**Daniel's Award-Winning Cholent**

*Hebrew: Khamin or chulnt*

*Cholent comes from French "chaud" (hot) and "lent" (slow).*

Ingredients:

* **1.5-3 lbs. cholent meat (i.e., beef stew, flanken, or chulent meat)**, cut into bite-sized or larger size pieces
* **6 or more hot dogs**
* **1 cup barley**
* **1 can kidney beans**, drained
* **1 can chickpeas**, drained
* **1-2 onions**, diced
* **1-2 potatoes**, cut into the same size as meat
* **3-4 TBSP chicken consommé**

Instructions:

* Combine ingredients into a 5-quart crock pot in order listed.
* Mix ingredients and cover with water.
* Cook 1 hour on high. Then, reduce to low until \_\_\_\_ the following day.

Bon appetit!