Amish Ham Salad



Prep Time	Cook Time	Total Time
15 mins	5 mins	20 mins

Servings: 6
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 egg
  beaten
- 2 teaspoon flour
- ½ teaspoon black pepper
- 2 Tb sugar or honey
- 2 c diced cooked ham
- ½ c milk
- ½ teaspoon salt
- 1 teaspoon mustard
- ⅓ c white vinegar
- 9 hard cooked eggs
  diced

Instructions

- To begin, beat the egg and milk together in a dish.
- Add in the flour, salt, pepper, and mustard and whisk until smooth. Set that aside for just a moment.
- Cook the sugar (or honey) and vinegar in a sauce pan until they begin to boil.
- Add in the egg mixture and whisk continually until it is smooth and thick. Remove it from the heat to cool for a few minutes.
- Place the diced hard-cooked eggs and diced ham in a mixing bowl.
- Pour dressing over the top and fold it together until combined.
- Serve immediately or chilled on rolls or lettuce leaves.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Calories: 243kcal | Carbohydrates: 8g | Protein: 22g | Fat: 13g | Saturated Fat: 4g | Polyunsaturated Fat: 8g | Cholesterol: 340mg | Sodium: 782mg | Sugar: 5g

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Apple Spice Pulled Pork | Slow Cooker



Prep Time	Cook Time	Total Time
5 mins	8 hrs	8 hrs 5 mins

Servings: 12 servings Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 4 lb pork tenderloin
- 1 Tb cinnamon
- ½ teaspoon grated fresh ginger
- ½ teaspoon sea salt
- 2 c apple juice
  or natural apple cider
- 2 Tb cumin
- 2 cloves garlic
  minced
- ½ teaspoon ancho chili powder
- ½ teaspoon ground black pepper
- 2 apples
  cored and cut into wedges (peeling optional)

Instructions

- To begin, cut your pork loin in half so that it fits in your slow cooker. Place it in your slow cooker
- Sprinkle all of the seasonings over the top of the pork.
- Pour in the apple juice or cider.
- Arrange the apple wedges in the slow cooker.
- Cover your slow cooker and let the pork cook on low for 8 - 10 hours.
- Transfer the pork to a pan and shred it with forks.
- Mash the apples into the pork as you shred it.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Calories: 264kcal | Carbohydrates: 10g | Protein: 40g | Fat: 6g | Saturated Fat: 2g | Polyunsaturated Fat: 3g | Cholesterol: 110mg | Sodium: 190mg | Fiber: 1g | Sugar: 7g

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Bacon Wrapped Pork Tenderloin with Orange Sauce



Prep Time	Cook Time	Total Time
10 mins	40 mins	50 mins

Servings: 6 Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- ½ teaspoon sea salt
- ½ teaspoon smoked paprika
- ⅛ teaspoon freshly ground black pepper
- 5 or 6 slices bacon
  cut in half
- ½ teaspoon garlic powder
- ⅛ teaspoon cinnamon
- 1 ½ lb pork tenderloin

For the Sauce

- 2 c orange juice
- 1 clove garlic
  minced or grated
- 1 teaspoon chili powder
- ¼ teaspoon fish sauce
- ¼ c coconut aminos
- 2 Tb honey
- ½ teaspoon smoked paprika
- dash cayenne pepper

Instructions

- To begin, preheat your oven to 425 degrees.
- Combine the sea salt, garlic powder, smoked paprika, cinnamon, and black pepper in a small dish.
- Place your pork tenderloin in a baking dish.
- Sprinkle the spice mixture evenly all over the tenderloin.
- Place a half slice of bacon across the tenderloin, tucking the ends underneath. Start at one end and work your way to the other, blanketing the tenderloin with lovely strips of bacon.
- Place the tenderloin in the oven and bake for 30-40 minutes, or until the tenderloin reads 140 degrees when tested with a meat thermometer. Allow it to rest 5-10 minutes before you slice it.
- While the tenderloin is baking, combine all of the sauce ingredients together in a sauce pan. Bring it to a boil, reduce the heat to medium, and let it gently cook until

the liquid has reduced by half.

