

Sloppy Joe Recipe (edited 7-5-20; [www.intranuclear.com](http://www.intranuclear.com))

For 1.5 Quart Crock Pot

Turn on the crock pot to high and stir in:

- 1 14.5 ounce can of petite diced or diced tomatoes
- 1/2 cup of ketchup (or to taste)
- 1 tablespoon of yellow mustard (or to taste)
- 1 teaspoon of Worcestershire sauce
- 2 tablespoons of chili powder  
(optional: Sriracha sauce to taste)
- 1/2 teaspoon of garlic powder
- 1 white onions, sliced up and sauteed
  
- 1 lbs. of hamburger, browned in frying pan with salt/pepper

If using frozen hamburger patties...

Shake salt and pepper on one side then flip face down and brown;  
Shake on a little garlic salt on the other side, flip and brown;  
Chop up hamburger into sloppy Joe sized bits and finish browning;

Transfer hamburger to crock pot without the grease and cook.

Spoon onto a bun or bread. Enjoy. Low Carb.

## Beef Stew Recipe (edited 7-5-20; [www.intranuclear.com](http://www.intranuclear.com))

For 1 1/2 quart crock-pot:

1 lbs cubed boneless beef chuck or round  
1 14.5-oz can petite diced tomatoes  
1 10.5-oz can of Campbell's condensed mushroom soup  
2 Tbsp mild-flavored molasses  
1 large onion, chopped (sauteed for health and faster cooking)  
1/2 tsp celery salt (or more...to taste)

TBD vegetables (celery, baby carrots, green beans, potatoes, etc)  
- or I use a bag of Green Giant "Garden Medley Vegetables"  
... note that crock pot size will limit the amount of veggies you can add.

Everything gets added right away except for the veggies and the beef.

Many vegetables (e.g. carrots) require pre-cooking (microwave) to soften.  
... then add veggies just 30 to 60 minutes before serving...  
... also delay celery (if used) in order to keep it from getting too soft.

Place 4 Tbsp. of flour, plus salt, pepper, and Louisiana Cajun seasoning (all to taste, but usually a lot) in a 1 gallon Ziploc bag.

Add 1/2" cubed meat pieces and shake to coat.

Heat a 12" fry pan and add 2 Tbsp of cooking oil.  
When hot, brown meat, turning with tongs, and transfer to crock-pot.

Cook on high to serve in 2 hrs. Cook on low to serve in 6 hrs.

Enjoy; it's a low carb stew if you don't use potatoes.

## Ham Stew Recipe (edited 7-5-20; [www.intranuclear.com](http://www.intranuclear.com))

For 1.5 Quart Crock Pot

- 1 can (14 ounces) water-packed artichoke hearts, rinsed, drained.  
The quartered ones work fine...but if you like to use whole ones,  
I just cut the gray stem end off, cut them in half the long way,  
and then dump them in... because they break up when you stir  
them anyway.
- 1 white onion chopped up and sauteed.
- 1 tablespoon (or more to taste) of capers, drained.  
(capers are pickled flower buds don't ya know.)
- 2 tablespoon Dijon mustard like Grey Poupon smooth and creamy.  
...plus a squirt of French's yellow for coloring.
- 1 lbs. of (thin) smoked/cured ham slices cut into 1" squares  
I like the salty taste this adds to the stew... others prefers pork rib meat.
- 1 32oz (or smaller) box of chicken stock (or broth).  
If you have some left... keep in fridge and add later  
as stew gets consumed.

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Fill crock pot with ingredients and top off with chicken stock.

Stir to break up the artichokes and the onions.

Cook on low heat. High heat doesn't agree with this recipe.  
However, it will cook well forever on low heat.

A good time to make this recipe is in the evening so it can cook  
over night and be ready for lunch the next day.

Low Carb

## White Chili Recipe (edited 7-5-20; [www.intranuclear.com](http://www.intranuclear.com))

For 1 1/2 quart crockpot

### Ingredients:

- 1 10.5 oz. can of cream of chicken soup with normal 1 can of water
- 1 can Kirkland chicken breasts (~12 oz.)
- 1 onion, chopped and sauteed, salted and peppered to taste
- 2 tsp garlic powder
- 1 tsp cumin
- 1 tsp oregano
- 1/2 Tbsp tabasco or 2 tsp sriracha sauce
- 1 15.5 oz. can great northern beans, drained and rinsed
- 1 11 oz. can shoepeg corn
- 1 Tbsp lime juice
- 1 Tbsp cilantro

salt and pepper to taste, mix, heat, and eat

Tex-Mex Stew Recipe (edited 7-5-20; [www.intranuclear.com](http://www.intranuclear.com))

For a 3-1/2 Quart Crockpot or larger

Start filling a 3-1/2 quart crockpot (minimum volume) with:

- 2 16 oz. cans of black kidney beans drained and rinsed
- 1 29 oz. of Hunt's tomato sauce... hold back about 5 oz.
- 1 32 oz. box of Swanson's beef stock... hold back 1 cup.
- 1 Green cabbage head chopped.
- 1 package of Ortega Chipotle taco seasoning
- 1 package of Chi-Chi's taco seasoning  
(Yes... only this combo of taco seasonings is synergistic)
- 1 lbs. ground beef browned in a skillet and transferred w/o the grease.
- 1 onion, chopped & sautéed in a skillet with oil or grease.

