

**SET IT &
FORGET IT**



EPISODE 36

A Variation on Cholent

INGREDIENTS

- 1 ½ to 2 lbs of lean stewing beef cut into large cubes
- 1 large onion sliced coarsely
- 2 cloves of garlic, crushed
- 3-4 potatoes peeled and cut into 4 quarters (I used golden potatoes)
- 4-6 carrots, peeled and cut into thick rounds
- 6 eggs
- 4 cups of beef broth
- ¾ teaspoon ground black pepper
- ½ teaspoon turmeric
- ¾ teaspoon hot paprika
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 1 teaspoon of salt
- 1 cup of dried beans (red, pinto, or black all work) soaked for 2 hours and rinsed OR a 15 oz can
- 3 tablespoons olive oil or canola oil

DIRECTIONS

- Heat oil in a pan and fry onions until translucent. When cooked through, about 5 minutes, add to slow cooker.
- Add meat to the pan and brown for 2 minutes on all sides. Add all dry spices and garlic. Stir and fry together for another minute. Remove from heat.
- Place potatoes and carrots at the bottom of the slow cooker. Layer meat and spices on top. Deglaze the pan with a bit of chicken broth and add to the slow cooker.
- If using dry beans, add the soaked and washed beans to the slow cooker covering the meat.
- Add remaining beef broth to the slow cooker, and be sure the meat and beans are covered by an inch of broth.
- Gently add eggs and nestle them into the broth mixture.
- Cover and cook on high for 4 hours or low for 10.
- Serve with rice, salad or bread!!