- To serve, place the tenderloin on a platter with a lip. Spoon some of the sauce over the top. Reserve the rest for serving with.
- Slice the tenderloin into serving portions.
- Enjoy!

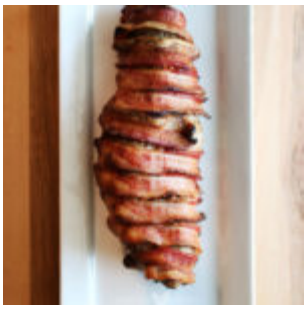
SEE THIS RECIPE:

Nutrition

Calories: 216kcal | Carbohydrates: 17g | Protein: 24g | Fat: 5g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 75mg | Sodium: 507mg | Potassium: 635mg | Fiber: 1g | Sugar: 13g | Vitamin A: 431IU | Vitamin C: 42mg | Calcium: 20mg | Iron: 1mg

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Bacon Wrapped, Honey Mustard Pork Tenderloin



Prep Time	Cook Time	Total Time
5 mins	45 mins	50 mins

Servings: 6 Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- ½ teaspoon freshly ground black pepper
- ¼ c country style Dijon mustard
- 1½ lb pork tenderloin
- ½ teaspoon kosher salt
- 1 Tb honey
- 5 slices bacon
  cut in half

Instructions

- To begin, preheat your oven to 425 degrees.
- Place your pork tenderloin in a roasting pan. Sprinkle it with the salt and pepper.
- In a small dish, combine the mustard and honey. Brush this mixture all over the pork tenderloin.
- Lay the bacon slices across the tenderloin, tucking the ends underneath.
- Bake for 40-45 minutes, or until a meat thermometer reads 145 degrees for medium.
- Remove the roast to a platter and let it rest for 10 minutes before cutting.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 229kcal | Carbohydrates: 4g | Protein: 33g | Fat: 8g | Saturated Fat: 3g | Polyunsaturated Fat: 5g | Cholesterol: 92mg | Sodium: 690mg | Sugar: 3g

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Baked Glazed Ham



Prep Time	Cook Time	Total Time
5 mins	3 hrs	3 hrs 5 mins

Servings: 20
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

For the Glaze:

- 1 c brown sugar
- ¼ teaspoon cinnamon
- 2 Tb water
- ¼ c flour
- ⅓ c red wine

The Ham:

- Shank style or spiral cut ham
- 1 c water

Instructions

- In a small sauce pan, whisk together the brown sugar, flour, & cinnamon.
- Stir in the wine and water.
- Simmer the glaze over medium heat, stirring until the sugar is dissolved. Remove it from the heat.
- Place your ham in a roasting dish with 1 cup of water in the pan.
- Brush the glaze over your ham, cover the ham tightly with foil, and bake 18 minutes per pound at 350 degrees.
- Brush additional glaze onto the ham every 40 minutes until the ham is done according to the instructions for the type of ham you have.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 52kcal | Carbohydrates: 10g | Protein: 2g | Cholesterol: 4mg | Sodium: 69mg | Sugar: 9g

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Baked Maple Ribs



Prep Time	Cook Time	Total Time
5 hrs	1 hr 15 mins	6 hrs 15 mins

Servings: 6
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 c apple juice
- 1 Tb extra virgin olive oil
- 2 star anise pods
- 4-8 whole garlic cloves
- ⅓ c real maple syrup
- 2 Tb soy sauce
- 1 cinnamon stick
  broken in half
- 2 ½ lb slab of pork ribs

Instructions

- To begin, in a bowl or large measuring cup, combine the apple juice, real maple syrup, soy sauce, star anise pods, and the cinnamon stick.
- Crush the whole cloves of garlic. No need to peel them, just crush them with the side of your knife or give them a whack with the bottom of a glass.
- Place the slab of pork spare ribs into a large (2 gallon) zipper storage bag. Pour in the marinade and toss in the garlic. Press as much air as you can out of the bag and give it a good shake. Place the bag in a pan (just in case of leaks) and set it in your refrigerator.
- Whenever you remember, give the bag a shake and turn it over. Normally I will do this first thing in the morning and let it chill all day, but you could do it the day before if you like. It won't hurt a thing.
- When it starts getting closer to supper time, dump the contents of the bag into a large baking pan. Put this into a 400 degree oven and bake for 1 hour, 15 minutes.
- When they are done baking, let them rest a few minutes and then cut them into portions.
- Enjoy!

