



Turtlebee Farms LLC

Byron, Michigan (810) 266-4880
Family Owned & Operated 32 Years!!
 Farming with Integrity & a lot of hard work!

Please see
'IN THE FREEZER'
 Link on the
 homepage for
 availability



Do you know where your food comes from and how it is produced?

Come enjoy our own farm-raised & wholesomely grown Beef, Lamb, Pork, Chicken & Turkey

NEVER administered Maintenance Antibiotics or Growth Hormones

Our BEEF & LAMB are born, raised, & rotated in the sunshine & clean country air of our open pastures. Our beef, pork, & lamb are pasture-fed & healthy!

We are the growers! All of our CATTLE & SHEEP are born & raised at Turtlebee Farms' Main Farm on open pastures, GRASS FED by ROTATIONAL GRAZING PRACTICES; even in the winter months they feed on grass/hay we produce from fields we seed and do NOT treat with toxic chemicals. Our closed herd is well-managed for good health by the Bennett men.

**** SCROLL DOWN for our 'RECIPES & COOKING TIPS' ****

Our Farming Practices are important to us and should be to you as well.
 Here are a couple of our lists:

Grass-Finished	YES	Feed Lots	NO
Home Grown Naturally	YES	Growth Hormones	NO
Humane Conditions	YES	Antibiotic Program	NO
Rotational Grazing	YES	Restricted Movement	NO
Pesticide-Free Pastures	YES	Foreign Imports	NO
Fresh Water Supply	YES	Excessive Fats	NO
Controlled Processing	YES	Stock Yard Auctions	NO

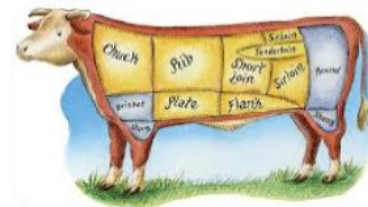
Our meats may be reserved on advance order basis, by the **QUARTER, SIDE, or WHOLE**; or **COME SHOP** our freezers for *large quantity discounts*.

Studies have found that animals raised outdoors in the sunshine have higher levels of antioxidant vitamins such as D & E, in contrast to animals conventionally grown on factory farms. OURS ARE NEVER RAISED IN FEED LOTS!! We're out there caring for them rain or shine, mud or snow, spring or winter. Naturally grown, organic-type practices are definitely more labor intense than conventional methods. **Research it for yourself... www.webmd.com/diet/grass-fed-beef-good-for-you**

GRASS FED BEEF

PRE & POST HARVEST

SEE QUANTITY DISCOUNTS BELOW



YOU select **ONLY** the cuts & quantities YOU prefer

COMPARED to GRAIN-fed, Non-GMO GRASS FED BEEF has:
 ...MORE heart-healthy Omega 3 fatty acids; MORE CLA (Conjugated Linoleic Acid), a type of fat thought to REDUCE heart disease and cancer risks ; risks and LOWER LEVELS of saturated fat.

Easy Favorites	Price/lb	Unit/pkg
GROUND BEEF 1# or 2#	9.98	Under 10 lbs
GROUND BEEF 1# or 2#	9.69	10-24 lbs
GROUND BEEF 1# or 2#	9.40	25-49 lbs
GROUND BEEF 1# or 2#	9.10	50-99 lbs
GROUND BEEF 1# or 2#	8.93	100 & up
BURGER PATTIES (4-6/pkg)	12.35	2-4 lbs

FLAT STEAKS—ALL BONELESS (1-2/pkg)		
SKIRT	16.53	8 oz - 16 oz
FLANK	16.53	1 lb
FLAT IRON	27.84	8 oz - 16 oz
HANGER	27.84	8 oz - 16 oz

MARINADE to GRILL/BROIL or STIRFRY (2/pkg)		
TENDERLOIN FILET (trimmed)	34.22	8 oz - 16 oz
RIB EYE (BNLS)	24.94	1 lb
RIB STEAK	24.30	1-2 lbs
BABY BACKS from RIB EYE	8.41	1-2 lbs
PORTERHOUSE	25.46	1-2 lbs
NEW YORK STRIP (BNLS)	21.98	1 lb
T-BONE	23.14	1-2 lbs
TOP SIRLOIN (BNLS)	16.18	1-2 lbs
SIRLOIN SIZZLER (tenderized)	16.18	8 oz - 12 oz
SIRLOIN TIP STK (BNLS)	13.51	1-2 lbs
EYE of ROUND STK (BNLS)	14.79	8 oz - 16 oz
DENVER STEAK (BNLS)	13.75	1-2 lbs

