

Fall 2021

Comfort

Foods



Ranch-Inspired
Flavors and Foods

Fall is one of our favorite times on the ranch. With the leaves turning and the weather cooling off, it's a nice break from summer. Plus, we're getting into comfort foods season! This recipe book is chock-full of some of our best comfort foods, using some of our more affordable cuts of meat, which are best slow-cooked, and bring comfort in cold weather and dark nights.

Great food doesn't have to be expensive, and these recipes will fill your family's tummies with warmth and goodness, while saving you time using some of your favorite kitchen appliances – slow cookers and air fryers!

Enjoy!



Order your Ranch Box today! | www.CarsonValleyMeats.com



4



6



13



5



7



10



12



11

Contents

Beef and Pork Chili	4
Pulled Pork Chili	5
Beef Shank Over Rice	6
Pork Shoulder Roast (or Picnic Roast).....	7
Chili Verde.....	8
Simple Chili Verde	9
Air Fryer Roast Chicken	10
Split Pea Soup with Ham Hocks	11
Simple Chicken Soup	12
Jiffy Corn Bread with Creamed Corn.....	13
Chilaquiles with Poached Eggs and Spicy Honey.....	14
Bacon Wrapped Jalapeño Poppers	15



8



9



15



14

Beef & Pork Chili

Ingredients

- 6 slices **Sinclair Family Farm** smoked pork bacon cut into 1/2-inch pieces
- 4 cloves garlic, finely chopped
- 2 medium onions, finely chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 3 tbsp. chili powder
- 1 tbsp. ground cumin
- 1 tbsp. chipotle chili powder
- 2 tsp. dried oregano
- 1 tbsp. smoked paprika
- Salt and freshly ground black pepper
- 1 pound **Sinclair Family Farm** grass-fed ground beef
- 1 pound **Sinclair Family Farm** ground pork
- 1 cup of **Alibi Ale Works** Pale Ale beer
- One 15-ounce can black beans, drained and rinsed
- One 15-ounce can kidney beans, drained and rinsed
- One 24-ounce can crushed tomatoes
- One 24-ounce can diced tomatoes, with juice

Toppings

- Lime wedges
- Sour cream
- Shredded cheddar cheese
- Sliced scallions

Method

1. In large Dutch oven, cook the bacon over medium heat until lightly crisp.
2. Once the bacon is browned, add the garlic, onions, bell peppers, chili powder, cumin, chipotle chili powder, oregano, and smoked paprika and season with salt and pepper. Cook until the vegetables are tender.
3. Add the beef and pork and break it up with a wooden spoon. Brown the meat until it's no longer pink, about 4 minutes.
4. Stir in the beer and beans. Then add the crushed and diced tomatoes.
5. Turn the heat down to low and simmer for 1 1/2 hours.
6. Taste for seasoning and add salt and pepper, if necessary.
7. Transfer the chili into serving bowls and garnish with lime wedges, sour cream, shredded cheese, and sliced scallions.

Adapted from Pat's Famous Beef and Pork Chili

Pulled Pork Chili

A large, white ceramic bowl filled with a rich, dark red pulled pork chili. The chili is topped with a generous amount of shredded yellow cheddar cheese and sliced green onions. The bowl is set on a rustic wooden surface, and a white cloth napkin is visible underneath it.

Ingredients

2 Pounds **Sinclair Family Farm** Pork Butt
2 tbsp. brown sugar
1 tsp. garlic powder
1 tsp. salt
1 tsp. pepper
1 tsp. chili powder
½ tsp. cumin
¼ tsp. cayenne pepper
1 Small red onion, diced
2 cups beef broth
One 28-ounce can tomato sauce
One 28-ounce can diced tomatoes
½ cup barbecue sauce
Two 14-ounce and chili beans
1 tsp. hot sauce, Optional

Method

1. In a bowl mix together the brown sugar, garlic powder, salt, pepper, chili powder, cumin, and cayenne.
2. Season the pork roast well on both sides and place into your slow cooker.
3. Add the onion, beef broth, tomato sauce, diced tomatoes, barbecue sauce, chili beans, and hot sauce to the slow cooker.
4. Cover and cook on low for 8-10 hours.
8. Shred the pork using two forks and stir the chili well. Discard bone if included.

Adapted from The Salty Marshmallow



Karin's

Beef Shank

Over Rice

Ingredients

2 **Sinclair Family Farm** Beef Shanks with bone in

Salt

Pepper

Cayenne pepper

Cooked rice

Method

1. Salt and pepper both sides of the beef shank. Sprinkle cayenne pepper to taste on one side.

2. Preheat a cast-iron skillet. Brown the shank on both sides.

3. Add water to half-way up the side of the shank.

4. Simmer all day in the cast iron pan adding water as needed.

5. The marrow will cook out of the bone and infuse the broth with flavor and thicken it.

6. It can also be cooked in a slow cooker after browning, adding water as needed.

7. Serve over rice.

Karin says: "The broth from this dish is full of great nutrients from the bone marrow. It makes my arthritis feel so much better the next day!"



