

# FamilyLife Blended® Radio Transcript

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## When Ingredients Aren't in the Crockpot

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**Ron:** But how do you cook stew when some of the ingredients aren't in the pot?

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** You've heard me say that the best way to cook a stepfamily is with a crockpot. Cooking happens slowly over low-level heat, but eventually the ingredients combine into something really delicious. But what if an ingredient isn't in the crockpot? Say, a child has limited contact or is an adult with their own life and family?

Well, you can only cook ingredients when they are in the pot, so you have to lower your expectations and take advantage of the time you do have. Remain open even if they are not. It may feel distant for a while, but time has a way of softening ingredients. Just remember you're not done cooking yet. For FamilyLife Blended, I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

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