

# Beef and Pork Entrees



Megan, Papa and Jessica

*What Grandma means to me...from Megan*

*Out of all of the memories in my life, memories of Grandma's house are some that I am most thankful for. I remember looking forward to our visits, what seems like all year long! Many of our summer trips were an entire month. Many people thought we were crazy for staying that long and enjoying our family so much, but that's just what we did. Doesn't everyone do that? Doesn't everyone love their family like us? I couldn't imagine life without our trips! They were filled with unconditional love, fun, freedom, time with cousins and family, a safe place to rest, and the best food on the planet! Thinking of Grandma's cooking warms my heart even as I write this. This would also account for my ten pound weight gain each year. Everything just really tastes better at her*

*house! Love is her secret ingredient. Oh, and leaving her house was so painful. I used to start the grieving process at least 3 to 4 days before I even left her house! I used to hide tear-stained notes for Grandma in her pajama drawer in the middle bathroom so after we left she would find them and know how sad I was to be “at home now,” how much I loved her and would miss her house. Sounds dramatic, but it’s true! What a solid foundation of love, family, and food Grandma has built in us. When we make her recipes (although no one can do it like she does), we will think of all of that love. What a gift!*

*Love,  
Megan*

## Beef and Pork Entrees



*Adam, Chris, Cory, Traci, Lindsey and Krystal*

### *Roast Beef & Gravy*

*Lindsey Pilarczyk*

1 (3 lb.) boneless beef chuck  
roast

2 cans cream of mushroom  
soup

$\frac{1}{3}$  cup sherry wine or beef  
broth

1 envelope onion soup mix  
Garlic (optional)

Cut roast in half and place in slow cooker. In a bowl, combine remaining ingredients and pour over roast. Cover and cook on low for 8 to 9 hours.

## *Classic Pot Roast with Garlic-Thyme Gravy*

*Stephanie Collins*

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|---|--|
| 3 Tbsp. vegetable oil   | 1 Tbsp. Worcestershire sauce                           |
| 1 boneless chuck roast,<br>trimmed and seasoned ( <i>I<br/>use onion powder, garlic salt<br/>and pepper</i> ) (3 to 4 lbs.) | 2 cups sliced onions                                   |
| 1/4 cup all-purpose flour   | 6 medium carrots, peeled and<br>cut into 2-inch pieces |
| 2 Tbsp. tomato paste  | 3 large celery ribs, cut into 2-<br>inch pieces        |
| 1/2 cup dry white wine  | 10 new potatoes, halved                                |
| 1 1/2 cups beef broth   | 6 garlic cloves, chopped                               |
|   | 3 to 4 sprigs of fresh thyme                           |
|   | 2 bay leaves   |

Heat oil in a sauté pan over medium-high heat. Sear roast on all sides, 10 minutes total. Transfer roast to 4- to 6-quart slow cooker.

Stir flour into sauté pan; cook 1 minute. Add tomato paste and cook 1 minute more. Deglaze sauté pan with wine, cooking until liquid evaporates. Stir in broth and Worcestershire sauce; bring mixture to a simmer, scraping up any brown bits.

Transfer broth mixture to the slow cooker; add onions, carrots, celery, potatoes, garlic, thyme, and bay leaves. Cover and cook until meat is fork tender, on high-heat setting for 4 to 5 hours or on low-heat setting 8 to 9 hours. Discard thyme and bay leaves before serving.

## *Best Ever Beef Brisket*

*Heather Mooty*

6 lb. beef brisket

1 tsp. garlic salt and onion salt

1 ½ tsp. salt, pepper, and  
celery salt

2 Tbsp. Worcestershire sauce

### **Sauce:**

½ cup sugar

1 cup Kraft barbeque sauce

1 cup broth from cooked brisket

1 cup Wishbone Russian  
dressing

Mix seasonings and Worcestershire sauce together and rub into meat. Wrap tightly in heavy-duty foil. Place in Pyrex or roaster. Cook at 275° for 7 to 8 hours. Take from oven and remove foil. Reserve 1 cup of broth for sauce. Discard remaining broth. Trim fat, slice, and put back in pan. Mix together ingredients for sauce and pour over brisket. Bake at 300° for 1 hour.

