

BREAKFAST SAUSAGE

Makes: 24 patties

Ingredients:

- 3 pds ground pork
- 3 tsp fennel seeds
- 1 tsp thyme
- 1 tsp ground pepper
- 2 tsp sage
- 2 tsp nutmeg
- 2 tsp salt

Directions:

1. Grind the fennel seeds in a spice or coffee grinder.
2. Combine all the spices and mix with the pork.
3. Shape into patties using a ¼ cup measuring cup.
4. Heat a large frying pan over medium-high heat and fry the patties about 7 minutes per side (to an internal temperature of 160).
5. Move to a cooling rack and allow the sausage to cool before freezing.

Freezing instructions:

1. Place the cooked and cooled sausage patties in a single layer on a large cookie sheet. Put in the freezer until the patties are frozen solid.
2. Put all the frozen patties in one freezer container before putting back into the freezer.

Cooking instructions:

Microwave or reheat over medium heat until heated through.

Sweet & Sour Meatballs

Makes: 60 meatballs

Ingredients:

For the meatballs -

3 pds ground pork
1 cup soft bread crumbs
1-2 tsp red pepper flakes
2 tsp salt
2 eggs
2 Tbsp milk
1 onion, finely chopped

For the sauce –

3 cups celery, thinly sliced
1 onion, halved and thinly sliced
2 bell peppers, thinly sliced
2 Tbsp fresh ginger, minced
3 garlic cloves, minced
2 20 oz cans pineapple chunks
½ cup apple cider vinegar
½ cup honey
¼ cup soy sauce
¼ cup cornstarch

Directions:

1. **For the meatballs:** Combine the pork, bread crumbs, red pepper (more or less to taste), salt, eggs, milk, and onion. Shape into small meatballs (makes about 60 meatballs).
2. Preheat the oven to 350. Heat a large nonstick frying pan over medium-high heat. Add the meatballs in batches, browning on all sides (about 10 minutes). Remove the browned meatballs to a cookie sheet. When all the meatballs have been browned put them in the preheated oven for 10 minutes or until they are cooked through (160 degrees).
3. **For the vegetables:** Drain the fat from the frying pan, leaving about a tablespoon. Add the onion, celery, and bell pepper to the pan (cooking in two batches, if necessary). Saute until the vegetables are slightly softened, about 6 minutes. Add the garlic and ginger and cook about 1 minute longer.
4. **While the meatballs and vegetables are cooking, prepare the sauce:** Drain the pineapple, straining the juice into a large measuring cup. Add enough water to the juice to equal 2 cups. Add the vinegar, honey, soy sauce, and cornstarch, whisking well.
5. When the vegetables have finished cooking, remove them from the pan.
6. Place the frying pan back on the stove. Pour the sauce into the pan and, whisking occasionally, bring it to a simmer. When it thickens, remove it from the heat and allow to cool.

Freezing instructions:

1. Divide the pineapple, meatballs, and cooked vegetables between 3 freezer containers or bags.
2. Divide the cooled sauce between the 3 containers.
3. Seal the bags, squeezing out as much air as possible, and freeze flat.

Cooking instructions:

To reheat: Thaw and pour the contents of the bag or container into a large saucepan over medium heat. Reheat and serve with rice and stir-fry vegetables.

SIMPLE PORK PLAN - SHOPPING LIST

<i>FRESH PRODUCE</i>	<i>GRAINS, BEANS, PASTA</i>
2 onions Celery, 3 cups 2 bell peppers, red, orange or yellow Fresh Ginger Garlic	Soft bread crumbs, 1 cup
<i>MEATS</i>	<i>FROZEN</i>
6 pounds ground pork	
<i>DAIRY</i>	<i>CANNED FOODS</i>
Eggs, 2 Milk, 2 Tbsp	Pineapple Chunks, 2-20oz cans
<i>SEASONINGS & SPICES</i>	<i>MISC.</i>
Fennel seeds Thyme Ground pepper Sage Nutmeg Salt Red Pepper Flakes	Apple Cider Vinegar Honey Soy Sauce Cornstarch 4 Large Freezer Bags

SIMPLE PORK PLAN - PREP LIST

<i>PREP LIST</i>	<i>PLAN</i>		
<p>CHOP:</p> <ul style="list-style-type: none"> 1 onion, finely minced 1 onion, halved and thinly sliced 2 bell peppers, thinly sliced 3 cups celery, thinly sliced 2 Tbsp fresh ginger, minced 3 garlic cloves, minced 	<ul style="list-style-type: none"> 1. Combine 3 pds pork and sausage seasonings 2. Shape into patties using a ¼ cup measuring cup 3. Cook, frying 6-7 minutes per side 4. Remove and let cool, wipe out pan 5. Combine ingredients for meatballs 6. Cook, frying until browned 7. Finish cooking meatballs in oven 8. Cook vegetables in same frying pan 9. Remove vegetables from frying pan 10. Use pan to heat & thicken sauce 11. Cool sauce 		
<p>INGREDIENTS</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><i>Sausage:</i></p> <ul style="list-style-type: none"> 3 tsp fennel seeds 1 tsp thyme 1 tsp ground pepper 2 tsp sage 2 tsp nutmeg 2 tsp salt </td> <td style="width: 50%; vertical-align: top;"> <p><i>Meatballs:</i></p> <ul style="list-style-type: none"> 1 cup soft bread crumbs 1-2 tsp red pepper flakes 2 tsp salt 2 eggs 2 Tbsp milk 1 onion, finely chopped </td> </tr> </table>	<p><i>Sausage:</i></p> <ul style="list-style-type: none"> 3 tsp fennel seeds 1 tsp thyme 1 tsp ground pepper 2 tsp sage 2 tsp nutmeg 2 tsp salt 	<p><i>Meatballs:</i></p> <ul style="list-style-type: none"> 1 cup soft bread crumbs 1-2 tsp red pepper flakes 2 tsp salt 2 eggs 2 Tbsp milk 1 onion, finely chopped 	<p>FREEZE</p> <ul style="list-style-type: none"> 1. Flash freeze sausage patties 2. Divide meatballs, pineapple, vegetables, and sauce between 3 freezer containers 3. Put frozen sausage patties in freezer bag 4. Place everything in the freezer
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<p>PREP:</p> <ul style="list-style-type: none"> 1. Grind 3 tsp fennel seeds 2. Combine seasonings for breakfast sausage 3. Prepare sauce ingredients – <ul style="list-style-type: none"> Pineapple juice & water to equal 2 cups ½ cup apple cider vinegar ½ cup honey ¼ cup soy sauce ¼ cup cornstarch 	<p>NOTES</p>		