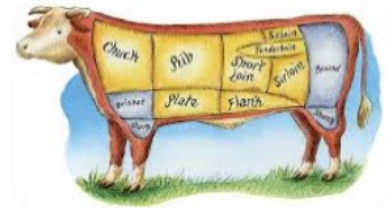
Want a **FABULOUS ROAST** every time? **SEAR IT FIRST!!** Coat with oil and salt liberally on all sides; Sear by placing in 450°F pre-heated oven 10-15 minutes; cover & reduce temp to 300°F 2-3 hours. Let set covered in warm place 8-10 min after removing from heat to let juices redistribute.

ROASTS	Price/lb	Unit/pkg
ARM ROAST <i>great flavor for stew!</i>	9.92	3-4 lbs
BRISKET <i>most flavorful (boneless)</i>	12.70	3-4 lbs
CHUCK ROAST (bone-in)	11.17	3-4 lbs
ENGLISH ROAST (boneless)	10.67	3-4 lbs
EYE of ROUND ROAST (boneless)	13.86	3-4 lbs
RUMP ROAST (boneless)	12.35	3-4 lbs
SIRLOIN TIP ROAST or use for kebabs	13.11	3-4 lbs

SHANKS & SHORT RIBS in a Crock Pot or slow roasted in the oven yield flavors unequaled: rich sauces, gravy & au jus. Our absolute BEST results have been with the Instant Pot; Thawed then on high pressure 1½ hrs **AMAZING RESULTS!!**

SLOW COOK (low & slow)	Price/lb	Unit/pkg
SOUP BONE, Beef Stock/Broth	5.74	2-4 lbs
SHORT RIBS	7.83	1-3 lbs
SHANKS (meaty for soup/ stew)	8.70	1-3 lbs
OXTAIL	11.54	1-2 lbs
STEW BEEF (from Top Sirloin)	15.37	1 lb
ROUND STEAK	13.05	1-2 lbs
CUBE/SWISS STEAK (tenderized)	13.05	1-2 lbs
ORGAN MEATS	Price/lb	unit/pkg
LIVER / HEART great sources Vit A & B	6.38	1 lb

GRASS FED BEEF



YOU select **ONLY** the cuts & quantities YOU prefer

SAVE 25%
'OVER 30 MONTH'
AMAZING FLAVOR!!

COMPARED to GRAIN-fed, Non-GMO GRASS FED BEEF has:
...MORE heart-healthy Omega 3 fatty acids; MORE CLA (Conjugated Linoleic Acid), a type of fat thought to REDUCE heart disease and cancer risks; and LOWER LEVELS of saturated fat.

FLAT STEAKS—ALL BONELESS (1-2/pkg)		
SKIRT	11.76	8 oz - 16 oz
FLANK	11.76	1 lb
FLAT IRON	19.80	8 oz - 16 oz
HANGER	19.80	8 oz - 16 oz
MARINADE to GRILL/BROIL or STIRFRY (2/pkg)		
RIB EYE (BNLS)	18.71	1 lb
NEW YORK STRIP (BNLS)	16.49	1 lb
TOP SIRLOIN (BNLS)	12.14	1-2 lbs
SIRLOIN SIZZLER (tenderized)	12.14	8 oz - 12 oz
SIRLOIN TIP STK (BNLS)	10.13	1-2 lbs
EYE of ROUND STK (BNLS)	11.09	8 oz - 16 oz
DENVER STEAK (BNLS)	9.79	1-2 lbs
CHUCK ROAST (BNLS)		
CHUCK EYE STEAK (BNLS)	10.52	
CHUCK STEAK (BNLS)		

Want a **FABULOUS ROAST** every time? **SEAR IT FIRST!!** Coat with oil and salt liberally on all sides; Sear by placing in 450°F pre-heated oven 10-15 minutes; cover & reduce temp to 300°F 2-3 hours. Let set covered in warm place 8-10 min after removing from heat to let juices redistribute.