Notes

We love garlic so I went with the larger amount, but if you want a little less...use a little less.

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 776kcal | Carbohydrates: 18g | Protein: 40g | Fat: 61g | Saturated Fat: 18g | Polyunsaturated Fat: 28g | Cholesterol: 198mg | Sodium: 468mg | Sugar: 15g

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Bourbon Barbecued Baby Back Ribs



Prep Time	Cook Time	Total Time
15 mins	2 hrs 20 mins	2 hrs 35 mins

Servings: 6 Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 rack of baby back pork ribs
- 1 teaspoon salt
- ⅓ c country style whole grain Dijon mustard
- ¼ c water
- 2 Tb Tabasco sauce
- 1 Tb liquid smoke
- 2 teaspoon garlic powder
- ⅓ c bourbon
- heavy duty foil
- 3 c ketchup
- 1 teaspoon black pepper
- ⅓ c molasses
- 2 Tb each of honey
- 1 ½ Tb Worcestershire sauce
- 2 teaspoon onion powder
- 1 ½ teaspoon sea salt
- 1 c apple juice

Instructions

- To begin, heat your grill to about 385 degrees, with the heat on one side of the grill for indirect heat. Remove the membrane from the underside of your rack of ribs. Sprinkle with salt and pepper.
- Place your ribs on the grill, bone side down – on the side with out the direct heat. Close the grill and cook for 40 minutes. Don't peek!
- While it is doing it's first cook, prepare your barbecue sauce. In a saucepan, combine ketchup, Dijon mustard, molasses, water, honey, Tabasco sauce, Worcestershire sauce, liquid smoke, onion and garlic powders, and sea salt. Whisk these all together over medium heat and cook until it begins to bubble. Turn down the heat to a simmer.
- Add in the bourbon. Stir it in and let it simmer on low for 30 minutes, stirring occasionally.
- After 40 minutes on the grill, place the ribs in a large pouch of double layered heavy duty foil. Shape the foil like a bowl. Pour in the apple juice. Close the foil tightly and place it back on the grill, again over indirect heat, for 90 minutes.

- Carefully pull the rack of ribs from the foil and brush it all over with the barbecue sauce. Cook an additional 5 minutes on each side for 10 minutes total, directly on the grate – but still indirect heat. Pull the ribs off and let them rest a few minutes before cutting.
- Serve the ribs with additional sauce. Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 343kcal | Carbohydrates: 75g | Protein: 4g | Fat: 3g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Cholesterol: 7mg | Sodium: 2962mg | Fiber: 2g | Sugar: 62g

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Cheddar Ham Chowder



Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins

Servings: 6
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 3 c red or yellow potatoes
- 4 c water
- 1 ½ - 2 c diced cooked ham
  leftovers are ideal
- ¼ c flour
- 2 c grated sharp or extra sharp cheddar cheese
- 1 teaspoon pepper
- Extra shredded cheese for topping
- 16 oz frozen mixed vegetables
- ¼ c butter
- 1 small onion
- 1 ½ c milk
- 1 teaspoon salt
- 1 teaspoon thyme

Instructions

- To begin, cut up the potatoes into 1 inch pieces.
- Toss the potatoes into a Dutch oven along with the frozen mixed veggies.
- Add about 4 cups of water – just enough to cover the veggies.
- Bring the contents to a boil, reduce the heat, and cook on medium heat until the veggies are just done.
- While the veggies are cooking, in a small sauce pan melt the butter.
- While it is melting, finely dice a small onion and dice up about 1 1/2 – 2 cups of your leftover ham.
- When the butter is melted, toss in the onion. Let it cook in the butter for a couple minutes, until it is tender.
- Stir in the flour. Cook for just a minute.
- Whisk in the milk. Cook it over medium heat, stirring continually until it comes to a boil. Reduce the heat as low as it goes.
- Stir in the shredded cheddar cheese. Stir until the cheese is melted and then pour it into the Dutch oven with the cooked veggies.
- Stir in your cooked, diced ham, the salt, pepper, and thyme.

