

To make life easier for meal preparations, the 'Food Section' will present an assortment of hearty, healthy and user-friendly winter and holiday recipes. **For recipe requests or suggestions contact:** SharonS@portlandobserver.com **Subject:** Food Section

FOOD



Apple and Onion Beef Pot Roast

"Rely on your slow cooker to help prepare this moist pot roast. I thicken the juice to make the delicious apple gravy to pour over the beef slices and onions."

DIRECTIONS

1. In a large non-stick skillet coated with nonstick cooking spray, brown roast on all sides. Transfer to slow cooker. Add water to the skillet, stirring to loosen any browned bits; pour over roast. Sprinkle with seasoned salt, soy sauce, Worcester-

shire sauce, and garlic powder. Top with apple and onion. Cover and cook on low for 5-6 hours or until meat is tender.

2. Remove roast and onion; let stand for 15 minutes, before slicing. Strain cooking liquid into a saucepan, discarding apple. Bring liquid

to a boil; cook until reduced to 2 cups, about 15 minutes. In small bowl, combine cornstarch and cold water until smooth; Slowly add browning sauce while stirring into cooking liquid. Bring to a boil; stirring for 2 minutes or until thickened. Serve over beef and onions.

Prep Time: 30 min.

Cook Time: 5 hours

Yield: 8 servings

1 serving (3 oz. cooked beef with 3 Tbs. gravy) = 173 calories, 6 g. fat (2 g. saturated fat), 69 mg cholesterol, 4 g. carbohydrates.

INGREDIENTS

- 1 (3 pound) boneless beef sirloin tip roast, cut in half
- 1-cup water
- 1- tsp. seasoned salt
- 1/2 tsp. reduced sodium soy sauce
- 1/2 tsp. Worcestershire sauce
- 1/4 tsp. garlic powder
- 1- large tart apple, quartered
- 1- large onion, sliced
- 2- Tbs. cornstarch
- 2- Tbs. cold water
- 1/8 tsp. browning sauce

Resolution Game Plan: 10 Steps to Turbo-Charge Your Diet & Boost Your Metabolism

1. **Sip green tea (3) three times a day.** Green tea contains the plant chemical catechin polyphenols and caffeine, both of which increase metabolism.
2. **Use interval training to rev up your workout.** Throw your regular workout routine a curve ball. Workout the same amount of time, just switch up the intensity of the routine with interval training. Example: For every 5 minutes into your walk, jog for one minute. Every 5 minutes into your bike ride, shift into a higher gear and pedal hard for a minute.
3. **Fidget.** People who drum their fingers or bounce their knees burn at least 500 calories a day! That adds up to losing a pound a week.
4. **Keep a small squeeze ball with you and work out your hands frequently during the day.** It's one of the few exercises you can do anywhere.
5. **Don't starve yourself. Cutting too many calories can backfire in more ways than one.** Try to subsist on morsels and your metabolism will slow to a crawl.
6. **Put five rubber bands around your wrist every morning.** That's how many 16-ounce bottles of water you should drink during the day to rev your metabolism, helping to burn more calories. Your metabolic rate increases to heat up the water intake, so be sure to drink icy water.
7. **Exercise outside.** Maybe it's the fresh air, maybe it's the sunshine, but something about exercising in the open air makes you walk or run faster than doing the same exercise in the gym.
8. **Turn up the heat with hot peppers.** Studies have shown that very spicy foods can temporarily increase your metabolism.
9. **Eat five small meals throughout the day instead of three large meals.** By eating every few hours, you keep your metabolism fired up and ensure it doesn't slow down between meals. A "meal" can be as small as a cup of soup, a glass of juice or a piece of fruit.
10. **Sip a couple of cups of coffee throughout the day.** Studies find that the caffeine in coffee increases the rate at which your body burns calories. Note: calorie-packed Frappaccino's are unacceptable as a caffeine substitute. Sorry.

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