## *Five-Spice Beef and Broccoli*

*Stephanie Collins*

*(Paleo friendly)*

9 Tbsp. wheat-free tamari (this  
is gluten-free soy sauce)

3 Tbsp. sesame oil

¾ tsp. Chinese five-spice  
powder

6 tsp. grated ginger

3 garlic cloves, minced

1 ½ lbs. flank or skirt steak

2 heads of broccoli, cut into  
florets and steamed

12 oz. (several big handfuls)

mung bean sprouts

¼ cup finely chopped cilantro

Mix together a marinade of tamari, sesame oil, five-spice powder, ginger, and garlic. Slice the meat into thin strips. Marinate at least 15 minutes or up to several hours if you have time. Heat a sauté pan or wok. Add the meat and marinade to the pan and sauté 5 to 10 minutes, stirring a few times so the meat cooks evenly. Add broccoli and sauté a few more minutes. Add mung bean sprouts and remove from heat. Garnish with fresh herb/cilantro.

*Note: I use a stir-fry vegetable mix and add water chestnuts. If you don't steam the vegetables first, add lid during the cooking process to steam them. I also top with crushed cashews before serving. Yum!*

## *Marinated Flank Steak*

*Stephanie Collins*

½ cup vegetable oil	1 Tbsp. Dijon mustard
⅓ cup soy sauce	2 garlic cloves, minced
¼ cup red wine vinegar	½ tsp. pepper
2 Tbsp. fresh lemon juice	1 ½ lbs. flank steak
1 ½ Tbsp. Worcestershire sauce	

In a medium bowl, mix together all ingredients, except steak. Lay the flank steak on a cutting board with the short end closest to you. Starting from one of the long sides, cut through the meat horizontally to within ½ inch of the opposite edge. (You can also ask butcher to butterfly the steak for you.) Place in a Ziploc bag and pour marinade over top. Refrigerate for 4 hours to overnight. Grill meat to desired doneness.

### ***For a variation, try Rolled Flank Steak:***

8 ounces thinly sliced Provolone cheese	½ of a red bell pepper, seeded and cut into strips
4 slices thick bacon	½ cup crimini mushrooms, sliced
½ cup fresh spinach leaves	

Follow above directions, excluding grilling. After steak is marinated, lay out in front of you with the grain of the meat running from left to right. Layer the cheese across the steak leaving a 1 inch border. Arrange the bacon, spinach, red pepper, and mushrooms across the cheese-covered steak. Roll the flank steak up and away from you, so that when the roll is cut into pinwheels, you can see the filling. Roll tightly, but don't squeeze out the filling at the ends. Tie with kitchen twine every 2 inches. Bake at 350° in a greased glass baking dish for 1 hour. Let rest 5 to 10 minutes before cutting into pinwheels. Be sure to remove twine before serving.

## *Braised Short Ribs*

*Stephanie Collins*

*From The Pioneer Woman Website (Check it out!)*

Kosher salt and pepper, to taste	2 whole shallots, peeled and finely minced
8 whole beef short ribs	2 cups red or white wine
¼ cup all-purpose flour	2 cups beef or chicken broth (enough to almost cover ribs)
6 pieces pancetta, diced	
2 Tbsp. olive oil	2 sprigs of thyme
1 whole medium onion, diced	2 sprigs of rosemary
3 whole carrots, diced	

Salt and pepper ribs, then dredge in flour. Set aside. In a large Dutch oven, cook pancetta over medium heat until completely crispy and all fat is rendered. Remove pancetta and set aside. Do not discard grease.

Add olive oil to pan with the pancetta grease, and increase heat to high. Brown ribs on all sides, about 45 seconds per side. Remove ribs and set aside. Turn heat to medium. Add onion, carrots, and shallots to pan and cook for 2 minutes. Pour in wine and scrape bottom of pan to release all the flavorful bits of glory. Bring to a boil and cook 2 minutes.