- Cook for a few more minutes until the ham is heated through. Serve with some extra shredded cheese on top.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 672kcal | Carbohydrates: 38g | Protein: 41g | Fat: 40g | Saturated Fat: 22g | Polyunsaturated Fat: 12g | Trans Fat: 1g | Cholesterol: 148mg | Sodium: 1694mg | Fiber: 6g | Sugar: 5g

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Classic German Schweine Schnitzel



Prep Time	Cook Time	Total Time
20 mins	45 mins	1 hr 5 mins

Servings: 8 servings Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 pork loin roast
  or chicken cutlets
- 1 Tb all-purpose flour
- 2 cups dry bread crumbs
  5 bread slices worth
- butter & olive oil
  as needed
- ⅓ c onion
  finely diced
- 1 ½ c half & half
- 1 Tb parsley

For Serving

- Egg noodles
  like spaetzle – cooked according to package directions

- 1 c all-purpose flour
- 3 eggs
- salt & pepper
- 7 slices bacon
  or turkey/beef bacon - see note in recipe
- 1 c vegetable broth
- 1 teaspoon thyme

Instructions

- To begin, take the pork loin roast and cut it into half-inch thick slices. Place a couple slices in a gallon sized zip-lock bag and give them a bash with the bottom of a heavy skillet. The cutlets should be about 1/4 inch thick. Repeat that with all of your cutlets.
- Now you'll need three shallow dishes. In the first dish, place a cup or so of flour, in the second, beat the three eggs, and in the third, you'll need some dry bread crumbs. My bread crumbs are semi-dry. I took about 5 slices of bread, toasted them, let them cool, ripped them in a couple pieces, and pulverized them in my food processor. Tadaa!!! Instant fresh "dry" bread crumbs. You will also need some salt and pepper. Set these all up in an area like a "dipping station."

- Salt and pepper both sides of a cutlet. Dredge it in the flour. Dip it in the egg. And then coat it with the bread crumbs. I give it a little press so they stick well. Set the cutlet on a plate and do another.
- In a heavy skillet, heat up a tablespoon each of butter and olive oil. You want your skillet to be well heated, but not smoking hot. Place however many cutlets will fit comfortably in your skillet.
- Cook the cutlets about 3 minutes on each side, until beautiful and golden, and place them in a dish to keep warm in your oven. Set your oven to its lowest temperature if it doesn't have a "warm" setting.
- While the cutlets cook, prepare your next skillet-full of cutlets, so they are ready to go. Add more butter & oil as needed. Repeat until all of the cutlets are cooked. The next part only takes a few minutes so go ahead and turn off your oven. The cutlets will still be warm and you don't want them to dry out.
- Dice up the slices of bacon and finely dice a third cup of onion. In the same skillet that you cooked the pork in, sauté the bacon and onion together until the onions are tender and the bacon is just browned. Add additional butter as needed, or if you are using turkey/beef bacon.
- Stir in a tablespoon and a half of flour. Let that cook a minute over medium heat and get a little bubbly. Whisk in the vegetable broth, half & half, thyme, and parsley.
- Let that come to a gentle boil, whisking continually. As soon as it begins to boil, it will be a tad thickened, and it is done!
- Serve the schnitzel with noodles, topped with your amazing gravy. I used spaetzle, but any egg noodle will do.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 323kcal | Carbohydrates: 29g | Protein: 15g | Fat: 16g | Saturated Fat: 7g | Polyunsaturated Fat: 8g | Cholesterol: 114mg | Sodium: 560mg | Fiber: 2g | Sugar: 4g

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Cola Barbecue Pulled Pork



Prep Time	Cook Time	Total Time
2 mins	8 hrs	8 hrs 2 mins

Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 - 2 lb pork loin roast
- 1 12 ounce bottle or can of cola
- 2 Tb creole seasoning
- 1 12 ounce bottle of barbecue sauce

