



FarmFresh

Recipes

December 2013

Available Now...

Beef

The cattle industry is Colorado's largest agricultural sector. Colorado ranks 10th in the nation for cattle numbers, with 2.6 million head of cattle and 13,000 beef producers throughout state.



Tips & Nutrition

A 3 oz. serving of lean beef (about the size of a deck of cards) is a good or excellent source of 10 essential nutrients, including protein and zinc.



Fresh Inspirations...

Colorado Meatballs

Serves 10-12

Ingredients

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|----------------------------|-------------------------------|
| 3 lbs. Ground Beef | 1 cup Seasoned Breadcrumbs |
| 1/2 cup Red Onion, diced | 1 cup Asiago Cheese, shredded |
| 1.5 tbsp. Herb Seasoning | 48 oz. Tomato Sauce |
| 2 tbsp. Beef Rub Seasoning | |
| 1.5 tbsp. Garlic, chopped | |
| 4 Eggs | |

Directions

Preheat cast iron skillet on the stove top to medium heat. In a large stainless steel mixing bowl, add the beef, onion, seasonings and garlic and mix well. Adjust seasoning if needed. Then add the eggs, cheese and breadcrumbs and mix well to combine. Once fully combined form meatballs according to your size preference. Place meatballs in skillet. Cook for about 3 minutes, then turn the meatballs over to the other side and cook for an additional 2-3 minutes. Add tomato sauce to the skillet and cover. Continue to cook until meatballs are cooked through, approximately 15 minutes. Serve with ravioli or spaghetti.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Onions