 1/4 cup chopped cilantro
- 2 cups texturized vegetable protein (TVP), sautéed in 2 tablespoons olive oil
- 8 ounces shredded tofu cheese
- 2 cups fresh salsa

In a large skillet, saute green pepper and garlic until softened, about 3 minutes.

Add tomatoes, cumin, cayenne, and black pepper, cilantro and TVP. Cook, stirring about 3 minutes more.

Divide the mixture among the 8 tortillas.

Fold the tortillas and place in a hot skillet. Saute until the tortillas are browned. Remove and cut into quarters.

Serve with a garnish of low fat sour cream and salsa. Yields 34 quesadilla triangles

SALSA

- 4 roma tomatoes, cut into chunks
- 1 large green pepper, cut into chunks
- 1/2 large onion, cut into chunks
- 1/2 cucumber, cut into chunks
- 1/2 cup chopped cilantro
- Juice of 1-2 lemons
- 1 tablespoon olive oil
- 1 tablespoon Tabasco sauce
- Salt and pepper to taste

Place tomatoes in a food processor and process till smooth. Place in a bowl.

Repeat with remaining vegetables and place in same bowl. Add remaining ingredients and stir to combine.

Wine from page D1

and spice with big structure and managed tannins. Aged in 35 percent new French oak.

■ 1997 Ravenswood Old Hill Vineyard, Sonoma Valley, \$30, has uplaid aromas of plums, anise, black cherry and blackberry with smooth, rich flavors, and firm tannins.

■ 1997 Ridge Pagan Ranch, Sonoma Valley, \$27.50, shows a melange of red and black fruits with hints of saddle leather. Chocolate, black raspberry and vanilla are great palate discoveries.

■ 1997 Eric Ross Old Vine Zinfandel Occidental Vineyard,

Russian River Valley, \$28, shows bright fruit, plums and dark cherries followed by juicy flavors, spice and white pepper.

■ 1997 Joseph Swan Zeigler Vineyard, Russian River Valley, \$25, features jammy dark cherry, cinnamon, leather, spice and pepper. Well-layered, complex flavors.

The Healds are Troy residents who write about wine, spirits, food and dining for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864.

Clarification

The list of winners of the People's Choice Awards for Oakland Community College's student holiday food competition was inadvertently omitted from the Jan. 31 article on holiday appetizers.

Barbara Scholl won first place for her Oriental Seafood Cakes with Spicy Mango Sauce. Jim Moschini finished second for his Tournados Wellington, while Saad Matti and Bernice Bouldin placed third for their respective dishes of Herb Cheese in Puff Pastry and Shrimp Toast.

Desert winners were Fruit Tiramisu by Anthony Cox, first place; French Pastry Platter, Mohammad Chowdhury, second place, and Assorted Truffles by Darren Stowell, third place.



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