ROASTS (boneless)	Price/lb	Unit/pkg
BRISKET most flavorful	9.04	3-4 lbs
CHUCK ROAST	8.37	3-4 lbs
ENGLISH ROAST	8.00	3-4 lbs
ROUND ROAST	9.79	3-4 lbs
EYE of ROUND ROAST	10.40	3-4 lbs
RUMP ROAST	9.27	3-4 lbs
SIRLOIN TIP ROAST or use for kebabs	9.83	3-4 lbs

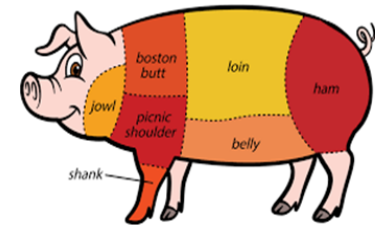
SHANKS & SHORT RIBS in a Crock Pot or slow roasted in the oven yield flavors unequaled: rich sauces, gravy & au jus. Our absolute BEST results have been with the Instant Pot; Thawed then on high pressure 1½ hrs **AMAZING RESULTS!!**

SLOW COOK (low & slow)	Price/lb	Unit/pkg
SHORT RIBS	5.87	1-3 lbs
SHANKS (meaty for soup/ stew)	6.53	1-3 lbs
STEW BEEF (from Top Sirloin)	11.53	1 lb
ROUND STEAK	9.79	1-2 lbs
CUBE/SWISS STEAK (tenderized)	9.79	1-2 lbs

'OVER 30 MONTH' Indicates the age of the beef at harvest...not the age of the package.

PRE & POST HARVEST
SEE QUANTITY DISCOUNTS BELOW
CALL DETAILS (810) 266-880

PORK



YOU select ONLY the cuts & quantities YOU prefer

So WHY obtain PORK from TURTLEBEE FARMS?

QUESTION: What is it we want most in our food?

ANSWER: Good Nutrition & Good Flavor

Researchers have found that animals raised outdoors & in the *sunshine* hold higher amounts of nutrition (like vitamin D) than those raised conventionally. For the consumer, the *more nutritious* the food, the more enjoyably satisfied the appetites will be! At Turtlebee Farms we raise & retail the animals *from our own farm*. Received as piglets, our pigs are happy in the open outdoor spaces, shade or sun.

COOKING TIP> Add Ground Beef & any Ground Pork or Sausage to make your meatballs, meatloaf or burritos...Yummmmm!!!!

SAUSAGE & GROUND	Price/lb	Unit/pkg
GROUND PORK (non-seasoned)	7.55	1 lb
PORK SAUSAGE	8.85	1 lb
ITALIAN SAUSAGE	8.85	1 lb
BRATWURST 5-6/pkg	11.40	1 lb
SAUSAGE PATTIES 4-8/pkg	10.40	0.50 lb
SAUSAGE LINKS 8-10/pkg	12.25	1 lb
*ALL BACONS	Price/pkg	unit/lb
CANADIAN	12.80	0.50 lb
COTTAGE	11.95	1 lb
JOWL	11.95	1 lb
PEPPERED	12.45	1 lb
SLICED TRADITIONAL	11.95	1 lb
SIDE PORK (non-smoked)	10.40	1 lb

