

## Hearty Italian Meatballs

### Meatballs

1 tsp. oil  
1 cup chopped onion  
2 lbs. ground beef  
2 cloves garlic  
1 tsp. dried basil  
½ tsp. dried oregano  
1 egg  
½ cup Italian style bread crumbs  
1/3 cup milk  
1 tsp. salt  
1 tsp. pepper

### Marinara Sauce

1 tsp. olive oil  
½ cup chopped onion  
1 clove garlic  
1 can (28 oz.) whole tomatoes with basil, undrained  
1 tbsp. tomato paste  
1 tsp. salt

1. Preheat oven to 350 degrees. For meatballs, heat 1 tsp. oil over medium heat. Cook onion in oil until tender. Mix cooked onion and remaining meatball ingredients in bowl until combined. Shape into tablespoon sized meatballs (making sure to make at least 25). Place in ungreased baking pan. Bake uncovered for 15 to 20 minutes or until reaches temperature of 160 degrees.
2. For sauce, heat oil and cook onion until tender. Add garlic and cook 1-2 minutes longer. Add tomatoes, tomato paste, and salt. Cook 5 minutes, breaking up tomatoes.
3. Add cooked meatballs to sauce. Serve.

Notes for class: Due to our time constraints on day one you will make the meatballs, place in pan as stated but don't bake. Refrigerate until tomorrow. You will also make sauce. Put sauce in covered bowl in fridge until tomorrow.

## Southwest-Spiced Roasted Pork Tenderloin

2 (1 lb. each) pork loins

1 Tbsp. paprika

1 ½ tsp. salt

1 ½ tsp. brown sugar

1 ½ tsp. sugar

1 ½ tsp. chili powder

1 ½ tsp. ground cumin

1 ½ tsp. black pepper

In small bowl, stir together paprika, salt, brown sugar, sugar, chili powder, cumin, pepper until thoroughly blended. Makes ¼ cup.

Heat oven to 425 degrees. Season tenderloin with 2 Tbsp. seasoning mixture by rubbing it into meat. Place tenderloins in shallow pan and roast for 20-27 minutes, until thermometer inserted reads 160 degrees. Remove pork from oven and let rest 5 minutes. Slice tenderloin to serve.

Notes for class: Day 1 – prepare rub and rub meat. Place in the pan and cover with foil. Refrigerate overnight. Day 2 – place in oven as directed.

## **Fajitas**

1 -1 ½ lbs. steak of choice, sliced thinly

### **Marinade**

¼ cup oil

¼ cup red wine vinegar

1 tsp. sugar

1 tsp. dried oregano

1 tsp. chili powder

½ tsp. garlic powder

½ tsp. salt

¼ tsp. pepper

Whisk all ingredients together and pour over steak in a glass bowl. Cover and refrigerate overnight.

### **For the Fajitas**

1 onion thinly sliced

1 ½ peppers thinly sliced

Flour tortillas

Optional ingredients: shredded cheese, sour cream, salsa

Drain liquid from meat. Cook meat over medium heat 3 minutes. Add sliced onions and peppers. Continue cooking until meat is done and onions and peppers are crisp tender.

Assemble fajitas as desired.

## Kansas City-Style Pork Back Ribs

2 slabs pork back ribs

### Rub:

¼ cup sugar

2 Tbsp. paprika

1 ½ Tbsp. season salt

1 Tbsp. chili powder

1 Tbsp. black pepper

1 ½ tsp. celery salt

1 ½ tsp. onion powder

1 ½ tsp. garlic powder

1 tsp. ground sage

½ tsp. dry mustard

### Sauce:

1 c. BBQ sauce

½ c. honey

✦ In bowl combine all dry ingredients and whisk until blended. Rub mixture over both sides of ribs. Place in baking dish and cover with foil. Refrigerate at least 8 hours. Heat oven to 350 degrees. Place ribs in oven (keep covered). Bake for 1 ½ hours or until meat is tender.

Sauce: Combine BBQ sauce and honey in pan and heat until warm. Brush over finished ribs.