Instructions

- Place the pork roast in your slow cooker.
- Sprinkle in the creole seasoning.
- Pour in the cola and barbecue sauce.
- Cover and cook on low for 6-8 hours.
- Shred the pork with 2 forks and then serve on roll with your favorite sides.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 200kcal | Carbohydrates: 6g | Protein: 24g | Fat: 8g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Cholesterol: 73mg | Sodium: 728mg | Sugar: 5g

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Constance's Famous Pulled Pork - Carolina Style BBQ



Prep Time	Cook Time	Total Time
20 mins	15 hrs	15 hrs 20 mins

Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

For the Sauce

- 2 c yellow mustard
- ½ c water
- ½ c brown sugar
- ¼ c unsalted butter
- 2 teaspoon ground black pepper
- 2 teaspoon red pepper flakes
  optional for hot version
- 1 ½ c apple cider vinegar
- 2 c sugar
- ¼ c chili powder
- 2 Tb Liquid Smoke
  hickory flavor
- 2 teaspoon soy sauce
- ½ teaspoon cayenne pepper

For the Pork

- 8-9 lb "Boston Butt" or Boston shoulder pork roast
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- ¼ c red wine
- 1 teaspoon salt
- 2 Tb olive or vegetable oil
- 1 Tb Liquid Smoke
  hickory flavor
- 1 ½ c chicken broth

Instructions

To Prepare the Sauce:

- Make this sauce the day before you plan to make your BBQ. That allows the flavor to fully develop before you use it.
- In a sauce pan, combine all of the sauce ingredients over medium heat. Stirring often, bring the mixture to a gentle boil.
- Reduce the heat and let it simmer for 15 minutes. Remove it from the heat and allow it to cool to room temperature.
- When the sauce(s) come to room temperature, set aside two cups of it in a jar or container. Pour the remaining sauce into serving bottles or jars. Refrigerate.

- **For the Hot Version (Optional):**
- Ladle about 1½ cups of the sauce into a small sauce pan.
- Add the red pepper flakes to the sauce pan and let it simmer for 10 minutes.
- Remove the sauce from the heat and allow it to come to room temperature. This will get spicier as it sits.
- **For the BBQ:**
- Trim the excess fat from the roast and the pat it dry with a paper towel. Salt and pepper both sides well.
- In a Dutch oven, heat the oil over fairly high heat. When it is very hot, but not smoking, place the roast in the pot. Do not move it. Let it sit for about 3-4 minutes.
- Turn it over and sear the other side. Rotate this and repeat on each side of the roast that you can.
- When you have seared it, transfer the roast to a crock pot (slow cooker.)
- In a bowl, combine 1 cup of the broth, the wine, garlic powder, salt & pepper, and liquid smoke.
- Pour it all over the roast. Put the lid on your slow cooker and cook it on low for 8-12 hours, or overnight.
- To finish it, carefully transfer the roast to a platter or large baking dish, like a 9×13 cake pan. Discard all but 1 cup of the liquid in the slow cooker. Using two forks, shred the pork roast. Discard any remaining “fat chunks” or bones.
- Put the meat back into the slow cooker, then pour in the reserved liquid along with 2 cups of the sauce that you have made and the remaining ½ cup Chicken Broth. Stir it all together and let this sit on LOW 3-4 hours. (If your Low" is still hot, put it on "warm.")
- When dinner time rolls around, serve pulled pork on rolls, topped with additional barbecue sauce.

Notes

- If your slow cooker is not large enough for a Boston butt/shoulder, you can prepare this in your oven. Follow the instructions as stated, but place the roast in a large, deep baking pan. Pour in the liquid, then seal the pan closed with several layers of heavy duty aluminum foil. Bake this in your oven at 220 degrees for 8 hours. Prepared as stated in the recipe.
- In a pinch, when making multiple roasts for larger than normal gatherings, I *have* skipped the searing process and simply placed the salt and peppered roasts in the cooker. Everything still turned out great, so if searing meat makes you nervous or you don't have a large enough Dutch oven, you can forgo that step.

