

The 2020 Virtual Cooking Class is going to look much different than it has in years past. Miss Nicole and Miss Jody will be working together to give you a live presentation and a step by step guide over the 1.5 hours you spend with them.

This class is meant to be fun and interactive, but it is also full of tips and tricks to help you save money by buying in bulk, making meals that can be frozen to be eaten later, or meals that can transform into something new through your week.

You will be given all of the recipes and ingredients needed to make all of the meals, but you and your staff can decide what one you might want to try. You can decide to make one of the recipes with us on Wednesday. We will have time to stop and answer any questions you may have while we are all together virtually.

Don't worry, there will also be a desert since that is what this class is becoming famous for. Who remembers the Cheesecake Stuffed Strawberries last year!?

Thanks for being a part of this class and we look forward to getting to know you all a bit better in a few weeks.

Finally, if you make one of the recipes, Nicole and Jody would love to see some photos. You can text them to 412-523-7918 along with your name and what county you are from.

#### Sloppy Joe Ingredients

2 lbs ground beef

1 small onion

1 green pepper

1 red pepper

1 jar chili sauce

Brown Sugar (optional)

1 Tbs olive oil

Salt

Pepper

Buns

#### Directions:

In a large frying pan, add 1 tablespoon of olive oil and turn the burner to medium heat.

Next take the green and red peppers and wash them cut them up into small pieces. Try not to get the seeds into the cut pieces. Add these to the frying pan.

Cut up the onion and add them to the pan. Let these sauté until they start to get soft.

Add in about a pound of ground beef to the pan, then sprinkle in some salt and pepper.

Let all of the ingredients cook together until the beef gets brown.

Next, I like to drain the grease.

Add in the chili sauce and brown sugar to taste.

### Cheddar Stuffed- Bacon Wrapped Meatloaf

I know, this sounds terrible for you, but we are going to sneak in some vegetables too!

#### Ingredients

2 pounds ground Beef

1-2 eggs

1/3-2/3 cup bread crumbs

1 medium onion (finely chopped)

1 cup green squash (finely chopped)

1 cup shredded carrots

4.8 ounces chopped black olives

Salt and Pepper to taste

1 package of bacon

1 cup shredded cheddar cheese

½ cup barbecue sauce

Parchment paper

#### Directions

Turn your oven to 350 degrees. Line your bread pan with parchment paper and then with 2/3 of your bacon, allowing pieces to hang over the sides.

Now move to the meat mixture. In a large mixing bowl combine the ground beef, squash, onions, carrots, olives, salt and pepper. Add in 1 egg and 1/3 cup of bread crumbs. If the mixture feels wet, add in another 1/3 cup of bread crumbs. If it feels dry add another egg.

Once all ingredients are mixed together, split the meat into 2 sections about 2/3 and 1/3. Using the larger portion, place it on top of your bacon in the bread pan. Make a crease down the middle with your finger and add your cheese to that gully. Take the rest of the meat and flatten it to cover the bottom half of the meat and cheese. Fold the bacon that was hanging over the sides and add the rest of the

bacon to the top of the meatloaf. Take about ¼ cup of the bbq sauce and spread it on top of the bacon and ground beef.

Place the loaf in the oven for 40 minutes. Carefully remove from the oven and spread the other ¼ cup of bbq sauce on top. Continue baking for another 20 minutes. You may want to add some more bbq sauce as it comes out of the oven. Allow the meatloaf to rest for 5-10 minutes before slicing.

Use caution as you remove the loaf from the pan. The meat and the bacon will have accumulated juices. Once that juice has been drained, move the meatloaf to a plate, slice and enjoy.

## Spaghetti and Meatballs

### Ingredients:

2 pounds ground beef

1 large onion (1/2 chopped for sauce and ½ finely chopped for meatballs)

6 cloves garlic (3 chopped for sauce and 3 finely chopped for meatballs)

2 Tbls olive oil

2-32 oz cans crushed tomatoes

2- 32 oz cans tomato sauce

1- 6 oz can tomato paste

Fresh Basil

Italian Seasoning

2 cups grated parmesan cheese (1 cup for the sauce and 1 cup for the meatballs)

1 cup Italian bread crumbs

### Instructions:

In a large sauce pot over a medium to low heat, put few tablespoons of olive oil, some cut up onions and garlic and add them to the pot. Let these sauté and be sure to stir them around the pot.

