

DUSTCREPES

Ingredients

Crepe:

- 1 c. whole wheat flour
- ½ c. milk
- ½ c. water
- 2 large eggs, beaten
- 2 Tbsp. butter, melted
(plus extra for buttering pan)

Filling (Optional):

- 2 (20-oz.) cans of canned chicken
- ½ c. mayonnaise
- 1 c. fresh spinach, chopped

Directions

1. Combine all of your crepe ingredients in a mixing bowl. It should be a little runnier than pancake batter, but not by too much. If your batter is too thick, you can add a little milk, and if it's too runny, you can add a little flour.
2. Melt a little butter in a large nonstick skillet over medium heat.
3. Pour 1/4 cup batter into the skillet. Pick up the skillet and tilt it so that some of the batter runs off the top to hit the bottom. Move the batter around in a circle so that the crepe grows in size. When the batter stops moving, put the pan back on the heat.
4. Let it cook about 30 seconds, or until the first side easily comes away from the pan. Then flip it over and cook the other side for about 30 more seconds.
5. Remove the crepe from the skillet and repeat with the rest of the batter.
6. You can either eat your dustcrepes plain or mix together all of the filling ingredients and spoon a little bit of the mixture inside each crepe and fold it over.
7. Serve your dustcrepes with sausage and hot chocolate.



BANTHA STEAK SOUP

Ingredients

- 1 ½ lb. beef steak or other beef
- Pepper, to taste
- Butter (about 4 Tbsp)
- 2 large yellow bell peppers
- 3 ripe tomatoes
- 1 small butternut squash (about 2 lbs.)
- 3 c. beef broth
- 2-3 Tbsp fresh parsley, chopped
- Salt, to taste



Directions

1. Trim the fat from your meat then cut the meat into bite-sized cubes. Pat it dry (so it browns, not steams, in the pan). Season it with pepper, rotating to get all sides.
2. Melt 2 Tbsp of butter on medium-high heat in a large pan. Put some of your meat in the pan, careful not to over-crowd it, and brown the meat on all sides. (You'll know it's ready to flip when it comes away easily from the pan.) Set this meat aside and repeat as needed until your meat is brown.
3. Prepare your produce. Core, seed, and chop your yellow bell peppers. Remove both ends from your tomatoes and chop. Peel, seed, and cube your butternut squash. (If you have trouble peeling butternut squash, you can get it more easily if you soften the skin first. Prick the squash all over with a fork, slice off both ends, and microwave the squash for about 6 minutes, rotating halfway through. The juices will be hot when you take it out, so wait for it to cool or handle it with a towel.)
4. Put your peppers, tomatoes, squash, meat, and broth in a 6-qt. slow cooker. Stir and cover. Cook on low heat for 7-8 hours.
5. Turn off your slow cooker, mix in parsley along with a little salt and pepper, and serve.