

Angels Cook Book



Harvest Pork Stew

2 tablespoons butter or oil
1 ½ pounds boneless pork, cut into 1/2-inch cubes
1 medium onion, chopped
2 cloves garlic, minced
3 cups chicken broth
1 bay leaf
½ teaspoon salt
¼ teaspoon rubbed sage
¼ teaspoon dried rosemary, crushed
3 cups frozen cubed butternut squash
2 McIntosh apples, cored and cubed
2 large potatoes, peeled and cubed (optional)
2 cups carrots, peeled and diced (optional)

Instructions:

Melt the butter in a large pot over medium-high heat. Add pork; cook until lightly browned on all sides.

Stir in onion and garlic; cook until onion softens and pork is no longer pink, about 5 minutes.

Add chicken broth, bay leaf, salt, rosemary, and sage; bring to a boil, then reduce heat to medium-low. Cover pot; simmer for 20 minutes.

Add squash, apples, potatoes, and carrots; return to a simmer. Cook, uncovered, until squash and apples are tender, about 20 minutes.

Remove and discard bay leaf.

Serve and enjoy!

Nutritional Information

Serving Size: 6 servings • Calories: 465

www.allrecipes.com/recipe/125552/harvest-pork-stew/



Old-Fashioned Chocolate Fudge

2 cups white sugar
½ cup unsweetened cocoa powder
1 cup whole milk
4 tablespoons unsalted butter, sliced and softened
1 teaspoon vanilla extract

Instructions:

Gather ingredients. Grease an 8-inch square baking pan.

Place sugar and cocoa powder in a medium saucepan; pour in milk and stir until blended. Set heat to medium-high and stir constantly until mixture comes to a boil.

Reduce heat to low and place a candy thermometer in the pan. Let the mixture simmer without stirring until the temperature reaches 238°F (114°C) when measured with a candy thermometer, about 10 minutes.

If you don't have a candy thermometer, drop a small amount of the mixture into cold water; if it forms a soft ball that flattens when removed from the water and placed on a flat surface, it's ready.

Remove from the heat. Allow to cool to 110°F (43°C), 50 to 70 minutes. Do not disturb fudge as it's cooling.

Add butter and vanilla to the fudge. Beat with a wooden spoon until well incorporated and fudge loses its sheen; do not under beat.

Pour fudge into prepared pan and press to flatten. Let cool at room temperature or in the refrigerator before cutting into 1-inch squares.

Nutritional Information

Serving Size: 14 servings • Calories: 395

www.allrecipes.com/recipe/7304/eclair-cake/