



Meat Share

November 2018-February 2019

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THIS MONTH'S RECIPES

Korean Sloppy Joes 2 Ways!

Ingredients

- 1 1/2 pounds Cooper Creek Ranch grass-finished ground beef
- 3 cloves garlic , minced
- 2 teaspoons sesame oil
- 1/2 cup ketchup
- 1/2 cup hoisin
- 1/2 cup water
- 2 tablespoons low sodium soy sauce
- 1 tablespoon rice wine vinegar
- 1/2 teaspoon sriracha
- 2 green onions sliced thinly
- ½ cup each finely diced kale, green pepper, and carrots (I do this to sneak in more veggies)

Instructions

1. In a large skillet add in the beef, lower the heat to medium and cook well, breaking it apart but leaving some chunks. Add in veggies. Cook until browned (5-6 minutes), then add in the garlic, sesame oil, ketchup, hoisin, water, soy sauce, rice wine vinegar and sriracha and stir together until the sauce starts to evaporate and the mixture becomes "sloppy" (about 5-6 minutes).

Variation 1. Toast brioche buns, add the meat and add a layer of shredded cabbage, then drizzle with mayo and sriracha.

Variation 2. Fill a bowl with shredded cabbage, top with meat, and drizzle with mayo and sriracha

Recipe adapted from <https://dinnerthendessert.com>

Melt In Your Mouth Roast Beef in The Crock Pot

adapted from <https://heatherlikesfood.com>

3-4 pound beef chuck roast

1/2 teaspoon each salt and pepper

2 tablespoons lard or your favorite cooking oil

4 ounces of your favorite ranch dressing mix

1/2 cup sliced pepperoncinis plus 1/4 cup pepperoncini juice

2 tablespoons butter

2 cups beef broth

1 tablespoon corn or potato starch

1/2 cup sour cream

Instructions

1. Heat cooking oil over med-high heat. Season roast with salt and sear in hot oil until golden brown.
2. Place roast in crock pot and sprinkle with dressing mix, pepperoncinis, pepperoncini juice, and dot with butter.
3. Cook in crock pot on LOW for 6-8 hours or until the roast is fork-tender. Remove meat from pot and drain off cooking juices into a sauce pan, skimming the top for excess fat. Add 2 cups of beef broth to the juices and bring to a boil.
4. Mix 1 tbsp of corn or potato starch with ¼ C of COLD water and slowly pour into the boiling broth mixture. Stir continuously until thickened and remove from heat. Stir in ½ cup of sour cream into the thickened broth and serve over the cooked meat.

Thank You

for supporting our first season of meat shares!

If something comes up and you can't make it, we can meet on Sunday's in Helena. You must call/email to make arrangements. info@coopercreekranch.com
(406)793-7023 or cell (406)370-7023

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