

### ***Roast Pork***

1 3-5 lb. pork roast

2-3 c. chicken broth

Water

Seasonings to taste:

I used salt, pepper, thyme, rosemary, oregano, garlic

Olive Oil.

Place roast in crock pot; add chicken broth. Cook till done (I had mine on high for about 6 hours.)

When cooked through, remove meat. Cut off fat, bones, any extras you don't want in your dish.

Discard the broth. ( if you want you can save back a little of the liquid to keep in the meat) Shred the meat and place back into the crock pot.

Add water (this keeps the meat moist and keeps it from burning) a little olive oil and your favorite seasonings. Cook till heated through.

Serve with any of your favorite toppings, on buns or just as it is. My husband loves to drizzle BBQ sauce on top.

### ***Cheesy Mashed Potatoes***

8-10 potatoes, peeled and diced

water to cover ( I add chicken bullion to the water approx 1 cube per cup)

Cook till done. Mash potatoes but do not add milk or butter to the potatoes.

Add 1/2 c. chopped onion. ( I use minced onion with great success)

Melt 1/4 c. butter, 1 c. sour cream and 1-2 c. cheddar cheese( I use Velveeta) Add to the potatoes, mixing well.

Put in a casserole dish and bake for 30 min. on 350.

### ***Macaroni Salad***

1-2 c. macaroni

1-2 cucumbers

1 c. cubed Colby cheese

1 tomato, diced

1 c. mayonnaise

1/4 c. sugar

1 tsp vinegar

Cook macaroni according to directions. Chop vegetables and set aside.

Mix the mayo, sugar and vinegar. Mix the noodles, veggies and cheese together with the dressing.

Chill before eating.

### ***Shredded Pork Fajitas***

2 c. shredded pork

1/4 c. lime juice

1 Tb. olive oil

1 green pepper, sliced (adding red is a lovely touch too)

1 onion sliced

1/2 tsp. red pepper flakes

1/2 tsp. cumin

1 tsp. salt

Pepper

1 can stewed tomatoes

In a skillet, sauté vegetables and add the meat, along with the lime juice, olive oil and seasonings.

Add the stewed tomatoes last and heat through.

Serve on warm tortillas with sour cream and guacamole. yummm!