



Recipe Corner

Vegetable Beef Soup

Ingredients

- 2 pounds cubed beef
- Pound ground beef
- 2 russet potatoes, chopped
- cup chopped sweet onions
- 1 bag frozen vegetables
- 2 chopped celery stalks
- 2 large carrots, chopped
- Quart of beef broth
- Quart V8 juice
- can tomato soup
- Salt and pepper, to taste

Instructions

Add all the ingredients to your slow cooker and cook on LOW for 6-8 hours. Results limited only by your bravery and creativity. Best with homemade beef broth*, but if you use store bought, cut back on the salt at beginning. I freeze in 3 cup containers leaving room at top for expansion. *Make sure it's broth and not "beef flavored".



Gracie requested pizza for after the ball game tonight. Takes 24 hours for my recipe so making 3. Mr. Z absconds with leftovers.

THE FRANK REPORT

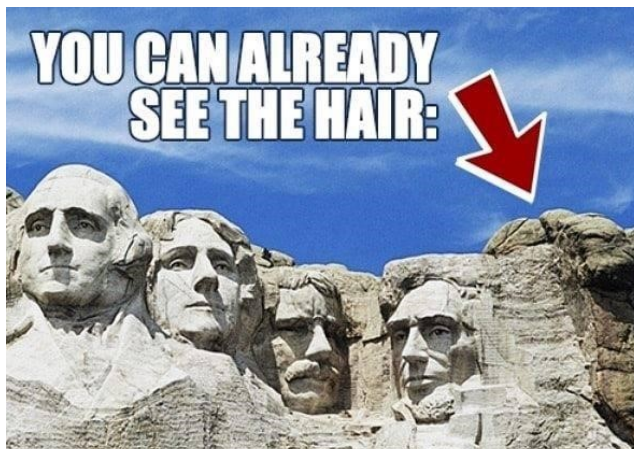
7.6.2019 #181

All the news I see fit to print.
Freedom of the press belongs to those who own one.



Donald Trump has been in politics for 3 years and will be able to run on his accomplishments. Joe Biden has been in politics for over 40 years and will be running on what he wants to accomplish. See the difference between a businessman and a crooked politician?

You can almost hear the SJW screaming on this one...



Headlines this week:

Democrat Cory Booker Campaigns in Mexico, Hugs Babies and Walks Previously Deported Illegal Aliens Across US Border into El Paso

Hillary Clinton No Longer Keynote Speaker at Cyber Security Conference

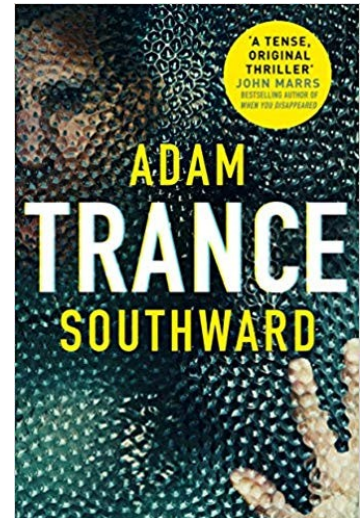
The World's Tallest Building in Dubai Lights Up in Stars and Stripes for 4th of July ...ABC, NBC, CNN, CBS, MSNBC Ignore DC Independence Day Celebration

San Francisco School To Paint Over Historic George Washington Mural — For \$600,000!

Teen Vogue Says Patriotic Anthems Are Racist, Tells Their Young Readers to Think of America's Crimes on Fourth of July

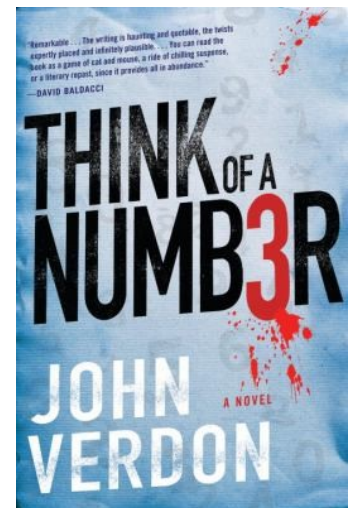
Bon Mots

How come we choose just two people to run for President and fifty for Miss America?



Book Report

Mind control via government experiment resulting in very interesting thriller. Free eBook from Amazon Prime. (3/5)



He keeps getting better...real brain teaser in this one. Up until 4am trying to figure it out before the plot revealed.

Trying to keep pace with just two books a week but getting ahead of myself again. TV still nothing but crap but Dem debates did provide some comic relief.

-more-

So...winter 2017 I was eating an apple and bit deep enough to find the seeds. Having more time than projects, I figured why not...



...didn't take long and three of the seeds sprouted (*protected from curious cats*).



By the end of summer 2018 they were almost a foot high. Leaves fell off and I stored them in my heated garage for the 2018 winter. Spring 2019 and the leaves were coming back so I transplanted into a bigger pot and added nutrients suggested by an internet site. There was a handy table between two of the Adirondack chairs I built so they are now on my deck.



Staked and tied the three that are now over two feet tall and growing out and up fast.

No...I don't think I will match this but who knows? At least it keeps me busy satisfying my curiosity as I wonder about the several lemon seeds I've started. If they make it, who knows what's next.



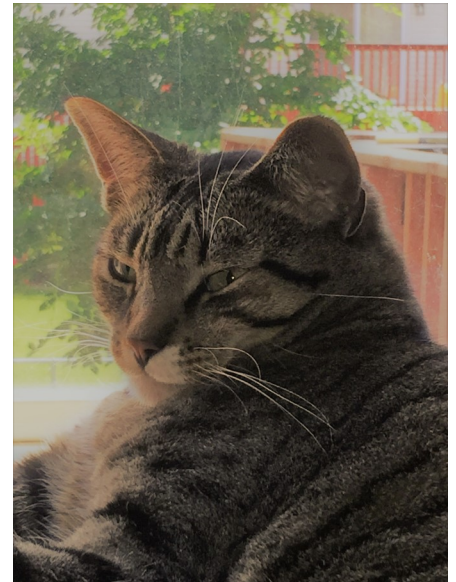
(That should make my kids nervous! Or should I be nervous they recognize it?)

The lens caps are still on?

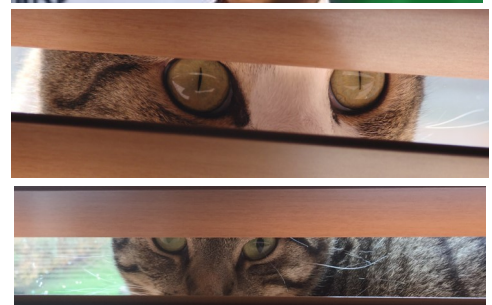
You can't make this stuff up!



(Paul): "What's with all the bangs and booms outside. Have they come to free the slaves?"



(Peter): "Go back to sleep. Our human isn't wearing his hearing aids and is cleaning the litter box right now so we're safe. I'll let you know if 'Rev' Al Sharpton shows up."



Semper Vigilare (Ever vigilant)

GPA/DAD/UNCLE/ETC

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