Add broth, 1 teaspoon kosher salt, and plenty of freshly ground black pepper. Taste and add more salt, if needed. Add ribs to the liquid; they should be almost completely submerged. Add thyme and rosemary sprigs (whole) to the liquid.

Put on the lid and place into the oven. Cook at 350° for 2 hours; reduce heat to 325° and cook for an additional 30 to 45 minutes. Ribs should be fork-tender and falling off the bone. Remove pan from oven and allow to sit for at least 20 minutes, lid on, before serving. At the last minute, skim fat off the top of the liquid. (You can also refrigerate mixture, and then remove solid fat from the top.) Serve 2 ribs on a bed of creamy polenta, spooning a little juice over the top.

# *Sirloin of Beef in a Rosemary Crust*

*Stephanie Collins*

## **Rosemary Crust:**

1 ½ cups fresh rosemary,  
cleaned from stem  
1 cup pine nuts  
2 cups dry breadcrumbs  
½ cup garlic, minced  
½ cup shallots, minced  
2 Tbsp. salt

## **Seasoned Egg Wash:**

⅓ cup spicy mustard  
¼ cup green peppercorns,  
drained (they come in a tin  
or jar)  
8 egg yolks  
¼ cup milk

## **Sirloin of Beef:**

8 (12 oz.) sirloin steaks  
1 cup flour  
½ cup olive oil

## **Creole Mustard Sauce:**

2 Tbsp. minced garlic  
2 Tbsp. minced shallots  
½ cup red wine  
½ cup rich veal stock  
½ cup cream  
½ cup Creole mustard  
1 tsp. salt and pepper

**Rosemary Crust:** Toast pine nuts in a dry skillet, stirring constantly, until lightly browned. Combine all ingredients in a food processor. Pulse to a coarse texture. Pour into a flat dish to coat steak.

**Seasoned Egg Wash:** Combine all ingredients in a food processor and blend until the peppercorns are minced. Put in a dish to dip steaks.

**Sirloin of Beef:** Trim all the fat off the sirloin. Sear each side of the sirloin in a very hot skillet. After searing, chill sirloin in refrigerator before breading. Dust sirloin with the flour and dip in seasoned egg wash. Roll and press in the crust mixture, coating the entire sirloin.

Heat a large skillet with ½ cup olive oil to approximately 325°. A rosemary leaf will pop when it touches the oil. Sauté each steak until browned on both sides, approximately 4 minutes each side.



If you want your sirloin cooked past rare-medium rare, pop it in a 350° oven another 3 minutes for medium or 6 minutes for medium well. Serve with Creole mustard sauce.

**Creole Mustard Sauce:** Combine garlic, shallots, and wine in a saucepan and simmer over medium-high heat until red wine has reduced to almost dry. Add veal stock and cream. Return to boil. Add Creole mustard, salt, and pepper. Simmer for 2 minutes and serve with sirloin.

## *Rosemary Beef or Pork Tenderloin*

*Patricia Horany Cooper*

**Make ahead Dijon Spread:**

2 Tbsp. Dijon-style mustard

1 Tbsp. olive oil

1 Tbsp. snipped fresh rosemary

3 cloves garlic, minced

1 tsp. salt

¼ tsp. pepper

3 lbs. center-cut beef tenderloin  
roast or boneless pork top  
loin roast

4-6 oz. log garlic & herb goat  
cheese (chevre), or half of  
8 oz. tub cream cheese  
spread with chive & onion,  
or gorgonzola cheese

In small bowl, combine mustard, olive oil, rosemary, garlic, salt and pepper.