Pork Shoulder Roast

(or Picnic Roast)

Ingredients

4 pounds **Sinclair Family Farm**
pork shoulder roast

Garlic

1 tsp. salt

1 tsp. pepper

1 cup water

Method

1. Preheat oven to 300°F.
2. Pierce roast and stuff with garlic cloves. Salt and pepper all over. Place in a baking pan and pour in the water.
3. Place in the oven and roast for 4 to 5 hours for desired tenderness, adding water to the pan as needed.
4. The internal temperature when done should be 145°F - 165°F.
5. Use the leftovers for Chili Verde and Simple Chili Verde!

Chile Verde

Ingredients

Chile Verde

12 ounces tomatillos, husked and rinsed
3 jalapenos, stems removed
2 large poblano peppers, stems removed
1 serrano pepper, stem removed
2 medium onions, chopped
1 tbsp. minced garlic

Method

Chile Verde

1. Grease a large baking sheet with nonstick cooking spray or oil and the tomatillos, jalapenos, poblanos and serrano peppers on the baking sheet and place under broiler.
2. Broil on high for 10 minutes, turning the tomatillos and peppers over halfway through.
3. Remove the baking sheet from the broiler and cover with aluminum foil. Let it sit for 10 minutes.
4. Uncover and remove as much of the skin from the peppers as you can. If preferred, remove the seeds from any of the peppers to reduce the spiciness.
5. Add the broiled tomatillos, peppers, onions, and garlic into a large blender. Blend until smooth. Set aside until ready to use.

Pork

2 tbsp. cooking oil
2 1/2 pounds **Sinclair Family Farm** pork shoulder roast leftovers
Salt and pepper, to taste
1 1/2 cups water
2 tbsp. lime juice
1/3 cup chopped cilantro

Pork

1. Heat a large pot or Dutch oven over medium-high heat and add in cooking oil and the pork.
2. Season with salt and pepper. Sear the meat on all sides until nicely browned.
3. Add the prepared Chile Verde and mix, making sure to scrape the bottom of the pot with a wooden spoon to get all the brown bits.
4. Cover, lower heat to simmer and cook for 2 to 3 hours, until the pork is tender.
5. Add water, lime juice and cilantro and stir until combined. Taste and season with more salt, if necessary.

Adapted from Isabel Eats



Simple Chili Verde

Ingredients

- 4 to 5 pounds **Sinclair Family Farm** pork shoulder roast leftovers
- Three 10-ounce cans green enchilada sauce
- 1 cup salsa Verde
- One 4-ounce can chopped green chilis

Base and Toppings

- Cooked Rice
- Sour Cream

Method

1. In a 5-qt. slow cooker, combine pork, enchilada sauce, salsa Verde, green chiles and salt.
2. Cook, covered, on low until pork is tender, 5-6 hours.
3. Serve with rice. If desired, top with sour cream.

Adapted from Taste of Home



Air Fryer

Roast Chicken

Ingredients

- One **Sinclair Family Farm** 5-pound whole chicken, giblets removed
- 2 tbsp. avocado oil
- 1 tbsp. Kosher Salt
- 1 tsp. Freshly ground black pepper
- 1 tsp. garlic powder
- 1 tsp. paprika
- ½ tsp. dried basil
- ½ tsp. dried oregano
- ½ tsp. dried thyme

Method

1. Combine all the seasonings with the oil to make a paste and spread it all over the chicken.
2. Spray the air fryer basket with cooking spray.
3. Place the chicken in the basket breast side down and cook at 360°F for 50 minutes.
4. Flip the chicken to breast side up and cook for an additional 10 minutes.
5. Check to make sure the breast meat has an internal temperature of 165°F. Carve and serve.

This recipe can also be done in the oven at 425° for 1 ½ hours or until the chicken reaches an internal temperature of 165°.

Adapted from Low Carb with Jennifer



Ingredients

- 1/4 cup olive oil
- 1 large onion, finely diced
- 2 celery stalks, finely diced
- 2 carrots, finely diced
- One 1-pound bag split peas, rinsed and picked through
- 1 1/2-lbs. **Sinclair Family Farm** smoked ham hock
- 2 quarts chicken stock, water, or combination
- Salt and freshly ground black pepper

Method

1. In a large saucepan, sauté onion, celery, and carrots over medium-high heat.
2. Add peas and ham hock and cover with stock by a couple of inches.
3. Bring to a simmer and cook for about 1 hour until soup is thick and peas have almost disintegrated but not quite. Season, to taste, with salt and pepper.
4. Remove ham hock and let cool.
5. Pull meat from ham hock bone and shred. Garnish with ham and pepper.

