

What's for supper at the church?

Give
and
Take

—
Jackie
Rice



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When **Bruce Kempf** cooks for Peace Lutheran Church's Lenten suppers, everyone asks for the recipe. Fortunately, he's willing to share. Thanks, Bruce.

"This is so simple, and the meat turns out tender and falls apart like an old-fashioned pot roast. It is just perfect for a busy day quick dinner," he noted.

LONDON BROIL IN CROCK POT RECIPE

- 2-3 pounds London broil steak roast (you could also use a flank steak, but may be a little fatter)
- 1 (10.75-ounce) can condensed cream of mushroom soup
- 1 (10.75-ounce) can condensed tomato soup
- 1 (1-ounce) package dry onion

soup mix

- Vegetables as noted in directions

Place meat in the bottom of the slow cooker; if necessary, slice meat to make it fit.

In a medium bowl, mix together mushroom and tomato soup. Pour mixture over beef. Sprinkle dry onion soup mix over top.

Cover, and cook on low for eight to 10 hours

"I added a couple jiggers of Worcestershire sauce. You can also add some carrots and potatoes in the last five or six hours. I used a yam and baby carrots," Bruce noted.

Note: If you don't like your veggies in the gravy, you can put them in a small aluminum loaf pan and float on top of meat and soup mixture, add a little water or beef broth to pan.

Grow your own

Campbell Soup Company is making available to the American public specially cultivated seeds used to grow tomatoes for its iconic Campbell's Tomato soup. The effort is part of Campbell's goal to grow more than one billion tomatoes across the country and to support American agricul-

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ture.

Through June 21 or while supplies last, each household that purchases any Campbell's condensed soup and enters the code on the can at HelpGrowYourSoup.com can request a free packet of Campbell's tomato seeds. With each request, Camp-

bell will donate the seeds being used to plant community gardens and achieve the one-billion-tomato goal.

Contests

Good cooks could win \$2,000 just by entering the Mushroom Council's recipe contest. But hurry. The "Every Day, Every Way Recipe Contest" ends May 18.

For rules and to enter, visit mushroominfo.com

Say freeze

Americans far and wide are pinching pennies and stretching dollars wherever possible, with grocery spending a primary cost control target for many. All too often recipes produce more food than is needed for a single meal, with leftovers being donated to co-workers or, worse, being thrown away after languishing in the refrigerator for far too long.

To help Americans better ensure money spent on groceries is actually put toward nourishing them self and their families rather than a landfill, food portal FoodieView offers an abundance of "freezer friendly" dishes from its industry-leading recipe search engine.

Visit www.FoodieView.com, type "freezer" into the search field that's on the home page, click "search" and nearly 50,000 recipes suitable for freezing will be at your fingertips.

Send recipes or requests to Give and Take, P.O. Box 5468, Great Falls, MT 59403 or e-mail tribfeatures@greatfallstribune.com.

