

COOK'S CORNER by Catherine Hannon

Sad to say, summer is over. Some of us are going back to work others are just getting more involved with various fall projects. The following recipes will help you to get the food on the table without too much stress. Pull out those Cook Pots and make your life a lot easier.

SLOW simmered for hours, the following recipes will help you develop rich, layered flavorful meals.

Tangy Chicken Cacciatore:

Active time 15 minutes. Total time 5 hours 15 minutes. Makes 4 main dish servings

- 1 cup chicken broth
- 1 can (6 Oz.) tomato paste
- 2 1/2 lbs. Bone-in chicken thighs Skin removed and discarded
- 2 medium red peppers. Seeded and sliced
- 12 oz. remini (baby Bella) mushrooms trimmed and cut into halves.
- 2 pickled cherry peppers stemmed and cut into halves
- 2 cloves garlic, crushed with press
- 2 small spring's fresh rosemary. Cooked polenta for serving
- 2 tbsp., capers, drained and finely chopped.

In bowl of 7-8 quart slow cooker, Wisk together broth and tomato paste. Sprinkle chicken with ½ tsp. Each pepper and salt: transfer to slow cooker bowl along with red peppers, mushrooms, onion, cherry peppers, garlic, and rosemary. Replace lid and cook on low 5 hours or until chicken is cooked through (165°F). To serve, spoon over polenta. Garnish with capers.

Big Batch Tomato Sauce:

Makes 12 cups ACTIVE TIME 20 MINUTES. Total time 4 hours 20 minutes or 8 hours 20 minutes.

- 8oz. thick cut pancetta or bacon, chopped
- 2 medium red onions sliced
- 2 cloves garlic, crushed with press
- ½ teaspoon dried oregano
- ½ teaspoon crushed red pepper.
- 4 cans (28 oz.)each whole peeled tomatoes
- ¼ cup tomato paste .Grated Pecorino Romano cheese, for serving.

In 2 inch skillet, cook pancetta on medium high 8 min. or until crisp, stirring occasionally, with slotted spoon, transfer to bowl. To same skillet, add onions, garlic, oregano, red pepper, and ½ teaspoon each salt and black pepper. Reduce heat to medium. Cook 4 minutes or until onions begin to soften, stirring often. Drain 2 cans tomatoes. In 7-to-8 quart slow cooker bowl, combine drained tomatoes with untrained tomatoes, crush with hands. Add tomato paste, pancetta, onion mixture, and 1 teaspoon salt. Replace lid cook on high 4 hours, or On low 8 hours. Serve over cooked pasta, chicken, or pork. Garnish with cheese. Sauce can be frozen in airtight containers up to 1 month.

Pop Corn 3 Ways: Trade in plain old popped for one of these irresistible treats.

TACO: 2 tbsp. olive oil, 1 tbsp. each chili powder, grated lime peel, ½ tsp. cumin, and ¼ tsp. garlic power, toss with 1 bag microwave popcorn, [popped, and 1 cup tortilla chip pieces. Serves 8.

BACON CHOCOLATE: Toss 1 bag microwave popcorn, popped with 5 strips bacon, cooked and crumbled, on jelly roll pan; drizzle with ½ cup chocolate chips, melted. Chill 15 minutes or until chocolate sets. Serves 8.

POP IN A MICROWAVE? Yes, it's a cinch to zap your way to this addictive snack. Here's how: Place 1/3 cup kernels (no oil needed) in a large microwave safe bowl; cover with a microwave safe plate and cook on high 2 to 3 minutes or until popping slows. Uncover (so your snack won't get soggy); season to taste.