***NO added Nitrites or Nitrates, NO MSG, NO harmful chemicals.**

GRILL or BROIL	Price/lb	unit/pkg
TENDERLOIN (boneless) 1/pkg	10.50	1 lb
* HAM STEAKS 1/pkg	9.65	Under 2 lbs
PORK STEAKS 2/pkg DELISH!!	7.75	2-2.5 lbs
BABY BACK RIBS	7.95	1.5-2 lbs
ROASTS	Price/lb	unit/pkg
SHOULDER ROAST (bone-in)	7.55	2-4 lbs
BOSTON BUTT ROAST (boneless)	8.30	2-4 lbs
LOIN ROAST (bone-in)	8.60	2-4 lbs
LOIN ROAST (boneless)	9.35	2-4 lbs
* SMOKED HAMS	Price/lb	unit/pkg
SMOKED CHOPS (bone-in) 2/pkg	10.75	1-2 lbs
DELI HAM	11.45	1-2 lbs
PICNIC HAM 35 min/lb	9.65	2-4 lbs
HAM ROAST 20 min/lb @ 325°F	9.10	3-6 lbs
DINNER HAM 18-20 min/lb @ 325°F	8.60	over 6 lbs
HAM HOCK (<i>make amazing meals!</i>)	7.55	2-4 lbs
**OVEN ROASTING	Price/lb	unit/pkg
PORK CHOPS (bone-in) 2/pkg	9.10	1-2 lbs
PORK CHOPS (BNLS) 2/pkg	9.60	1-2 lbs
SPARE RIBS	7.00	2 lbs
MEATY BONES, Makes great BBQ	3.65	3 lbs
ORGAN MEATS	Price/lb	unit/pkg
LIVER & HEART	4.95	0.50-1 lb

****SCROLL DOWN to SEE RECIPES ON GREAT WAYS to ACHIEVE DELICIOUSLY TENDER RESULTS**



CHICKEN



Our meat poultry are outside in what has been commonly dubbed 'chicken tractors'; safe from predators such as racoons & coyotes. Meat from outdoor-raised animals is ***Nutritionally Superior*** with **NO** growth hormones, arsenic, or meds in their diets.

CHICKEN		Price/lb
WHOLE	3lbs -over 6 lbs	8.00
HALF		8.50
QUARTERED		8.50
8-PIECE		8.50
ORGANS & BONES		Price/lb
HEARTS		12.95
LIVERS or GIZZARDS		9.45
FEET Excellent		9.45
NECKS		9.45
STEWING HENS Make Rich Broth & Soups 15.50 ea 2-4 lbs		

CHICKEN EGGS

FARM FRESH EGGS	7.50/dz	1-4 dozen
FARM FRESH EGGS	7.50/dz	5-9 dozen
FARM FRESH EGGS	7.00/dz	10 or more dozen

Each golden yolk is a *powerhouse of nutrition!!*

LAMB



Grass-fed Lamb is listed as one of the "World's Healthiest Foods." It is an excellent source of vitamin B12, Niacin, and Zinc; also a good source of Iron with 8% more protein than grain-fed. Turtlebee Lambs are raised on our pastures and reserved hay.

LIVE LAMB (flat rate/lamb)	225.00 - 275.00
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Turkey



NO GROWTH HORMONES or ANTIBIOTICS EVER. Humanely Raised, Free Range, protected from predators; NOV / DEC availability only.

WHOLE (flat rate/bird)	125.00	10-40 lbs
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ORDER AHEAD ... FRESH OR FROZEN

QUANTITY DISCOUNTS

POST HARVEST SAVINGS PROGRAM * BEEF * PORK * LAMB * CHICKEN *

* SAVE 5% when your meat purchase is \$1000.00

* SAVE 10% when your meat purchase is \$1500.00

* SAVE 15% when your meat purchase is \$2000.00

RECIPES & COOKING TIPS

Beef Short Rib Tips

Slow cooker Beef Short Ribs can be cooked on high or low heat in your crock pot. It will take about 5-6 hours on high heat, 8-10 hours on low, however, **the real key is to simply keep cooking the ribs until they are tender.** The longer your cook time the more tender they become. For doneness, the meat should easily separate from the bone when pulled. If cooked too long, the meat will fall apart; still yummy! Then you will want to use the meat for a great **Stroganoff or BBQ.**

INSTANT POT: Cook time is considerably shorter with great results. I cook them on High pressure for 1 ½ hours and allow natural release of pressure. Braise/sautee them in the same pot. This is great & saves using additional pans and a heat source.

HINT: These are easy to **Cook Ahead.** Some dishes just taste better the next day. The ribs keep well in their juices and are easily reheated and ready to serve over your choice of potato, rice, or pasta.
After cooling & before reheating the fats will solidify making it easy to remove if you prefer less fats.

NOTE ON FATS: Speaking for Turtlebee Farms meats, these are GOOD FATS!! Our animals are *NEVER* given maintenance antibiotics or growth hormones which will store in the fats of the animals; therefore, good fats. Our brains are made up of 60% fat.