**For beef tenderloin:** Preheat oven to 425°. Spread Dijon spread over roast. Place roast on rack in shallow pan. Bake, uncovered, for 35 to 40 minutes (medium rare) or 45 to 50 minutes (medium). Cover with foil and let stand 15 minutes before slicing. Cut roast into approximately 8 slices, 1 to 1 ½ inches apart, cutting to, but not through, bottom of meat. Tuck in a slice of goat cheese or spoon 1 tablespoon cream cheese into each cut. Sprinkle with additional rosemary and serve.

**For pork roast:** Follow same instructions as for beef except bake at 325°. Roast for 1 ¼ to 2 hours.



*Chad, Freddy, Papa, Jason and Grandma*

## *Filet Mignon with Horseradish Gravy*

*Stephanie Collins*

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|--------------------------------|---------------------------------------|
| 4 (5 oz.) filets               | ½ cup red wine                        |
| ¼ tsp. salt                    | 2 ½ Tbsp. horseradish                 |
| ¼ tsp. pepper                  | 1 (8 oz.) pkg. sliced fresh mushrooms |
| 1 (¾ oz.) pkg. brown gravy mix |                                       |
| 1 cup water                    |                                       |

Heat a heavy nonstick skillet over medium-high heat until hot. Sprinkle steaks with salt and pepper. Add steaks to hot skillet; cook 1 minute on each side. Place steaks in a small greased baking dish.

Add gravy mix and next 3 ingredients to skillet. Bring to a boil, reduce heat, and simmer, stirring constantly, until thickened. Stir in mushrooms. Pour mixture over steaks. Bake, uncovered, at 350° for 15 minutes or to desired doneness.

# Chipotle Meatloaf

Traci Horany Bayer

1 ½ lbs. lean ground beef  
¾ cup diced red bell pepper  
¾ cup finely chopped onion  
2 green onions, thinly sliced  
4 garlic cloves, minced  
1 chipotle pepper (from can of peppers packed in adobo sauce)  
1 Tbsp. adobo sauce (from the can of chipotle peppers)  
1 Tbsp. Worcestershire sauce  
2 eggs, beaten  
½ cup bread crumbs  
1 tsp. Reata Grill Blend  
Kosher salt and pepper

## **Sauce:**

1 cup ketchup  
1 tsp. chopped chipotle pepper  
Adobo sauce, to taste

## **Reata Grill Blend:**

4 Tbsp. kosher salt  
3 Tbsp. ancho chili powder  
2 Tbsp. dried granulated garlic  
2 Tbsp. sugar  
2 Tbsp. ground cumin  
2 Tbsp. coarsely ground black pepper  
1 Tbsp. ground thyme

Preheat oven to 350°. Lightly grease a loaf pan. Lightly combine ground beef, bell pepper, onions, and garlic in a large bowl. In a smaller bowl, combine chipotle pepper, adobo sauce, Worcestershire sauce, and eggs; beat well to combine. Add egg mixture to beef and mix well. Sprinkle with bread crumbs, Reata Grill blend, kosher salt, and pepper; thoroughly combine. Turn the mixture into prepared loaf pan, cover pan with foil, and bake in preheated oven for about 45 minutes. Remove foil and return pan to oven for another 15 minutes or so until done. While meatloaf is baking, prepare sauce.

**Sauce:** Combine ketchup, chopped chipotle pepper, and adobo sauce to taste. Set aside. Remove meatloaf from the oven and let sit for a few minutes before slicing and serving with chipotle ketchup sauce. *This is great leftover and makes good sandwiches!*

**Reata Grill Blend:** Combine all ingredients in a small bowl, blending well to evenly distribute the spices. Be sure to break up any chunks that appear. Store the blend in an airtight container. Shake or stir it before each use. *Makes about 1 cup.*

## *Bacon Cheeseburger Meatloaf*

*Connie Horany*

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|--|------------------------------|
| 1 lb. ground chuck   | ¼ cup real mayonnaise        |
| 1 jar bacon bits or 10 slices<br>bacon, cooked and<br>crumbled | 1 Tbsp. Worcestershire sauce |
| 1 (8 oz.) pkg. grated sharp<br>Cheddar cheese                  | ¼ tsp. salt                  |
| 2 large eggs, slightly beaten                                  | ¼ tsp. pepper                |
| ¼ cup breadcrumbs, toasted                                     | ⅓ cup ketchup                |
|  | 2 Tbsp. mustard              |
|  | 1 (3 oz.) can onion rings    |

Combine meat and next 8 ingredients. Mix well. In small bowl, combine ketchup and mustard. Add ¼ cup into meat mixture. Put in loaf pans. Put remaining ketchup mixture on top. Bake at 350° for 40 to 45 minutes. Put onion rings on top and bake 10 to 15 minutes more.