SEE THIS RECIPE:

https://cosmopolitancornbread.com/pork-recipe-archive/

Nutrition

Serving: 1c | Calories: 270kcal | Carbohydrates: 19g | Protein: 24g | Fat: 10g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 77mg | Sodium: 450mg | Potassium: 506mg | Fiber: 1g | Sugar: 17g | Vitamin A: 698IU | Vitamin C: 1mg | Calcium: 40mg | Iron: 2mg

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Cranberry Orange Pork Roast



Prep Time	Cook Time	Total Time
5 mins	1 hr 30 mins	1 hr 35 mins

Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 pork loin roast
  2-3 lb
- ½ teaspoon black pepper
- 1 c orange juice
- ½ teaspoon salt
- 14 oz jellied cranberry sauce
  1 can (for paleo, use 2 cups of my homemade cranberry sauce)
- ½ c brown sugar
  for paleo, omit

Instructions

- To begin, preheat your oven to 325 degrees.
- Place your pork roast in a roasting pan. This can be with our without a rack, your preference is fine. I have done this both ways.
- Sprinkle the roast with salt and pepper.
- Begin baking the roast for 45 minutes.
- Meanwhile combine the cranberry sauce, orange juice, and brown sugar in a saucepan over medium heat. Let it simmer until the cranberry sauce is melted, stirring occasionally.
- Divide the glaze in half. One half will be used for brushing the roast, the other half will be used as a sauce when serving.
- Keep the "brushing" glaze warm while the roast continues to bake. The other can simply be heated when it is time to serve the roast.
- After the first 45 minutes of baking, brush the top of the roast with the glaze that you have made. Continue to bake. Do this every 10-15 minutes, until a thermometer reads 170 degrees in the center. The total time will vary depending upon the size of your roast, so the time given for this recipe is an estimate. Trust your thermometer.
- Allow the roast to rest 10-15 minutes, then slice across with a sharp knife or electric carving knife (my preferred method.)
- Serve with the reserved sauce.

- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 89kcal | Carbohydrates: 19g | Protein: 2g | Fat: 1g | Cholesterol: 6mg | Sodium: 104mg | Sugar: 16g

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Cranberry Pulled Pork | Slow Cooker Recipe



Prep Time	Cook Time	Total Time
5 mins	6 hrs	6 hrs 5 mins

Servings: 10 Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 2 lb pork loin
- ½ teaspoon freshly ground black pepper
- 1 c orange juice
- ½ teaspoon sea salt
- 2 c cranberry sauce
- 2 sprigs fresh rosemary
  or 1 Tb dry rosemary

Instructions

- To begin, combine the cranberry sauce and orange juice in a saucepan.
- Warm over medium heat, just until the cranberry sauce is melted into the juice. Removed from heat.
- Trim any excess fat from the pork loin.
- Place the pork in your slow cooker. Cut the loin in half if you need to for it to fit.
- Sprinkle with the salt and pepper.
- Set aside 1 cup of the cranberry sauce mixture.
- Pour the remaining cranberry sauce mixture over the pork.
- Add in the rosemary.
- Cover and cook on low heat for 6-8 hours, or until the pork is tender.
- Discard the rosemary stems.
- Shred the pork with two forks.
- Warm the reserved sauce and serve it with the pork for dipping if you like.

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 216kcal | Carbohydrates: 24g | Protein: 21g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 57mg | Sodium:

Ham and Corn Chowder



Prep Time	Cook Time	Total Time
10 mins	35 mins	45 mins

Servings: 6 -8

Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 c red onion
  diced
- 4 slices bacon
  diced
- ¼ c all-purpose flour
- 3 c chicken broth
- 2 c ham
  diced
- 2 teaspoon herbs de Province
  herb blend
- ½ teaspoon black pepper
- 4 oz cream cheese
- 2 cloves garlic
  minced
- 1 Tb extra virgin olive oil
- 2 c milk
- 5 yellow or red potatoes
  cut into 3/4 inch cubes
- 3 ½ c frozen whole kernel corn
- ½ teaspoon salt
- 1 bay leaf

Instructions

- In a Dutch oven, sauté the bacon and onion with the extra virgin olive oil until the bacon is golden and the onions are tender.
- Toss in the mined garlic and let it cook for just a minute.
- Sprinkle in the all purpose flour. Stir it all in and cook for a minute.
- Pour in the milk and chicken broth. Bring this to a gentle boil, stirring occasionally.
- Add in all of the remaining ingredients.
- Let this cook together on medium heat for 20-25 minutes or until the potatoes are cooked through. Discard the bay leaf and serve. Enjoy!