"Enjoy Eating Saturated Fats: They're Good for You."
Donald W. Miller, Jr., M.D. (WOW! Excellent Youtube)

Savory Beef Short Ribs

4 lbs Beef Short Ribs
2 T Cooking Oil
1 Onion, chopped
4 Garlic Cloves

1 C Beef Broth
3 T GF Flour
1 C Salsa
1T Maple Syrup

2 C Dry Red Wine
2 sprigs fresh Rosemary
Sea Salt
Black Pepper

Instructions:

1. Heat cooking oil in a large skillet on medium high heat and brown short ribs on all sides.
2. Place browned beef short ribs in the slow cooker, and saute chopped onions in the remaining oil. When onions are tender and caramelized add garlic and cook an additional minute. Scrape onions and garlic into slow cooker.
3. Add ½ cup of beef broth to deglaze the skillet, whisking to remove cooked flavors from the bottom of the pan. Pour liquid over ribs.
4. Combine flour, salsa, and Maple syrup. Add enough beef broth to turn it into a slurry, mix to combine; pour over the ribs in the slow cooker.
5. Add remaining broth, wine, rosemary, salt, and pepper and set on high heat. Cook for 5-6 hours, or until ribs are tender.
6. Ladle off pooling fat on the surface of the slow cooker and discard. Serve short ribs with sauce over your carb of choice.

These Beef Short Ribs & Shanks reheat well,
so you can make them ahead.

SEE NEXT PAGE FOR 'ASIAN BEEF' and 'AIOLI' (GARLIC SAUCE)

Instant Pot Asian Beef Short Ribs

3 lbs beef short ribs
SAUCE INGREDIENTS:

3/4c soy sauce
1/4c Maple Syrup
1 T rice vinegar
1/2 T sesame oil
1 t minced ginger
1/2 teaspoon ground ginger
1 t minced garlic
1/2 t garlic powder
1 t *Garlic sauce
2 T corn starch

MEAT RUB Ingredients:

1 teaspoon each:
sea salt & black pepper
onion powder & garlic powder
ground ginger

For Garnish:

1 t sesame seeds
2 T green onions (chopped)

INSTRUCTIONS:

1. Place the inner rack at the bottom of your pressure cooker and add 1 cup of water. Combine
2. Put you meat rub all over the beef ribs. Place the beef ribs on the inner rack, so they are above the water.
3. Put the lid on, make sure the valve is in the sealed position, then cook on Manual HIGH Pressure for 1 1/2 hours. Let the pressure naturally release for 10 minutes (do not open the valve for 10 minutes the cook time is over). Once it's released naturally for 10 minutes, finish with a quick release (open the valve).
4. Meanwhile combine the ingredients for the sauce in a small saucepan over medium heat, whisking until smooth and thickened, about 5 minutes.

*Garlic Sauce

aka 'Aioli' (pronounced ay-o-lee)
a Mediterranean garlic sauce

INGREDIENTS:

5-7 cloves garlic
2 eggs
1/2 t Dijon mustard
1 ½ cup olive oil
2 teaspoons lemon juice
salt (to taste)
pinch of cayenne

INSTRUCIONS:

1. In a 2 cup measure, add your eggs, whole garlics, & mustard.
2. Using a stick blender, blend until you are not able to see the garlic any longer. Stop blending.
3. Add all the oil. Insert stick blender all the way to the bottom. Begin on low speed. At first, keeping your stick blender on the bottom, begin to move in small circular motions.
4. As it begins to thicken & emulsify, slowly lift the stick blender to continue incorporating all the oil. When half way up the cup, turn on high to complete the process. If it is done too quickly you risk your sauce breaking rather than emulsifying.

SEE NEXT PAGE FOR 'OSSO BUCO' OVER POLENTA

Osso Buco (Beef Shank)

Ingredients:

flour for dredging
sea salt & black pepper
6-8 beef shanks
2T butter
2T olive oil
1c dry white wine or beef broth

1-quart tomatoes
1-quart tomato juice
1 onion, chopped
4 cloves garlic, minced
3 carrots, chopped
1T dried thyme
1T dried oregano

Have ready a roasting pan or baking dish large enough to hold the shanks in a single layer (9x13-inch works well) Single layer does not apply if you are using a crockpot or Dutch oven. If using a Dutch oven, skip down to bottom and read before beginning.