TBD veggies (you may not have room left)

Carrots or washed mini-potatoes will need pre-nuking in microwave.

Celery will need to be added 30-60 minutes before serving to keep crunchy.

Cook 4 hours on high or 8 hours on low.

After first meal is over, set to simmer and add back juice and stock.

... and more taco seasoning... to taste.

Still taste great two days later. (Note: simmer setting should kill bacteria)

## Pool Pretzel Recipe (edited 7-5-20; [www.intranuclear.com](http://www.intranuclear.com))

### Ingredients:

- 1-lbs. bag of Rold Gold Tiny Twist Pretzels
- ½ bottle of Orville Redenbacher Popcorn Oil
- 1 and 1/3 packet of Hidden Valley Dry Ranch Dressing
- Dill weed seasoning

### Preparation:

1. Put pretzels in a large bowl
2. In a separate 16oz cup, make an oil and dry dressing paste... then add remaining oil.
3. Drizzle the cup contents over the bowl while stirring the pretzels...  
... stir thoroughly to get oil off the bottom of the bowl
4. Pour some dill weed into hands and rub hands together to invigorate the spice and  
sprinkle over pretzels while stirring... repeat to taste
5. Distribute bowl contents over paper towels to wick off excess oil...  
... 15 minutes is usually enough time.
6. Divide into 1 quart Zip Lock freezer bags (makes 3 typically) and store in freezer  
until needed.

## Overland (Decorah) – Mondloch (MSP) Combined Lefse Recipe (11-18-19 edit)

Boil 5 lbs. (1 bag) of unpeeled russet potatoes (makes 24 sheets) and let cool to the touch. Do not overcook and have the skins split on more than 1 or 2 potatoes. Do not use large (individually purchased or bulk wholesale) russets that require extended boiling time. Do not force cool by peeling under cold running water. Any of these unwanted actions will result in excess water absorption and cause the batter to get soggy/sticky.

When cool to the touch, peel and immediately rice 9 cups of boiled potatoes, then rice again. I speed things up by using a washable oven mitt and scraping off the hot skins with a child safe pumpkin carving knife.

-add 1 stick of butter (melted OK)      -add 3/4 cup heavy cream (whipping cream)

-add 3 TBS sugar      -add 1 TBS salt

After mixing the ingredients with an electric hand mixer in a bowl, scoop out 9 separate one cup mounds into a wax paper lined cake pan. A flexible 1 cup silicone measuring cup works best; it pops the batter out cleanly. Place cling wrap or aluminum foil over the pan to seal and refrigerate at least overnight. Do not freeze or liquid will be lost from the mixture. This refrigerated potato mixture will stay usable for at least a week in this state.

DAY 1

DAY 2

When ready to grill, use a manual pastry blender to blend 3 cups (mounds) of this potato mixture with 3/4 cup of general purpose unbleached flour; this 4:1 ratio to flour is very critical. Be aware that the mixture is not usable for very long once flour is added; you can refrigerate for up to a day in the final mixed state. Re-cover the remaining un-mixed 6 mounds in the pan and place back in the refrigerator until ready for rolling out.

After the flour is blended in, knead by hand and roll into a log. For thin lefse about the size of the lefse grill, cut the log into 8 equal portions. Use your hands to finish shaping each slice into a round patty that's ready to be rolled out.

Set Lefse Grill (Bethany Home Products) to 500F. However, the actual measured grill temperature will be just under 300F. (Measured via thermal camera) Do not set the grill on a metal surface (painted or unpainted) or reflected hot spots can form; consider a wooden board.

Flour a sock-covered square-cut or corrugated rolling pin. Flour a pastry board until the red letters are almost opaque. The outer 14" red ring, plus a 1/4 inch, is the goal for thin lefse. Flour gets absorbed primarily from the board center and the sock. Use a fine mesh flour sifter to lightly flour the rolling pin sock again (over the center of the board) after rolling out each patty.

Roll the patties (from center out) until you see the pastry board's red outer ring through the lefse.

Place a wide (1.5") lefse stick about a stick width from the edge and use a second narrow lefse stick to wiggle underneath the exposed flap and then flip it up on the wide stick and just start rolling it up on the stick... and then unrolling it on the lefse grill. If the lefse sticks to the pastry board, use the side of an icing spatula to scrape the cloth dry. Next use a stiff brush... then re-flour. If lefse sticks to the rolling pin sock and can't be brushed clean, replace with a spare sock.

Stack cooked lefse rounds between two sheets of wax paper that are in turn kept between towels... to hold in moisture and soften the edges of the final product. When finished stacking, consume warm or fold rounds to fit in a plastic storage bag and freeze. (10sec nuke defrosts)