## *Honey Barbeque Meatloaf*

*Patricia Cooper*

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|-------------------------------|------------------------------|
| 1 tsp. beef bouillon granules | 1 Tbsp. Worcestershire sauce |
| 1 Tbsp. hot water             | 2 Tbsp. mustard              |
| 1 egg                         | 1 tsp. garlic powder         |
| ⅔ cup oatmeal                 | ½ tsp. salt                  |
| ⅓ cup honey barbeque sauce    | ½ tsp. pepper                |
| ¼ cup chopped onion           | ½ tsp. chili powder          |
| 2 Tbsp. brown sugar           | 2 lbs. ground beef           |

In large bowl, dissolve bouillon in hot water. stir in eggs, oats, barbeque sauce, onion, brown sugar, Worcestershire sauce, mustard, garlic powder, salt, pepper, chili powder. Stir together. Add beef and mix well. Form loaf in dish and bake at 350° for 1 hour. Pour and spread ketchup on top and bake 10 minutes longer. Let stand 10 minutes before slicing.

## *Beef and Bulgur*

*Heather Mooty*

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|--|--|
| 1 ½ lbs. lean ground beef                | 3 Tbsp. fresh or 1 Tbsp. dried parsley |
| 1 large onion, chopped                   | 2 tsp. beef bouillon granules          |
| 1 (14 ½ oz.) can diced tomatoes, drained | 1 ½ tsp. salt                          |
| 1 clove garlic, chopped                  | 1 ½ tsp. fresh or dried oregano        |
| 1 cup uncooked bulgur                    | ¼ tsp. pepper                          |
| 2 cups water                             | ½ cup grated Parmesan                  |

Preheat oven to 350°. Cook ground beef and onion in 10-inch skillet until brown; drain. Stir in remaining ingredients except cheese. Pour into 2 ½-quart casserole dish. Cover and bake at 350° for 45 minutes or until bulgur is tender. Stir in cheese. Sprinkle with fresh parsley if desired.

## *Hamburger Noodle Bake*

*Patricia Cooper*

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|-----------------------------|----------------------|
| 1 (8 oz.) pkg. cream cheese | ½ cup chopped onion  |
| ½ cup evaporated milk       | ¼ cup green pepper   |
| 2 tsp. lemon juice          | 2 Tbsp. butter       |
| ½ tsp. garlic salt          | 1 ½ lbs. ground beef |
| 1 tsp. Worcestershire sauce | 8 oz. tomato sauce   |
| 8 oz. cooked wide noodles   | ½ cup ketchup        |

Mix first 5 ingredients with cooked noodles and pour into greased 11x7-inch dish. Sauté onion and pepper in butter. Add beef and cook until brown. Stir in tomato sauce and ketchup. Cook over medium heat about 8 minutes. Spread over noodles. Bake at 375° for 10 minutes or until bubbly.

## *Mexi-Hamburger Casserole*

*Grandma's Recipe*

- |                           |                              |
|---------------------------|------------------------------|
| 1 onion, chopped          | 1 can cream of mushroom soup |
| ¼ cup chopped bell pepper | 1 can Mexi-Corn, drained     |
| 1 ½-2 lbs. ground beef    | Lays potato chips            |
| 1 pkg. cream cheese       |                              |

Brown onion and bell pepper in butter. Add hamburger meat and brown. Drain grease. In a large bowl, mix cream cheese and soup with mixer. Add hamburger mixture and Mexi-corn. Mix well. Pour into casserole dish sprayed with Pam. Top with broken potato chips and bake at 300° for 1 hour.