Begin making your sauce:

In 6-quart pot with 3T oil on medium heat, sauté onion & garlic till translucent with a nice aroma. Add 1-quart of cut up tomatoes and 1-quart tomato sauce. Stir & simmer on low while preparing your shanks.

NOW THE SHANKS:

1. Clip the outside strip of membrane on either side of the shank to relieve the tension. Otherwise, the shank will curl up like a bird's nest while cooking.
2. In a large heavy skillet, heat ¼ cup of oil over medium-high heat.
3. Mix flour with sea salt & fresh ground black pepper. Dredge shanks in dry mixture.

Osso Buco (Cont'd)

4. Place each shank in preheated oil to sear until nicely browned on both sides, 2 to 3 minutes per side.

5. Transfer meat and drippings to the pot or pan of your preferred cooking method. Repeat with remaining shanks.

6. Add wine to skillet, stirring to loosen browned bits of wonderful flavor from pan. This is called “deglazing.” Pour deglazed juices over meat. Add tomatoes, carrots, onion, garlic, thyme, oregano.

USING A ROASTING PAN:

7. Cook uncovered for 1 hour in 400°f preheated oven or until meat is fork tender.

USING A CROCKPOT:

7. Cover and cook on low for 7-9 hours or until meat is fork tender.

USING A LA COCOTTE or other type DUTCH OVEN:

Step 2 will be done in your Cocotte beginning to end. Using your Cocotte on the stove top continue with steps 3 & 4. Skip to step 6.
7. Cover and cook in 475 °f preheated oven for 25 minutes then turn oven off. Don't peak! Let your Cocotte remain undisturbed for 2 hours. Your shanks will be fork tender. Enjoy!

SERVE OVER ***POLENTA** or MASHED POTATOES *(See recipe below)

*Polenta

INGREDIENTS:

4 c water or broth
1 c cornmeal
1 t sea salt

INSTRUCTIONS: Bring water & salt to a boil; add 1 T oil; turn heat to LOW. Whisk water constantly as you slowly add the cup of cornmeal. Continue whisking on LOW heat every 3-5 minutes so hot polenta is not popping out & burning you; simmer until perfectly soft & creamy.

You may also serve polenta as a breakfast cereal;

Add nuts, seeds, dried fruits, or fresh fruit, and milk of choice.
Drizzle with Honey or Maple syrup. MMmmm...

Polenta (Next Day) baked, grilled, or fried

A delicious gluten-free addition to your menuP

1. Chill polenta in a square or rectangular pan.
2. Cut polenta into pieces when cold.
3. Grill or place under broiler or in frying pan with a little oil.
4. Cook until polenta starts to brown; turn over and cook other side.

The variations are limitless to the flavors you can combine.

Add sauteed mushrooms & onions topped with cheese.

Feta cheese, Kalamata olives, & oregano

Your favorite sauce & sausage, shredded cheese of choice **Enjoy!**

Osso Buco (Beef Shank)

*Kathie's Simple Instant Pot Version
achieving delicious results!*

Ingredients:

flour for dredging	15-16 oz jar chunky salsa
salt & pepper	1 c crushed tomatoes
2 beef shanks	1 c red wine
avocado oil	

COOKING TIP... Use any tomato-based product; choose your preferred flavors of spaghetti sauce or salsa. Add any assorted veggies from your refrigerator that need to be used.

DIRECTIONS:

1. Clip the outside strip of membrane on either side of the shank to relieve the tension. Otherwise, the shank will curl up like a bird's nest while cooking.
2. Heat oil on 'Saute' mode.
3. Mix flour with salt & pepper. Dredge shanks in dry mixture.
4. Sear shanks in hot oil 5 minutes each side.
5. Pour salsa, tomatoes, & wine over shanks.
6. Cover & set on high pressure 1 hour 30 min.
7. Serve over Polenta

Food Flavors are so fun!!!

