

TBCA

After School Program

January Newsletter



Recipe Corner



The Best Crockpot Beef Stew

- 2 pounds beef stew meat, (bite-sized)
- 1 tsp Salt & 1 tsp pepper
- 1 med onion, chopped
- 2 celery ribs, sliced
- 2-3 cloves of garlic, minced
- 6 oz can tomato paste, and 32 oz beef broth
- 2 Tablespoons Worcestershire sauce
- 2 cups baby carrots
- 4-5 small red potatoes, cut bite sized
- 1 Tbsp dried parsley, 1 tsp oregano
- 1 cups frozen peas and 1 cup frozen corn
- 1/4 cup flour and 1/4 cup water

Directions:

1. Combine beef, celery, carrots, red onion, potatoes, salt, pepper, garlic, parsley, oregano, Worcestershire sauce, beef broth, and tomato paste in the crock pot. I used a 6 qt crockpot for this stew. Cook on LOW for 10 hours or on HIGH for 6-7 hours.
2. About 30 minutes before serving, mix the flour and the water together in a small dish and pour into the crockpot. Mix until well combined. This will add a nice thickness to the stew. Next add in your frozen peas and corn. Continue cooking covered for 30 minutes.

Looking for Teachable moments for your child?

Your children will learn biblical principles that they'll never forget.

A "teachable moment" is like creating an on-the-spot commercial for biblical principles using simple, everyday language and familiar objects. If you see a beautiful tree growing near a lake, for example, you can point it out and say to your child, "Isn't that tree magnificent? God says that people of faith are like that tree. Trees stay strong because they grow near the water. People stay strong when they grow closer to God."

Once you discover the three ingredients of a teachable moment, you will have a method to make a life-changing spiritual impact through everyday events. A teachable moment gives you the resources to make the Bible relevant to your children today, right now, this very moment.

[Find more about Teachable Moments" on Dr. James Dobson's website at www.focusonthefamily.com.](http://www.focusonthefamily.com)

We will be closed on January 18th for MLK

"After school... is sharing, caring and working together, helping to make the world a better place."

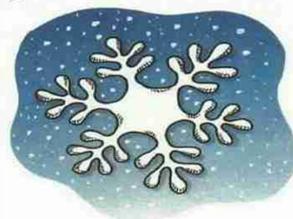
Thank you parents for remembering to sign your child in/out each day.

WEATHER

Please sign up for **REMIND** so that you know when we are closed or on a delay.



Know what this is?



Frosty the Snowman's baby picture!

Merry Christmas



Re-enrollment Begins January 7th for **After-school!**

Also starting March 8th **Summer Camp** Enrollment Begins