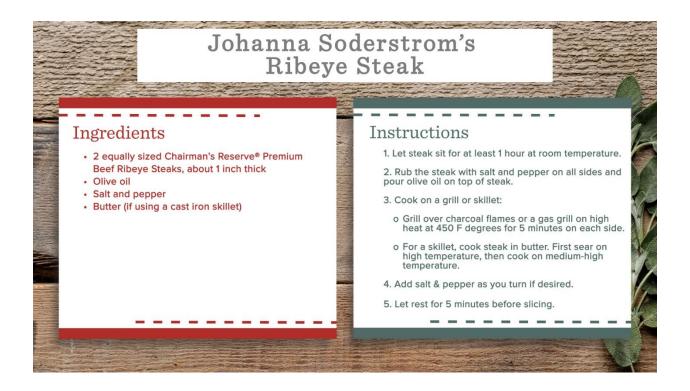
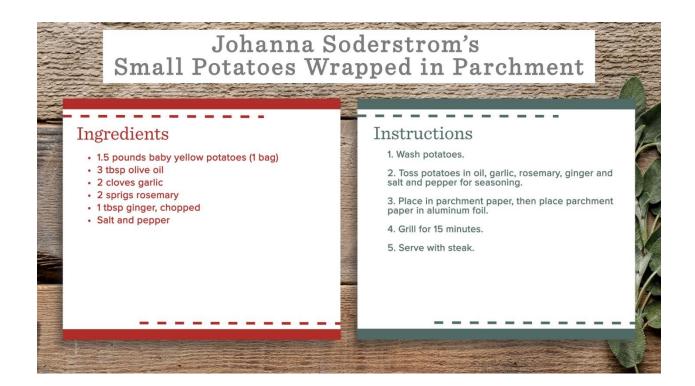
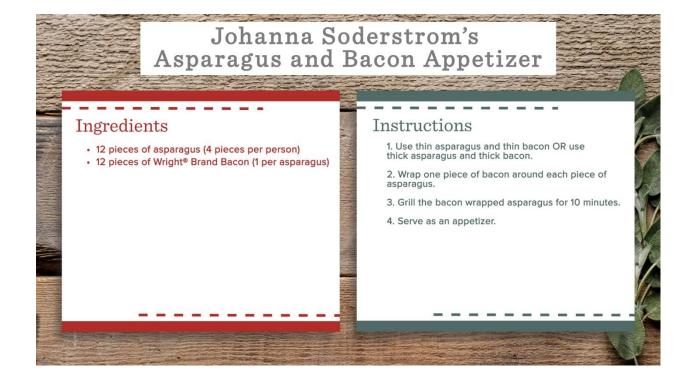
November 2020 Table Talk Featuring Johanna Söderström





Johanna Soderstrom's Brussels Sprouts Ingredients Instructions 1. Wash the brussels sprouts. • 1 bag brussels sprouts · Olive oil 2. Cut the brussels sprouts into halves. · 2 tbsp honey 3. Preheat in microwave for 3 minutes. · ½ tsp red pepper flakes · 2 tbsp fig jam 4. Put in skillet with olive oil, honey, fig jam, red pepper flakes and salt and pepper for 10 minutes. · Salt and pepper 5. Toss and turn to coat. 6. Serve with steak.



Cynthia Trujillo's Carne en su jugo (Meat in its juices)

Ingredients

- · 1 pound of Wright® Brand Bacon
- · 4 fresh tomatillos, husks removed
- 3 serrano chile peppers, seeded and chopped (optional)
- · 1 clove garlic, peeled
- · 3 cups water
- 2 pounds Star Ranch Angus® Beef Flank Steak
- 1 cube beef bouillon
- 2 15.5 oz cans pinto beans
- · ½ onion, chopped
- · 6 tbsp fresh cilantro, chopped
- · Ground black pepper and salt, to taste
- 1 lime, cut into 6 wedges

Instructions

- Cook the bacon in a large, deep skillet over medium-high heat until crispy, about 10 minutes. Drain on a paper towel-lined plate. Crumble the bacon and set aside. Brown the onion in the bacon fat. Drain and set aside.
- 2. Combine the tomatillos, serrano peppers, garlic and water in a small saucepan over medium-high heat; bring to a boil, cover and simmer for 10 minutes.
- 3. Remove the pan from the heat and allow it to cool. Transfer the contents to a blender and blend until smooth. Set aside. (You can skip the simmering step and blend all the ingredients raw with a few pieces of browned flank steak if you like.)

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- 1 clove garlic, peeled
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- 2 pounds Star Ranch Angus® Beef Flank Steak
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- ½ onion, chopped
- · 6 tbsp fresh cilantro, chopped
- · Ground black pepper and salt, to taste
- 1 lime, cut into 6 wedges

Instructions (Cont.)

- Place a non-stick skillet over medium-high heat; cook the flank steak in the hot skillet until completely browned.
- 5. Pour the tomatillo mixture over the beef and bring to a boil. Stir the beef bouillon into the mixture and reduce heat to medium. Cover the skillet and simmer until tender, between 30 minutes and an hour.
- 6. While steak is cooking, heat the pinto beans in a saucepan over medium heat until warm. Reduce heat to low to keep warm until needed.
- 7. Stir the bacon and pinto beans into the flank steak mixture. Divide the mixture between 6 bowls. Garnish each with onion, cilantro, black pepper and a lime wedge.

Ronda Gooch's Even Better Sausage Balls

Ingredients

- · 1 box cheddar biscuit mix and seasoning
- 16 oz package Jimmy Dean® Fresh Sausage*
- 8 oz block of sharp cheddar cheese** (Do not use pre-shredded cheese.)
- 8 oz block of pepper jack cheese** (Do not use pre-shredded cheese.)

*Use a cookie scoop to make even-sized sausage balls. Scoop out the mix and then roll in hands to form a ball.

**Use fresh shredded cheese and not pre-shredded cheese for this recipe. The coating that is on pre-shredded cheese can make these sausage balls go flat when cooking.

Instructions

- 1. Preheat oven to 350 degrees.
- 2. Combine biscuit mix, biscuit mix seasoning and uncooked sausage.
- 3. Shred both blocks of cheese, add the cheese to the biscuit and sausage mixture and mix together well.
- 4. Line two baking sheets with parchment paper and roll the sausage mixture into 1-inch balls, spacing them apart on the baking sheets.
- 5. Cook for 20-25 minutes and let them cool on some paper towels to soak up some of the oil.

Zeger Zeilemaker's Chicken with Mango & Brussels Sprouts

Ingredients

- 1.6 pounds Tyson® Trimmed & Ready Chicken Breasts, diced
- 11/2 cups basmati rice
- · 3/8 cup olive oil
- · 1 medium red onion, chopped
- 6 cloves of garlic
- · 2 cups sweet pepper, strips
- · 6 tsp curry powder
- · 3/8 cup fresh ginger, chopped
- · 2.6 pounds small brussels sprouts
- · 3 mangos, cubed
- · 12 tbsp soy sauce

Instructions

- 1. Cook the basmati rice, according to box instructions.
- 2. Cut the chicken breasts into cubes and place in a large pan with oil. Cook over medium heat for 6 to 8 minutes until lightly brown.
- 3. Add the onion, garlic and peppers to the chicken and stir fry over medium heat for 1 minute.
- 4. Add the curry powder, ginger and brussels sprouts and simmer on low heat for approximately 10 minutes. Cook longer for softer brussels sprouts.
- 5. Add the mango and soy sauce and continue simmering in a pan with the lid until all ingredients are cooked through.
- 6. Serve and enjoy.