

Creole Daube

-will feed a family of 6 easily! We ate half and I froze the rest.

1- small/medium roast (a cheap cut is fine)

1 large onions, chunked

1 large green bell pepper, cut into stripes

2 T. minced garlic

1 large can whole tomatoes (I used San Marzano style), chop up as you pull them out.

1 small can of tomato sauce

1 pinch of sugar 1 cup water

2 beef bullion cubes

Splash of Worcestershire sauce

salt and pepper to taste 1/2 teaspoon Tony Cachere's

You ready for the really difficult directions? I'm not sure you can handle this.....

Put EVERYTHING in the crockpot at the same time and cook on low for 6 hours or until the roast is falling apart. Pull out the roast and shred up. Serve over cooked spaghetti noodles, garlic bread and maybe a salad.

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