## *Mexican Fiesta*

*Stacy Lundy*

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|--------------------------|-------------------------------|
| Chili sauce              | 2 small cans tomato purée or  |
| 4 lbs. ground beef       | paste                         |
| 3 large onions, chopped  | 4 Tbsp. chili powder          |
| 2 cans tomatoes          | 3 Tbsp. garlic powder         |
| 1 large can tomato sauce | 1 large can Ranch-style beans |

Brown meat and onions; then add other ingredients. Simmer 15 minutes. Serve as a stack entrée. See below for stacking:

1. Crushed Fritos
2. Steamed rice
3. Chili sauce
4. Grated Cheddar cheese
5. Chopped lettuce
6. Chopped tomatoes
7. Chopped onions
8. Guacamole
9. Olives
10. Pecans
11. Picante sauce

## *The Ultimate Burger*

*Stephanie Collins*

### **Burgers:**

1 lb. ground chuck  
2 Tbsp. Worcestershire sauce  
2 garlic cloves  
Fresh parsley, chopped  
Salt and pepper

### **Sautéed onions:**

1 large onion, diced  
Butter  
Spicy mustard  
Water

Combine burger ingredients; form into patties. Do not overwork the patties, as this makes them tough.

Sauté the onion pieces in butter. Once they are caramelized, add spicy mustard and a splash of water for moistness.

To assemble burgers, use toasted poppy seed rolls. Add a patty, sautéed onions, Brie or blue cheese, and arugula.

## *Pizza Burgers*

*Patricia Cooper*

1 lb. hamburger meat  
½ onion, chopped  
1 can tomato soup  
Garlic salt

Italian seasoning  
Cheddar cheese  
Jalapeño peppers, sliced

Brown hamburger meat and onion together. Add tomato soup and seasonings to taste. Open hamburger buns and toast under broiler. Spread hamburger mixture over each open face bun. Sprinkle with Cheddar cheese and top with jalapeños. Place back under broiler long enough to melt cheese. Serve open faced.

## *Zucchini Perini*

*Lindsey Pilarczyk*

½ lb. ground beef	¼ cup tomato sauce
½ lb. hot sausage	2 tsp. oregano
1 large onion, diced	Dash of garlic powder
Dash of salt	2 lbs. zucchini, sliced ¼-inch thick
Dash of black pepper	¼ cup freshly grated Parmesan cheese
1 (28 oz.) can whole tomatoes, mashed and drained	
6 oz. tomato paste	

In an oven-safe pan, brown the ground beef, sausage, and onion. Add salt and pepper to taste. Add whole tomatoes, tomato paste, and tomato sauce. Add the oregano and garlic powder, and simmer 5 minutes. Add the zucchini. Mix thoroughly, then sprinkle with Parmesan. Bake at 350° until cheese melts and starts to brown, about 10 minutes.

