**[French Dip](http://momsfooder.blogspot.com/2008_02_20_archive.html%22%20%5Cl%20%221785373566327048642)**


1 boneless roast
2 c. wter
1 pkg. Manwich seasoning mix
1 pkg. Aujus mix

Put in crock pot. Cover and cook on low for 6 hrs. Add water if dry.

Slice and serve warm. Toast bus on grill. Top with mushrooms and

swiss cheese which has been melted slightly.

[**Oriental Stir Fry**](http://momsfooder.blogspot.com/2008_06_13_archive.html#1149518033849771319)



1 pound sirloin steak, cut into 1-inch pieces
1 16-ounce package frozen Oriental-style vegetables
2 3-ounce packages low-fat beef flavored Ramen noodles
1/2 cup low sodium Teriyaki sauce
1 1/2 cups water
Cut beef across the grain into 1/8 inch thick strips. Coat a large nonstick

skillet or wok with cooking spray. Heat over medium-high heat. Stir-fry steak

strips until no longer pink, about 3 to 4 minutes. Remove to warm platter.

In same skillet, add water, teriyaki sauce, crumbled Ramen noodles and

contents of one seasoning packet. Cover and cook over medium-high

heat 4 to 5 minutes Oriental noodles soften. Add frozen vegetables,

cover and cook until vegetables are heated through and noodles are tender.

Stir in cooked beef and hat thoroughly. Serve immediately

 Makes 3 servings.