Next, add in the crushed tomatoes, tomato paste and tomato sauce. Now, add in some spices, fresh basil and Italian seasoning, some salt and pepper, 1 cup of parmesan cheese and finally, a little sugar to down on the acidity of the tomatoes. Mix it all together and put it on low on your stove top. Allow the sauce to come to a slow boil and be sure to stir constantly.

While the sauce is getting hot, get out your ground beef. Put it in a large mixing bowl, add in the rest of your chopped onions, chopped garlic, salt, pepper, 1 egg, Italian bread crumbs and parmesan cheese. Make sure your hands are nice and clean and then dig in, mixing them all together.

When everything is mixed, take some of the meat and roll it into a small ball. You want it to stick together easily, but you don't want it to be too wet. Throw that meatball in the sauce and stir it. After a few minutes, check and make sure it hasn't fallen apart. If it is still intact, make the rest of your meatballs and add them to the sauce. Gently stirring them in.

If it has fallen apart you might need to add more of your binding ingredients, breadcrumbs or an egg. If you feel the meat and it feel too wet, add some breadcrumbs. If you think it is too dry, add an egg.

Allow the meat and sauce to cook on the stovetop for a few hours on a low heat. It is important to make sure you are mixing the sauce, gently so you don't break the meatballs. Make sure you put a lid on the pot. The sauce will bubble up and make a huge mess all over your stove. The sauce can cook for as little as 1 hour or all day. The longer you cook the sauce, the thicker and more of a cooked flavor it will get. The shorter the cook time, the more of a tomato flavor you will have. So, take your clean spoon and taste it as it cooks. You can decide when you like the flavor and turn the heat off then.

So now you have this big pot of meatballs and sauce. Boil your favorite pasta and add the sauce and meatball on top.

*Pro Tip: As you are mixing, you want to feel the bottom of the pot. If you think it is sticking, don't push down too hard. The sauce might have gotten stuck to the bottom of the pot and burned. This does not mean the sauce is ruined, it just means you must be gentle. Don't scrape up that burnt sauce, leave it there and stir what is on top of it.*

## **Dirt Dessert**

### **Ingredients:**

3½ cups milk

2 (3.4 oz) packages instant French vanilla pudding

1 package Oreo cookies

½ cup butter room temperature

8 oz cream cheese room temperature

1 cup powdered sugar

8 oz cool whip thawed in the refrigerator

Gummy worms optional

### **Instructions:**

Crush the Oreos:

Remove 8 Oreos from the package and place on a cutting board.

Cut the cookies into small, ¼" pieces, set aside

Put the rest of the cookies in a plastic bag and find something to crush them with. You can use a rolling pin. Try to break them down as much as possible. If you have a blender or a food processor, you can put them in there to make them into crumbs.

Set aside.

Make the pudding:

In a medium bowl, whisk together milk and pudding. Set aside in the refrigerator to solidify.

With a hand-held mixer in a large bowl, cream together butter and cream cheese. Beat until well combined & smooth (about 30-60 seconds).

Add powdered sugar and beat until smooth.

Add pudding to the butter/cream cheese mixture and beat on low speed to combine.

Fold in cool whip until the mixture is uniform throughout.

Assemble:

Layer the pudding mixture and cookies. Start by pouring 2 cups of pudding mixture into the bottom of a bowl and spread it until level.

Sprinkle  $\frac{1}{2}$  cup cookie crumbs and  $\frac{1}{4}$  cup chopped cookies evenly over the pudding.

Repeat using 2 cups of pudding,  $\frac{1}{2}$  cup cookie crumbs and  $\frac{1}{4}$  cup chopped cookies for each layer.

Add gummy worms to each layer as desired, or only add some to the top.

Be sure the final layer is cookie crumbs!

Refrigerate overnight before serving.