

Waterless Top Burner Dinner for Eight People

B H Bernie Kellogg - Cary, NC

Treasure Classics - National LP Gas Association - 1985

Servings: 8

*8 medium potatoes
8 medium onions
8 medium carrots
2 tablespoons Crisco
salt
pepper
4 pounds pork roast
Bay leaves
1 can Boston brown bread
(displayed in market with
baked beans)
1/2 pound leaf lettuce
2 large tomatoes, sliced*

Preparation Time: 30 minutes

Cook Time: 2 hours 30 minutes

Peel all of the vegetables. Place in a pot with water to cover. Set aside.

In a large pot (10 to 12 quart), bring the shortening to a high temperature. Salt and pepper the roast and place the roast into the pot. Brown the entire surface of the roast. Place the lid on the pot and turn the burner on full until steam escapes.

Reduce the heat to simmer and cook, without removing lid, for 90 minutes. Turn off the burner, remove the lid and arrange all of the vegetables around the roast. Break one or two Bay leaves into the pot. Salt and pepper the contents.

Slice the brown bread and wrap in waxed paper. Place the bread in the pot. Place the lid on the pot and turn the burner on full position until steam escapes. Reduce the burner to simmer and cook for 60 minutes.

Wrap a tray with foil and cover the outer edge with leaf lettuce and sliced tomatoes. Place the roast in the center of the tray and arrange the vegetables around the roast. Remove the Boston brown bread from the waxed paper and arrange the slices on the tray.

Per Serving (excluding unknown items): 515 Calories; 22g Fat (38.2% calories from fat); 39g Protein; 41g Carbohydrate; 7g Dietary Fiber; 113mg Cholesterol; 142mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 Lean Meat; 3 1/2 Vegetable; 1 1/2 Fat.