Adapted from The Food Network

Split Pea Soup

with Ham Hocks

Simple Chicken Soup

Ingredients

Carcass and bones from one 4 to 5-pound leftover from your Air Fryer Chicken recipe
4 cups chicken broth
2 medium carrots, sliced into 1/4-inch-thick rounds
2 celery stalks, sliced into 1/4-inch-thick slices

Method

1. Put the bones and carcass from the chicken into a large pot. Cover with the broth and 4 cups water.
2. Bring to a boil over medium-high heat, reduce to a simmer and cook for 20 minutes. Use a ladle to skim any foam or fat from the broth if needed.
3. Remove the bones and carcass and set aside to cool.
4. Add the carrots, celery, onion, and bay leaves to the broth, bring back to a simmer and cook until the vegetables are about halfway cooked, about 10 minutes.

1 medium onion, chopped
1 bay leaf
1/2 cup white rice
2 tbsp. chopped parsley
Kosher salt

5. Stir in the rice to keep it from sticking to the bottom of the pot, and cook until the grains are just al dente, about 10 to 12 minutes.
6. When the carcass and bones are cool enough to handle, pick off the meat, and shred it into bite-size pieces.
7. When the rice is done, add the meat to the broth and simmer until warmed through, about 1 minute.
8. Stir in the parsley, and season with 1/2 tsp. salt or more to taste.
9. Serve with focaccia bread from Liberty Food and Wine. To really bring out the flavor of the bread, make sure to stick it in the air fryer to toast it.

Adapted from The Food Network



Jiffy Corn Bread

with Creamed Corn

Ingredients

- 2 boxes Jiffy corn muffin mix
- 1 cup sour cream
- 3 eggs, beaten
- 1/2 cup melted butter or margarine
- 1 tsp. salt
- One 16-ounce can cream corn, undrained

Method

1. Mix all ingredients together and pour into greased 9x13 baking dish.
2. Bake at 375 degrees for 35 minutes or until lightly brown.

Adapted from Marty's Musings

Chilaquiles

with Poached Eggs and Spicy Honey

Ingredients

1 tbsp. vegetable oil
½ medium yellow onion, diced
1 pound ground chicken
1½ tbsp. five-spice powder
1 tsp. **Misbeehaven Farm** clover honey
1 tsp. kosher salt
One 15-ounce jar salsa
4 **Sinclair Family Farm** medium chicken eggs
Eight 6-inch corn tortillas, cut into quarters
½ cup of **Misbeehaven Farm** spicy honey