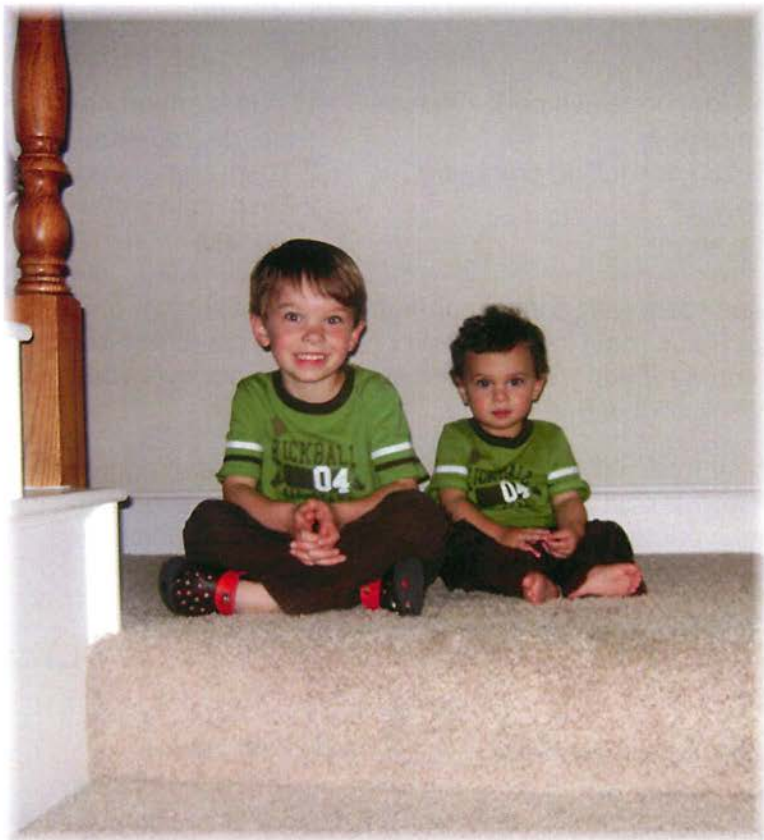
## *Italian Meatballs*

*Jessica Hildebrandt*

¼ lb. Italian sausage	3-4 Tbsp. finely chopped fresh parsley
½ lb. lean ground beef	¾ cup plain or Italian breadcrumbs
1 small onion, finely chopped	½ tsp. salt
2 tsp. finely chopped fresh garlic	½ tsp. pepper
1 egg, slightly beaten	
½ cup freshly grated Parmesan cheese	

Combine ingredients in a large mixing bowl. Spray a cookie sheet with nonstick spray. Shape into balls, place on sheet, and bake at 350° for 20 to 30 minutes. Add to any spaghetti sauce. Serve over pasta.





*Dax and Dawson Horany*

## *Pork Tenderloin*

*Connie Horany*

Pork tenderloin  
½ cup soy sauce  
3 Tbsp. honey

2 cloves garlic, minced  
2 Tbsp. red wine vinegar  
2 Tbsp. brown sugar

Marinate overnight. Cook on grill 15 minutes and then bake at 250-350° for 45 minutes using remaining marinade in oven.

## *Cranberry Pork Loin*

*Patricia Cooper*

2 ½-3 lbs. boneless pork loin roast	½ cup cranberry juice
Garlic pepper	1 tsp. dry mustard
1 (16 oz.) can jellied cranberry sauce	2 Tbsp. cornstarch
½ cup sugar	2 Tbsp. cold water
	1 tsp. salt

Season roast with garlic pepper and broil until brown on both sides. Place roast in slow cooker. Combine cranberry juice, mustard, cranberry sauce, and sugar, and pour over roast. Cover and cook on low 6 to 8 hours.

Skim fat from juices. Measure 2 cups; add water if necessary. Pour into saucepan. Bring to boil. Combine cornstarch and water to make paste. Stir into gravy. Cook and stir until thickened. Season with salt.

## *Grilled Pork Tenderloin with Red Plum Sauce*

*Stacy Lundy*

2 ¾ lbs. pork tenderloins	<b>Red Plum Sauce:</b>
½ cup peanut oil	¾ cup chopped onions
⅓ cup soy sauce	2 Tbsp. butter or margarine
¼ cup red wine vinegar	1 (10 oz.) jar red plum jam
3 Tbsp. lemon juice	½ cup firmly packed brown sugar
2 Tbsp. Worcestershire sauce	⅓ cup chili sauce
1 clove garlic, minced	¼ cup soy sauce
1 Tbsp. parsley	2 Tbsp. lemon juice
1 Tbsp. dry mustard	2 tsp. prepared mustard
1 ½ tsp. pepper	3 drops hot sauce

Combine first 9 ingredients and place in Ziploc bag with pork; marinate at least 2 to 4 hours. Grill until done.

