

Sanders Family Favorite Recipes

This Black History Month, we invite you to join Mr. Sanders for some of his family's favorite meals. We will host a zoom on Sunday, February 28th at 12:00 PM to close out the month while sharing a meal together. If you would like to participate please [register here](#).

- **Beef Roast**

- Ingredients:

- 3 pounds chuck or rump roast (see note)
- 2 tablespoons steak seasoning
- 1 tablespoon Italian seasoning
- 2 cups beef broth
- 1 pound baby carrots
- 2 pounds potatoes (I used red), chopped into 2 inch pieces
- 1 large white or yellow onion, cut into chunks
- 1 stalk celery, chopped
- 2 teaspoons salt (or more to taste)
- 1 teaspoon black pepper (or to taste)
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 3 tablespoons cold water
- 3 tablespoons corn starch

- Steps:

- Whisk together steak seasoning and Italian seasoning. Rub seasoning mix all over the roast. Grease a slow cooker. Add roast, beef broth, potatoes, carrots, onions, and celery. Cover and cook on low for 9 hours or on high for 6 hours.
- Minutes before serving, prepare the gravy. Drain liquid from slow cooker into a medium sauce pan. Add salt, pepper, garlic powder, and onion powder. Bring to a boil.
- Whisk together corn starch and cold water. Add to sauce pan and reduce heat to medium-low. Allow to thicken for 3-5 minutes.
- Place roast on a large plate or serving platter. Use a fork to gently pull apart the roast. Pour gravy over roast (and veggies if desired) and serve. Enjoy!

- **Hot Water Cornbread:**

- Ingredients:

- 1 Cup cornmeal
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon shortening
- $\frac{3}{4}$ cup boiling water

- Steps

- In a medium bowl, combine cornmeal, salt, and sugar. Add boiling water and shortening; stir until shortening melts.
- Pour oil or bacon fat to a depth of 1/2 inch in a large skillet and heat to 375 degrees F (190 degrees C).
- Shape cornmeal mixture into flattened balls using a heaping tablespoon as a measuring guide. Fry each in hot oil, turning once, until crisp and golden brown, about 5 minutes. Drain on paper towels. Serve at once with maple syrup or honey.

- **Sauteed Collard Greens:**

- Ingredients:

- 1 bunch collard greens (about 16oz)
- 1 tbsp olive oil
- 4 cloves garlic minced
- 1/4 tsp salt plus more to taste
- 1/4 tsp paprika
- 1/4 tsp ground black pepper
- 1/8 tsp red pepper flakes
- 1 tbsp mirin (or use apple cider vinegar or another "sweet" tasting vinegar)

- Steps

- Cut, wash and Dry Collard Greens
- Warm the olive oil in a wide skillet. Add the garlic and cook, stirring frequently, until fragrant, about 90 seconds. Add the spices (salt through red pepper flakes), stir, and cook for 30 seconds more until toasted.
- Stir in the collard greens, stirring well to coat with the spices, and continue to cook, stirring frequently, until softened and reduced in size by about half. Add the mirin or other liquid, stir in well, and quickly cover the pan with a lid. Reduce the heat to medium-low and let steam, covered, for about 5 minutes.
- Remove the lid and stir well. If needed, continue cooking until desired softness is reached. Serve warm.

- **Peach Cobbler:**

- **Ingredients:**

- 5 peaches , peeled, cored and sliced (about 4 cups)
- 3/4 cup granulated sugar
- 1/4 teaspoon salt
- 6 Tablespoons butter
- 1 cup all-purpose flour
- 1 cup granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup milk
- Ground cinnamon

- **Steps:**

- Add the sliced peaches, sugar and salt to a saucepan and stir to combine.
- *(If using canned peaches, skip steps 1 & 2 and follow the directions starting at step 3)
- Cook on medium heat for just a few minutes, until the sugar is dissolved and helps to bring out juices from the peaches. Remove from heat and set aside.
- Preheat oven to 350 degrees F. Slice butter into pieces and add to a 9x13 inch baking dish. Place the pan in the oven while it preheats, to allow the butter to melt. Once melted, remove the pan from the oven.
- In a large bowl mix together the flour, sugar, baking powder, and salt. Stir in the milk, just until combined. Pour the mixture into the pan, over the melted butter and smooth it into an even layer.
- Spoon the peaches and juice (or canned peaches, if using) over the batter. Sprinkle cinnamon generously over the top.
- Bake at 350 degrees for about 38-40 minutes. Serve warm, with a scoop of ice cream, if desired.