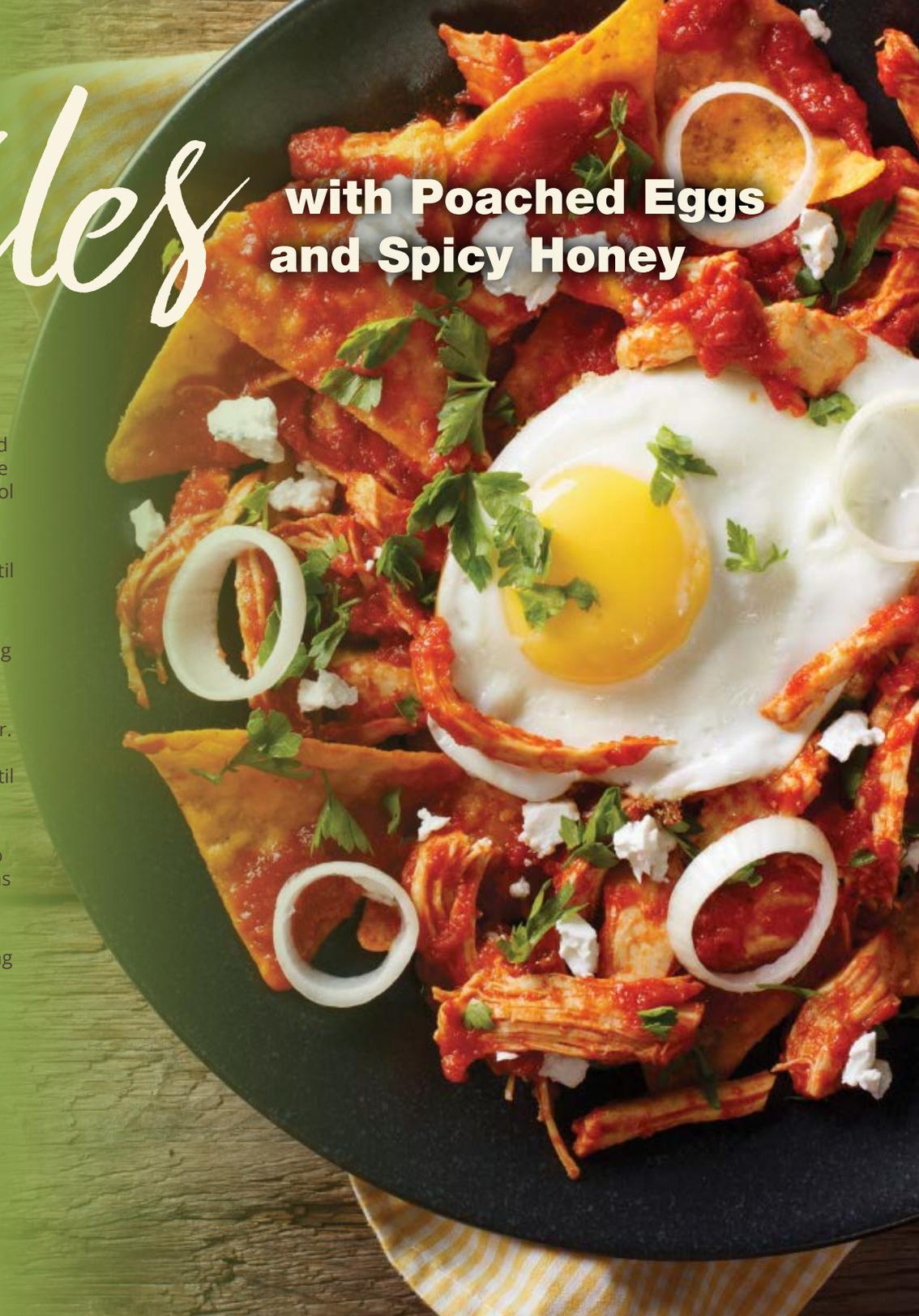
Toppings

¼ cup fresh cilantro, chopped
1 small jalapeño, seeded and thinly sliced (optional)
¼ cup queso fresco, shredded mozzarella, or crumbled feta cheese
4 radishes, thinly sliced
2 limes, quartered

Method

1. Preheat the oven to 400°F. Brush the tortillas with oil and season with salt.
2. Spread the tortillas on a parchment-lined baking sheet, transfer to the oven and bake until crispy, about 10 to 15 minutes. Let cool to room temperature.
3. In a large skillet, heat the canola oil over medium heat. Add the onion and sauté until translucent, about 3 minutes.
4. Add the ground chicken, five-spice powder, 1 tsp. honey and salt. Cook, stirring occasionally, until the chicken is browned, about 4 minutes.
5. Add the salsa and bring to a light simmer. Reduce the heat to medium-low. Add the tortillas, cover, and continue to simmer until they soften, 13 to 15 minutes.
6. Fill a saucepan halfway with water and bring to a bare simmer. Reduce the heat to low, crack each egg into individual ramekins or small bowls, and gently pour into the water one at a time.
7. Using a spoon, gently swirl the simmering water around each egg until the whites solidify and the yolks are still soft, about 4 minutes. Gently remove the eggs from the water and drain on a paper towel.
8. Divide the chilaquiles and top each with an egg and garnish with your desired toppings. Drizzle the spicy honey on top.

Adapted from Pure Wow





Ingredients

12 jalapeno peppers approximately
3-4 inches long
One 8-ounce block cream cheese, softened
1 cup cheddar cheese
1/2 tsp. onion powder
1/2 tsp. salt
1/2 tsp. pepper
12 slices of **Sinclair Family Farm** smoked
pork bacon
cooking spray

Method

1. Preheat the oven to 400°F and line a sheet pan with foil. Coat it with cooking spray.
2. Cut the jalapenos in half lengthwise and use a spoon to scoop out the seeds and ribs.
3. In a bowl mix together the cream cheese, cheddar cheese, onion powder, salt and pepper.
4. Fill each jalapeno half with the cheese mixture.
5. Cut the slices of bacon in half crosswise and wrap each pepper half in a slice of bacon. Use a toothpick to secure the bacon.
6. Arrange the peppers on the baking sheet and bake for 20-25 minutes until bacon is crispy.

Adapted from Dinner At The Zoo

Bacon-Wrapped

Jalapeno Poppers

Visit

CarsonValleyMeats.com

to learn more about
our Ranch Boxes
and our efforts
to help preserve
agriculture in the
Carson Valley and
Northern Nevada.

© 2021 Carson Valley Meats



  @CarsonValleyMeats