There's more to come...

check back soon

~ Kathie

Marinated & Grilled FLANK STEAK

MARINADE:

½ cup avocado oil	1 tsp chili powder
½ cup lemon juice	1 tsp sea salt
¼ cup liquid aminos	1 tsp pepper
¼ cup balsamic vinegar	½ tsp smoked paprika
2 Tbsp spicy mustard	¼ tsp ground rosemary
4 cloves crushed garlic	¼ tsp ground thyme

Place steak in 1 gallon plastic bag.

Mix all marinade ingredients & pour over steak. Leave at room temp 2hrs or refrigerate overnight.

QUICK MARINADE TIP... If you're short on time & energy, simply use your favorite oil & vinegar dressing as a marinade.

Marinate your steak for at least 2 hours, but ideally overnight. Remove steak from marinade salting all sides before searing. Place steak on a high heat 450°F grill; keep grill closed between steps. Begin > **Sear side one** grill 2min then rotate 45° grill 2min more; Flip to > **Sear side two** grill 2min then rotate 45° grill 2 min more; Shift off direct heat; Reduce heat to medium; Leave in another 3-5min till desired doneness. Remove from grill; place on plate; cover 5-10 min before serving. **Slice against grain. Enjoy!**

Red Cabbage & Kale Salad

2 cup red cabbage, shredded	¼ cup extra virgin olive oil
1 cup kale, chopped	3 Tbsp Balsamic vinegar
¼ cup onion, chopped	2 Tbsp lemon juice
1 carrot, grated	1 Tbsp Turtlebee honey
1 apple, chopped	salt & pepper to taste

Combine all ingredients, serve & enjoy!

COOKING W/GROUND BEEF & PORK

Stuffed Acorn Squash (with beef & a chili twist)

Ingredients:

2 Acorn Squash
1 lb Ground Beef
1 onion, chopped
1 green pepper, chopped

28 oz can diced tomatoes
1 ½ t chili powder
sea salt & black pepper to taste
15 oz can black beans
15 oz can whole kernel corn
Shredded cheese for topping

INSTRUCTIONS:

1. Cut squash in half lengthwise; scrape inside with a large spoon to remove seeds; rinse with water. Place halves cut side down on greased baking sheet.
 2. Bake 30 min in 350°f preheated oven
 3. In frying pan, brown ground beef with onions and bell pepper.
 4. Add tomatoes and seasonings; simmer 5 minutes.
 5. Drain black beans & whole kernel corn; discard liquid.
 6. Add beans & corn to meat mixture.
 7. After removing squash from oven, turn squash to cut side up.
 8. Fill squash with mixture; return to oven & bake 15 minutes more.
 9. Sprinkle shredded cheese of choice on top of each squash bake 5 minutes or till melted.
- Serve with brown rice and salsa.

Meatloaf Extraordinaire (with Maple Glaze)

Ingredients:

1 lb Ground Beef
1 lb Ground Pork or sausage
1 cup old-fashioned oats
1 cup milk
2 eggs

1 medium onion, chopped
1 stalk celery, chopped
1 teaspoon sea salt
½ teaspoon black pepper
Maple Glaze

MAPLE GLAZE

½ cup ketchup, (no corn syrup or HFCS)
3 tablespoons Dijon mustard
¼ cup Maple Syrup

INSTRUCTIONS:

1. In a large bowl, mix together the oats, milk, and eggs together. Then add the salt, pepper, onions, celery, and ground meat. Mix together with your hands to completely incorporate.
2. In a 9x13 pan, form two oval mounds of meat or you may use one large bread pan.
3. Mix your glaze ingredients together, ketchup, mustard, and syrup. Spread over the top of each meatloaf.
4. Bake on 350° for 30-40 minutes if baking two smaller loaves or if baking a large loaf in a bread pan, 50-60 minutes.
5. Remove from oven and let sit for 5 minutes before serving.

NEXT DAY MEATLOAF: Slice it up cold. *It makes great sandwiches!*

WHAT'S IN THE SOUP POT?

Smoked Hock
BEAN SOUP
w/ the Instant Pot

MORE SOUP RECIPES
coming....

We enjoy sharing recipes we enjoy,
and soups are certainly one of them.