



# FarmFresh

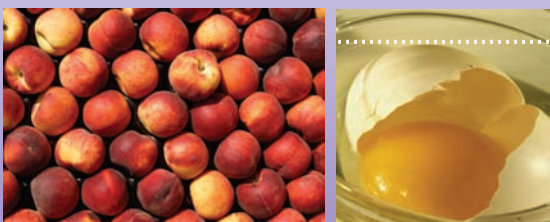
## Recipes

December 2017

### Available Now...

#### Pork

Try pork loin, chops, sausage or a traditional ham for your holiday meals. Or, add a little bacon to your dishes, which makes everything better.



#### Tips and Nutrition

Pork is an "excellent" source of nutrients important to our health such as thiamin, niacin, riboflavin, vitamin B-6, phosphorus and protein and a "good" source of zinc and potassium.



### Fresh Inspirations...

#### Spicy Pork Ragu

##### Ingredients

- |   |                              |
|---|------------------------------|
| 1 Lb. Hot Italian Pork Sausage          | 2 Tbsp. Sugar                |
| 1 Cup Carrot, peeled and diced          | Kosher Salt to Taste         |
| 1 Cup Celery, diced                     | Black Ground Pepper to Taste |
| 1 Cup Yellow Onion, diced               | Chicken Stock, if needed     |
| 1 Tbsp. Fresh Garlic, minced            |                              |
| 2 28oz Cans San Marzano Tomatoes, diced |                              |
| 1 Tsp. Italian Herb Blend               |                              |
| 2 Tsp. Red Pepper Flakes                |                              |

##### Directions

Heat an 8 or 9 quart cast iron Dutch oven over high heat for 5 minutes. Add the ground sausage and cook until half cooked. Remove the sausage and leave the fat in the pan. Add the carrots, celery and onions and sauté for 5 minutes. Turn down heat to medium and add the garlic then sauté for 1 minute. Add the pork, seasonings, tomatoes and sugar and mix well. Once at a simmer, cover the Dutch oven. Simmer for 30 minutes, checking and stirring occasionally. If needed, adjust moisture level with chicken stock. Adjust seasoning if needed. Serve over pasta.

Enjoy with Colorado Elderberry and Apple Wassail (click link for recipe).

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

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.coloradoproud.org](http://www.coloradoproud.org) for a complete list of recipes.

### Next Month... Food Safety Tips