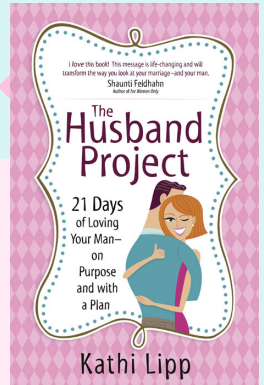


## Guy Food

### Each Recipe's Wife-Tested— Husband Approved



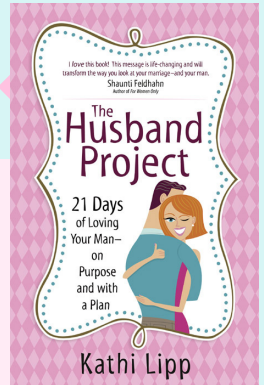
When I told some of my guy friends about these recipes, there was actual panting going on. Boy, what a man will do for some good food.

I have included a couple of recipes here for you to pass out at meetings or to put in your newsletter.

Another activity would t be to compile a book of your groups favorite “Guy Food” recipes.

# Guy Food

## Each Recipe's Wife-Tested— Husband Approved



### Cheddar Dip with Smoked Sausages

2 Tbsp. unsalted butter  
1/2 cup finely chopped sweet onion  
1/2 cup smoked sausage, cut into 1/2-inch pieces  
2 Tbsp. Dijon or whole-grain mustard  
8-ounce package cream cheese  
4 cups shredded sharp white cheddar cheese  
6 drops hot pepper sauce

Lightly coat a 1-quart baking dish with cooking spray.

In a medium saucepan over medium-high heat, melt the butter. Add the onion and sauté for 2 minutes, or until the onion begins to soften. Add the sausage and cook until cooked through, about 8 to 10 minutes. Drain away and discard any fat.

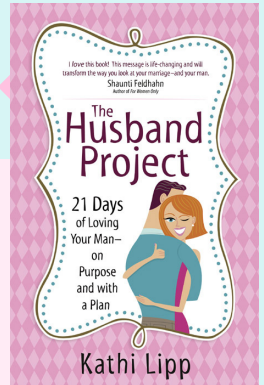
Add the mustard and cream cheese, then stir until melted. Remove the pan from the heat and stir in the cheddar cheese, a handful at a time, until blended

Stir in the hot sauce, then transfer to the prepared baking dish. Let cool, then cover and refrigerate for up to 3 days.

When ready to serve, preheat oven to 350 degrees. While the oven heats, let the dip sit at room temperature for about 30 minutes. Bake the dip for 20 to 25 minutes, or until bubbling. Serve warm. Servings: 6 to 8.

# Guy Food

## Each Recipe's Wife-Tested— Husband Approved



### Super Easy Slow Cooker Stew

1½ lbs. stew meat

1 large onion chopped

3 carrots, chopped

2 ribs celery, chopped

4 medium baking potatoes, peeled and cut into cubes

1 can (28 ounces) whole tomatoes (undrained)

1 Tbsp. Worcestershire sauce

2 Tbsp. parsley flakes

1 tsp. salt

1/2 tsp. pepper

3 cloves garlic (finely chopped)

2 Tbsp. quick cooking tapioca

Quickly brown stew meat in a pot on top of the stove, seasoning to choice salt, pepper and garlic (optional). Transfer meat to the slow cooker. Add remaining ingredients, stirring to blend. Cover and cook on low for 8 hours until meat is tender.