

CHILI CON CARNE

(6-8 hours)

- | | |
|------------------------------------|--|
| 1/4 cup olive oil | 1/4 cup water |
| 1 large onion, chopped | 1 1/2 teaspoons salt |
| 1 green pepper, chopped | 1/8 teaspoon paprika |
| 1 pound ground beef | 1/8 teaspoon cayenne |
| 2 8-ounce cans tomato sauce | 1 tablespoon chili powder |
| 1/4 cup catsup | 1 teaspoon Worcestershire sauce |
| 1/4 cup chili sauce | |

Heat oil in a large skillet and saute onion, green pepper and meat. Pour off excess fat and place in Cookin Crock with remaining ingredients. Cover and cook 6 to 8 hours at Low heat.

If beans are desired, add to the uncooked mixture:

- 1 1-pound can pinto beans, drained**
- 1 1-pound can red kidney beans, drained**

LIVER N' ONIONS

(6-8 hours)

- | | |
|-----------------------------------|--|
| 2 pounds beef liver sliced | 1 can cream of onion or mushroom soup |
| Salt and pepper | 1/2 cup water |
| 1/2 cup flour | 1/4 cup sherry (optional) |
| Oil | |
| 2 onions, sliced | |

Season liver with salt and pepper and dust with flour. Heat a little oil in a skillet and brown liver quickly on both sides. When liver is done, stir onions in skillet a few minutes, scraping to loosen any browned particles. Alternate liver and onions in Cookin Crock. Stir remaining ingredients together and pour over meat. Cover and cook 6 to 8 hours at Low. Serve with rice or noodles with fresh parsley garnish.