



Recipe Corner
beef broth
Ingredients

- 3-4 pounds of beef bones**
(I save and freeze beef scraps I have trimmed from previous beef recipes)
- 1 cup quartered regular carrots**
- medium leek, quartered**
- 3 celery stalks, chopped in thirds**
- 1 bay leaf**

2 tbsp apple cider vinegar
 Preheat oven to 400 F. Place bones, carrots, and onions on a baking sheet. Drizzle with olive oil and rub everything around a bit to coat. Roast for 40 minutes , being sure to flip everything half way through. Add the roasted bones, meat, carrots, and onions to crockpot. Add bay leaf, celery, apple cider vinegar, and enough water to fill your crockpot. Turn slow cooker on low and let the bone broth cook for 18-24 hours. When done, turn off heat and let cool down a bit. Strain out bones and vegetables. I use two cup containers and freeze.

Since the oven will be at 400 degrees, I bake the 3triple2 bread prior to starting the beef broth. Also save beef chunks from bones for vegetable beef soup.

The carrots I buy include the stalks and I make

carrot top soup
(next week)

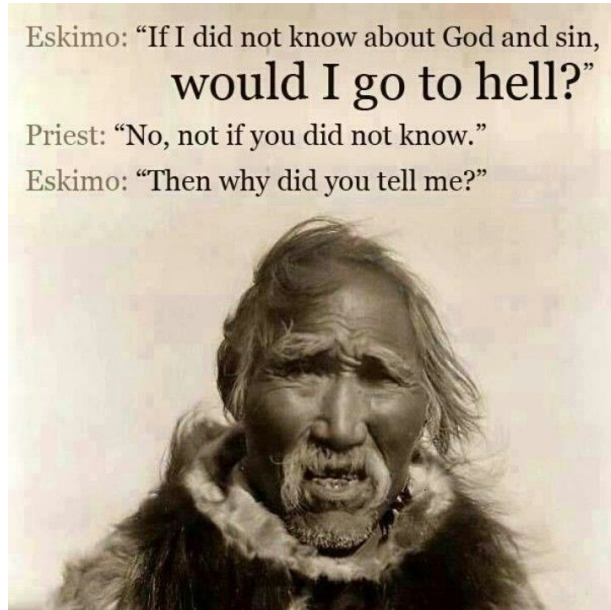
For those expressing some surprise about a guy into cooking...think about the challenge to take various parts and put them together to make something.

That sounds like a guy thing! My sons and grand-sons are all great cooks.

THE FRANK REPORT

8.10.2019 #186

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



"Lord, please protect me from your followers."

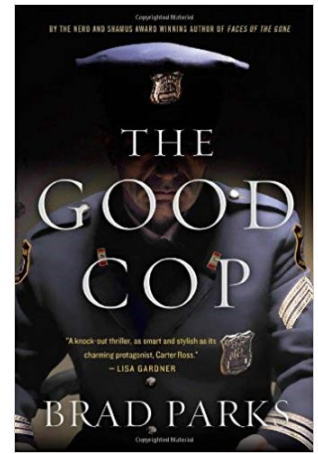
Some will take umbrage when religion is mocked. Those same people will ignore the politician who mocks America and promises to eliminate some of our basic freedoms in the name of security. President Trump is polling about 50%...whatever the hell that means. Half the people in this country are below average in intelligence. That fact is about as coherent as the polling numbers.



The Lame Stream Media report and support the frantic dancing of politicians looking for money and votes. Hollyweird types jump into the performance and generate even larger numbers in this dance. As Mom would say: *"If your idiot friends jump off a cliff, would you jump too?"* Apparently the answer is yes.

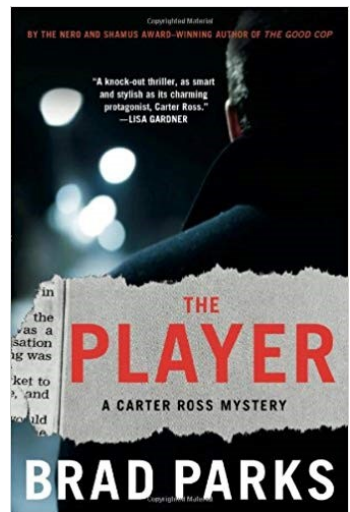
Bon Mots

Legal Profession:
A group of lawyers
who defend us
against other lawyers.



Book Report

The start of my Brad Parks marathon. **Carter Ross** character is firmly established as an investigative news reporter sorely missing in real life. This one deals with illicit guns but minus liberal gun control sermons.



Another good one...focus on environmental issues this time. With no weird liberal preaching so I recommend. Both have great plot twists.

-more-



Did not know that newspaper and cardboard are better than mulch in keeping weeds out. My penchant for Amazon shopping provided what I needed for the tree in my front yard. I'm hauling rocks leftover from back yard landscaping then river rock in 50 pound bags. I'm getting my exercise. Need three more bags so next week for final picture.

In the meantime:

Started to collect debut novels of my favorite authors. No place to store them so perfect excuse to build custom bookcase like the DVD cabinet. Brenda to the rescue with her pickup and a ride to lumber yard. Cost will be less than a third of commercial bookcase and keep me busy and out of trouble for at least two weeks. Searching for the books and found some very inexpensive but James Lee Burke debut ***The Neon Rain*** from 1987 goes for \$200.00. With about 20 favorites, this should get interesting. Maybe I've found an investment tactic as a side benefit to great reading when comparing to their newest.

HOW REPUBLICANS DENY PEOPLE THEIR RIGHT TO VOTE



- REQUIRE CITIZENSHIP
- REQUIRE IDENTIFICATION
- MUST NOT VOTE MORE THAN ONCE
- MUST BE ALIVE



Headlines this week:

Former Congressman Beto O'Rourke canceled his campaign events in Iowa on Thursday in favor of a trip to Mexico.

German legislators have proposed raising the sales tax on meat from seven percent to 19 percent to fight climate change

NBC Universal Pictures *The Hunt* – a movie reportedly featuring liberal elites hunting red state “deplorables” for sport...is scheduled to debut September 27

HuffPost: Cut Kids off from ‘Trump-Loving’ Grandparents

CNN's Luis Gutierrez: Trump Must Be 'Eliminated'

WaPo Issues 15 Corrections On A Story About Black People Struggling To Retain Their Land In The South

Former FBI Asst. Director of Counter Intelligence Floats Conspiracy of President Trump Using Code Words To Trigger Nazis

ILLEGAL ALIEN Who CNN Used As Example Of Father Living Under Threat Of Deportation KILLS Father Of Five In Colorado

Have you noticed how the press briefings are taking place? Gang of reporters on the White House lawn instead of the press room. All cameras focused on POTUS instead of the reporters. Here's Rush Limbaugh's explanation: *“This has been done purposely, you know, they had these people like Jim Acosta and April Ryan and the rest of these egomaniacs showing off in the pressroom simply trying to make names for themselves.”* No more TV face time for the idiots! Love it!!!

The average person walks 913 miles per year, and drinks 556 glasses (27.8 gallons) of wine per year.

Which is 33 miles to the gallon; which is pretty good.

Granddaughter Jenna off to French vineyards next week. Thought she might need this bit of wisdom from Grandpa...

GPA/DAD/UNCLE/ETC

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