

Super-Easy Soft Taco Supreme

Ingredients:

- 1 LB Thawed ***Drug & Hormone Free*** Lean Ground Beef, Chicken or Turkey (available at ***The Fruit Shack!***)
- 1/4 cup All-purpose flour
- 1 Tbs Chili powder
- 1 tsp Salt
- 1/2 med *Ontario* Onion – finely chopped
- 1/2 tsp Paprika
- 1/4 tsp Onion powder
- Dash Garlic powder
- 1/2 cup Water
- 12 Soft taco shells

Toppings:

- Chopped *Ontario* lettuce or spinach
- Shredded *Ontario* Cheese. Cheddar, or for an extra kick, try our ‘Sizzling Hot Havarti’ (available at ***The Fruit Shack!***)
- Sour cream
- Diced *Ontario* tomatoes
- Sugar-Free Organic Salsa (available at ***The Fruit Shack!***)

Directions:

1. In a medium bowl, combine the ground meat with all of the ingredients except the water.
2. Use your hands to thoroughly mix the dry ingredients into the ground meat.
3. Add water to the skillet
4. Add the seasoned mixture to the water and cook over medium heat.
5. Mix well with a wooden spoon or spatula, breaking up the meat as it cooks.
6. Cook for 5 to 6 minutes, or until browned. The finished product should be very smooth, somewhat pasty, with no large chunks of meat remaining.
7. Heat up the taco shells according to instructions on package
8. Build each taco by spooning 2 to 3 tablespoons of the meat into a warm shell and adding desired toppings.
9. ENJOY!

Makes about 12 tacos.

Total Time to Make and cook about 20 minutes!

Greatest Chicken Wings Ever!

Ingredients:

3 lbs	Thawed <i>Drug & Hormone Free</i> Plain Chicken Wings (available at <i>The Fruit Shack!</i>)
¼ cup	Wine vinegar
4 Tbsp	White sugar
2 tsp	Dry mustard (adjust amount for desired spiciness)
2 tsp	Chilli powder (adjust amount for desired spiciness)
2 tsp	Salt
1 tsp	Pepper
1 med	Chopped <i>Ontario</i> Onion
2 cloves	Crushed <i>Ontario</i> Garlic
¼ tsp	Crushed chillies (adjust amount for desired spiciness)
¼ tsp	Tarragon
2 Tbsp	Worcestershire sauce
1 Tsp	Hot sauce (adjust amount for desired spiciness)
¼ lb	Butter

Preparation:

1. Put all ingredients together (except wings), bring to a boil and simmer for one hour.
2. Marinate for one hour over the chicken wings.
3. Bake at 450F for approximately 50 minutes (uncovered) in one or two casserole pans or to desired crispiness, being careful not to burn them. (temperature can be reduced to 375F but then cooking time increases)
4. Wings can be turned 2 or 3 times during baking.
5. A gravy separator can also be used half way through cooking to separate the oil from the marinade
6. Then pour back the marinade over the wings and continue cooking.
7. ENJOY!

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Quick & Delicious Chilli Con Carne

This recipe can be easily doubled or tripled to make larger batches that can then be frozen for future meals.

Ingredients:

1	LB	Thawed Drug & Hormone Free Lean Ground Beef, Chicken or Turkey or a combination of them (available at The Fruit Shack!)
1/2	med	Ontario Onion - Sliced
1 -	20 oz can	Kidney Beans
1 -	20 oz can	Stewed Tomatoes – or fresh Ontario Roma`s in season
1		Ontario Green Pepper - diced
To taste		Garlic Powder
To taste		Onion Powder
1/2	tsp	Chili Powder
1/4	tsp	Oregano
1	cup	Ketchup
	Dash	Cayenne Pepper

Directions:

1. Brown ground meat and sliced onion.
2. Add the remainder of the ingredients.
3. Bring to a boil over medium heat, stirring occasionally.
4. Turn heat down to low and simmer uncovered until thickened.
5. ENJOY!

Tomato Beef with Green Peppers

- 1 LB Thawed ***Drug & Hormone Free*** Stewing Beef (available at ***The Fruit Shack***)

Marinade:

- 1 tsp Red wine vinegar
1/2 tsp Sugar
2 Tbsp Soy Sauce
1 tsp Minced Fresh Ginger Root
1/4 tsp Fresh Cracked Pepper
1 tsp Cornstarch
2 Tbsp Vegetable Oil

Seasoning Sauce: (Double the following for saucier meal)

- 1/4 cup Chicken Broth
1/4 cup Water
2 tsp Cornstarch
1 Tbsp Soy Sauce
1 tsp Sesame Oil
1 Tbsp Sugar
2 Tbsp Ketchup

Stir fry:

- 1/2 cup Vegetable Oil
10 *Ontario* Green Onions cut into 1 inch lengths
1 *Ontario* Green Pepper chopped in 1 inch pieces
1 tsp Salt
1 *Ontario* Tomato, chopped in 1-inch pieces

Directions:

1. Cut beef cubes in half, across the grain.
2. Combine the marinade in a medium bowl.
3. Add beef, mix well. Let stand 20 minutes.
4. Heat half of the oil in a fry pan over medium heat 1 for minute.
5. Stir fry marinated beef until very lightly browned.
6. Remove beef and set aside. Wipe out fry pan.
7. Add the remainder of the oil and heat over high heat.
8. Stir fry green onions for 1 minute, then add peppers for another minute, then add the tomato and stir fry for another minute.
9. Add the sauce and beef to the vegetables and cook over med-high heat until the sauce thickens, stirring occasionally
10. Reduce heat and simmer for around 30 minutes.
11. Serve over a bed of ***Maria's Egg Noodles*** (available at ***The Fruit Shack!***)
12. ENJOY!

Fall-Off the Bone Ribs

Ingredients:

- 2 racks Thawed ***Drug & Hormone Free*** Back Ribs (available at ***The Fruit Shack!***)
- 1 cup Ketchup
- To Taste Garlic Powder
- 1/2 cup Brown sugar
- 1/2 cup Zesty Italian dressing

Directions:

1. Cut ribs into small sections - about 2 ribs per section
2. Boil for 45 minutes with salt and pepper to taste
3. Mix remaining ingredients
4. Coat ribs with sauce
5. Spread ribs & sauce evenly into a casserole dish
6. Bake slowly at 250F uncovered for 4-5 hours or until sauce is caramelized
7. Turn occasionally.
8. ENJOY!

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