



# Saint Luke's Children's Center

Top o' the morning to you!

Is the month of March going to come in like a lion or a lamb?

We are celebrating Dr. Seuss's Birthday on the 1<sup>st</sup> and then PJ day will be Friday the 2<sup>nd</sup>. We are celebrating the season of Lent with Deaconess Kathy sharing the reason for the season. Next the Leprechauns will be creating their mischief on the 16<sup>th</sup>.

Our book fair will be from the afternoon of the 21<sup>st</sup> through Palm Sunday on the 25<sup>th</sup>. The book fair is held upstairs in our big room.

The Easter celebration will begin on the 28<sup>th</sup> with coloring Easter Eggs and then the Easter egg hunt on the 29<sup>th</sup>. The 30<sup>th</sup> we are closed for Good Friday.

I hope the month of March is a great spring-time event for all of you! Enjoy your Easter celebration!

Happy Spring and Easter!!

*Sincerely,*

*Diane Van Horn*

*Center Director*

## SLCC SOCIAL BUZZ

March 2018 Issue 10

## DATES TO REMEMBER

March 1—Dr. Seuss' Birthday

March 2—Pajama Day

March 16—St. Patrick's Day Story at 10 a.m.

March 21-25—Book Fair

March 28—Easter Egg Dyeing

March 29—Easter Egg Hunt

March 30—Closed for Good Friday



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## Out of the Mouth of Babes

Child to parent: The Good Dinosaur didn't listen, and he forgot that only Jesus walks on water!

# Guinness Beef Stew In a Crock Pot

8 -10 red potatoes, skin on, quartered  
6 carrots, peeled, sliced into thick chunks  
2 stalks celery, cut in chunks  
3 bay leaves  
3 lbs. stew meat, cubed (I used chuck)  
½ cup flour  
1 dash salt  
1 dash pepper  
1 dash garlic powder  
2-3 tablespoons olive oil  
1 medium onion, diced  
4 large garlic cloves, minced  
8 ounces baby portabella mushrooms, halved  
2 (8 ounce) cans tomato sauce  
10 ¾ ounces beef broth (or consomme)  
1(13 g) envelope Lipton Onion Soup Mix  
1 teaspoon dried thyme  
½ teaspoon black pepper  
½ teaspoon garlic powder  
1 teaspoon creole seasoning (Tony Chachere's)  
1 teaspoon Italian herb seasoning (Mrs. Dash)  
12 ounces beer (Guinness, draught or stout)  
1 cup frozen peas, if desired



## Directions:

- \* Put potato, carrot, and celery chunks in the bottom of crock pot. Top with 2 bay leaves.
- \* Season flour with a dash of salt, pepper and garlic powder and coat the beef with the flour mixture. Heat a couple of tbsp of olive oil over med-high heat in a large skillet and add 1 bay leaf. Sauté beef in batches, just until browned. (It took me about 3 batches in a 12" skillet). Add more oil to pan as necessary for each batch. Remove and set aside.
- \* Add onion and garlic to the same pan and sauté over med heat for a few minutes, then add about half the can of beef broth to deglaze, scraping up the brown bits on the bottom of the pan. (That's Flavor!).
- \* Add meat and onions to crock pot, top with mushrooms.
- \* Mix remaining beef broth with tomato sauce, onion soup mix, remaining seasonings, and add to crock pot. Pour in most of bottle of beer (whatever fits, I had a few sips left for me).
- \* Cook 8 hours on low heat. Stir in frozen peas when done, they'll heat up on their own.

Serve with crusty French bread!

THIS MONTH'S RECIPE COMES FROM **Ms. DIANE!**

PLEASE EMAIL [DIRECTOR@STLUKESKIDS.ORG](mailto:DIRECTOR@STLUKESKIDS.ORG) WITH ANY RECIPES YOU WOULD LIKE TO SHARE WITH OUR OTHER FAMILIES! THANK YOU!