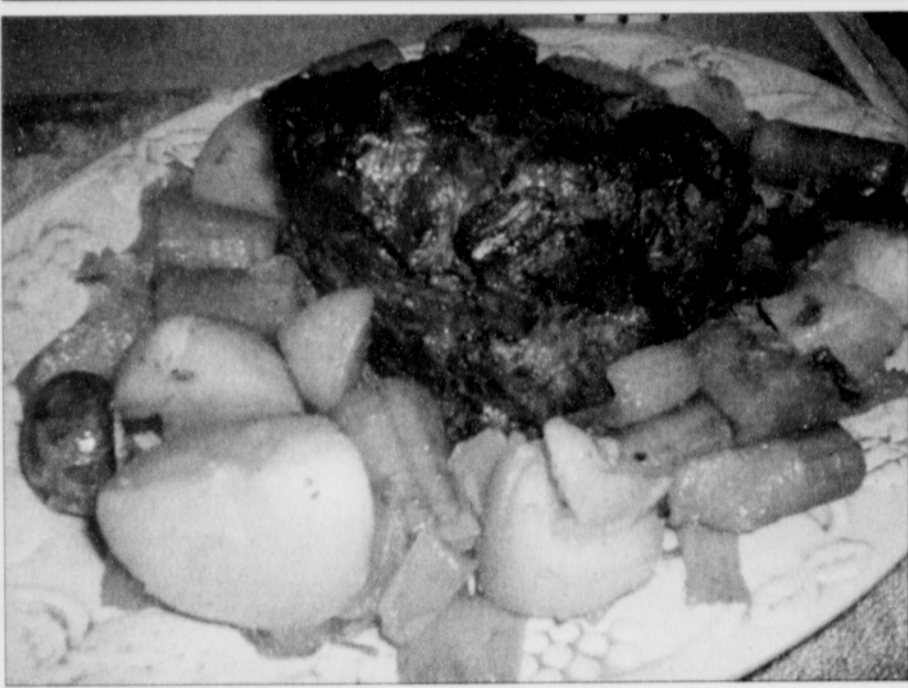


FOOD



Coca-Cola 7-Bone Roast Recipe

Ingredients

- 1 (3 to 4 pounds) beef 7-bone roast
- Kosher salt and pepper
- 1 Tbsp olive oil
- 1 pound baby red (creamer) potatoes, scrubbed, skins on
- 8 ounces button mushrooms, cleaned
- 1/2 pound baby carrots, peeled
- 1 onion, very thinly sliced
- 1 cup Coca-Cola or other cola, at room temperature
- 1 cup tomato sauce (canned or homemade)
- 1 packet dry onion soup mix
- 1 Tbsp sweet Hungarian paprika
- 2 tsp dried oregano, crushed
- 1 tsp garlic powder

Directions

1. Prepare a 9 by 13-inch baking pan by lining it with foil. Preheat oven to 350 degrees F.
2. Sprinkle roast liberally with salt and pepper. Heat a heavy-duty skillet until very hot, add the olive oil, and quickly sear the 7-bone roast on both sides.
3. Place seared roast in baking pan. Surround with potatoes, mushrooms, and carrots in an even layer. Spread sliced onions evenly over the top of the meat and vegetables.
4. Mix cola, tomato sauce, onion soup mix, paprika, oregano, and garlic powder in a bowl until combined. Pour evenly over meat and vegetables. Cover tightly with foil.
5. Bake for 2 hours. Remove from oven and let rest at least 15 minutes. Carve meat. Serve with vegetables and pan gravy.

Sloppy Joes

Ingredients

- 1 pound lean ground beef
- 1/4 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon prepared yellow mustard
- 3/4 cup ketchup
- 3 teaspoons brown sugar
- salt to taste
- ground black pepper to taste

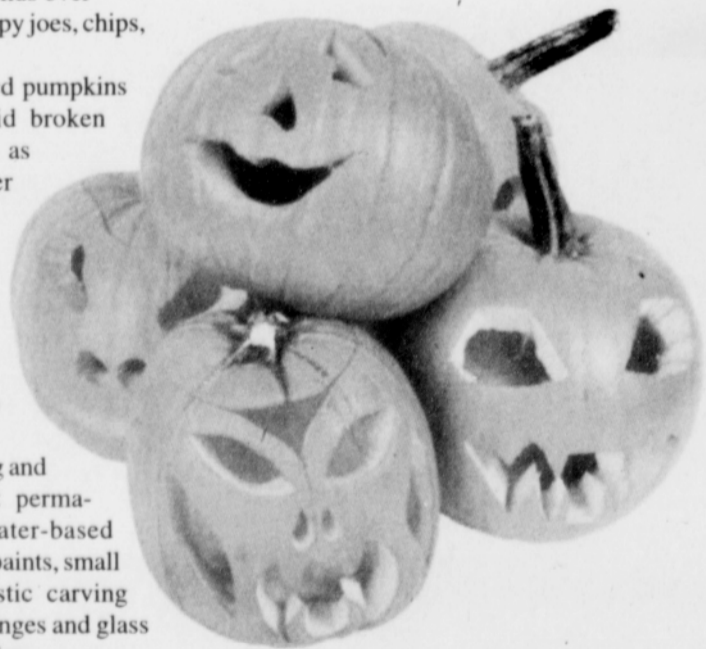


Directions

1. In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids.
2. Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes. Season with salt and pepper.

Pumpkin Carving Party

1. Invite a few friends over
2. Make some sloppy joes, chips, and soda
3. Pick up assorted pumpkins for carving. Avoid broken stems or bruises, as they can cause faster spoilage.
4. Choose pumpkins that are at least 9-10 inches high so there is adequate room for a votive candle to burn safely.
5. Shop for carving and painting supplies: permanent markers, tempera paints, small paintbrushes, plastic carving tools, stickers, sponges and glass votives with candles.
6. Find carving templates on the internet. Print out pumpkin-carving templates from internet Halloween sites or draw your own on white paper so guests have some ideas about what to carve.
7. 30 minutes before the party, stack pumpkins under a tree to create a mini patch where guests pick their own.
8. Set up a carving table outside. Cover it with several layers of newspaper taped into place with masking tape.
9. Lay out markers, stickers, paints, cutting tools and any large spoons, ladles or ice cream scoops you can find on table.
10. Fill a few glasses or empty yogurt cups with water and set out for painters. Set out sponges so kids can wipe off mistakes.



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