**Red Plum Sauce:** Sauté onion in butter. Add remaining ingredients with onions in saucepan and cook over medium heat, uncovered, for 15 minutes, stirring often. *May use as a baste during cooking or serve as sauce, which is what I do.*

# *Watermelon Injected Pork Tenderloin*

*Stephanie Collins*

3 cups diced watermelon meat  
3 jalapeños (you can leave ribs  
and seeds for maximum  
heat, remove for less)  
1 Tbsp. salt  
2 cups sugar  
¼ cup Midori liqueur  
2 lbs. pork tenderloin  
Salt and pepper

## **Watermelon Salsa:**

2 cups watermelon, seeded  
and diced fine  
1 Granny Smith apple, diced  
fine  
1 red onion, julienned  
2 cloves garlic, minced  
1 mango, peeled and diced  
2 jalapeños, seeded and diced  
fine  
1 bunch cilantro, rough  
chopped  
2 Tbsp. sugar  
Salt and pepper to taste  
Juice of 2 limes  
Splash of rice wine vinegar

Seed, then purée watermelon and jalapeños in blender. Strain mixture through a sieve and return to blender. If you won't be injecting the tenderloin, don't worry about straining the marinade.

Add salt, sugar, and Midori, and blend 2 minutes. Reserve 1 cup for basting. Draw marinade up into a syringe-type injector. Poke and inject marinade through tenderloin.

After marinating, season meat with salt and pepper. Heat grill. Roll the tenderloin over the direct heat to establish some grill marks and then move to indirect heat to finish cooking. Baste the tenderloin periodically throughout cooking. Cook the tenderloin until internal temperature reaches 145-150°. Let the meat rest for 5 minutes, then slice into medallions. Serve with watermelon salsa.

**Watermelon Salsa:** Combine all ingredients and chill well.

## *Party Pork Chops*

*Patricia Cooper*

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|-------------------------|------------------------------|
| 6 center-cut pork chops | 1 cup milk                   |
| 1 bell pepper           | Salt and pepper              |
| 1 onion                 | 1 can cream of mushroom soup |

Fry pork chops until brown. Place in large Pyrex dish. Season with salt and pepper. Slice bell pepper and onion into ¼-inch slices. Place slice of onion and then bell pepper on each pork chop. Mix soup with milk. Pour over chops. Bake at 350° for 1 hour.

## *Sweet Jalapeño Ribs*

*Stephanie Collins*

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| 2 cans pinto beans, drained                | 1 medium onion, chopped                          |
| 3 lbs. country-style pork ribs,<br>trimmed | 1 (10 ½ oz.) jar red jalapeño<br>jelly           |
| ½ tsp. garlic powder                       | 1 (5 oz.) bottle A*1 steak sauce                 |
| ½ tsp. salt                                | 2 jalapeño peppers, seeded<br>and finely chopped |
| ½ tsp. pepper                              |  |

Place beans in a 4-quart slow cooker. Set aside.

Cut ribs apart; sprinkle with garlic powder, salt and pepper. Place ribs on a rack in a broiler pan. Broil 5 ½ inches from heat (with electric oven door partially open) for 18 to 20 minutes or until well browned, turning once. Add ribs to slow cooker and sprinkle with onion.

Combine jelly, steak sauce, and peppers in a saucepan. Cook over low heat until jelly melts. Pour over ribs; stir gently. Cover and cook on high for 5 to 6 hours or on low for 9 to 10 hours. Remove ribs; skim fat from sauce. Cook sauce with beans, uncovered, on high for 30 more minutes or until slightly thickened. Add ribs just before serving.



*Nancy, Jessica, Zac and Megan*

## *Crockpot Ham*

*Patricia Cooper*

- 1 (8 to 10 lb.) bone-in ham
- 2 ½ cups brown sugar, divided

Put 1 ½ cups brown sugar in bottom of a crockpot. Place ham (flat side down) on top of brown sugar. Rub remaining brown sugar on top of ham. Place lid on (if ham sticks up too high to put lid on, you can cover well with foil) and cook on low for 8 to 10 hours.

# Notes