

Cholent

2 russet potatoes, unpeeled cut in chunks

1 large onion, cut in chunks

3 carrots, cut in chunks

2 cups butternut squash, cut in chunks

2 pounds of flanken, chuck roast, short ribs or stew meat

salt, pepper, garlic, cumin, turmeric, ground ginger, paprika to taste

1 cup barley

1 1/2 cup cholent beans, available in the Kosher section of your grocery
or a combination of lima, pinto, kidney, chickpeas

2 tablespoons beef or chicken consommé granules

1/3 cup honey or 1 small can of vegetarian baked beans

kishka – available in the refrigerated Kosher section of your grocery, removed from outer wrapping only and cut in 1/2

tap water to just cover meat and beans

1. Starting from the top, layer the ingredients into your 14 cup slow cooker
2. Season layers generously
3. Run water from your sprayer slowly against the kishka so as not to disturb the layering and just cover the mixture
4. Put slow cooker on low setting right before Shabbat and when you come home for lunch from synagogue, your lunch will be ready
5. Cook for @14 hours on low
6. Serve with rice or on its own with a fresh salad