SEE THIS RECIPE:

Nutrition

Ham Noodle Casserole



Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins

Servings: 6
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- ½ c dry bread crumbs
  1 slice of toasted bread
- 3 Tb unsalted butter
  divided
- 2 c milk
- ½ teaspoon freshly ground black pepper
- 6 oz sharp cheddar cheese
  grated
- 2 c ham
  cooked and diced
- 12 oz egg noodles
  1 package
- 2 Tb all-purpose flour
- ½ teaspoon salt
- 1 teaspoon dry parsley
- 1 c frozen peas

Instructions

- To begin, preheat your oven to 350 degrees.
- Start cooking a package of egg noodles according to package directions. I used the wide noodles, but you can use whichever you prefer.
- While those cook, you'll make some bread crumbs. Toast a piece of bread, then pulse it in the food processor a couple times until you have fine bread crumbs. Set that aside for now.
- In a saucepan, melt 2 tablespoons of unsalted butter over medium heat. Whisk in the flour and let it cook for just a minute until it is bubbly.
- Add in the milk, black pepper, salt, & parsley.
- Bring this to a gentle boil over medium heat, stirring continually.
- When the noodles are done cooking, strain them with a colander and set them aside for a moment.
- When your sauce comes to a boil and thickens, add in the shredded cheddar cheese (I used a sharp white cheddar). Stir this in until it is melted.

- In a heat-safe bowl (or simply use the pot you cooked the noodles in, rather than dirtying another dish) combine the noodles and sauce, along with the frozen peas and ham. Stir it all together.
- Pour the mixture into a baking dish that has been sprayed with non-stick cooking spray. You can use a 2-quart casserole dish if you like. I chose to use a large cast iron skillet.
- Now in another dish combine the bread crumbs that you made with a tablespoon of melted butter. Stir those together. I melted the butter in a small skillet and simply added the bread crumbs in there.
- Sprinkle the buttered crumbs all over the top of the casserole. Cover your baking dish with foil and bake for 15 minutes. Uncover the dish and continue to bake for another 10 minutes or until the casserole is bubbly.
- Enjoy this comforting meal.

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 372kcal | Carbohydrates: 25g | Protein: 23g | Fat: 20g | Saturated Fat: 11g | Polyunsaturated Fat: 7g | Cholesterol: 86mg | Sodium: 945mg | Fiber: 2g | Sugar: 2g

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Hammy Mac & Cheese Soup



Prep Time	Cook Time	Total Time
5 mins	30 mins	35 mins

Servings: 6
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- ½ c diced onion
- 2 cloves garlic
  minced
- 3 c chicken broth
- 1 Tb country style Dijon mustard
- 1½ - 2 c diced
  cooked ham
- 2 c frozen broccoli florets
- ½ teaspoon black pepper
- 2 Tb butter
- 1½ c uncooked elbow macaroni
  cook to half the package instruction time
- 2 c half & half
- 4 oz light cream cheese
  room temperature
- 10 oz sharp cheddar cheese
  shredded
- 1/16 teaspoon turmeric

Instructions

- To begin, cook the diced onion in a Dutch oven with the butter. Cook this over medium low heat until tender. Then add in the minced garlic. Cook for another minute.
- While those are cooking, you'll cook the elbow macaroni. Look at your package's instructions and only cook them for half of the time shown. If your cook time is 10 minutes, only cook them for 5. Then drain the noodles and set them aside.
- When the onion and garlic have cooked together for a minute, add in the chicken broth, half & half, mustard, cream cheese, and ham.
- Let those all cook together over medium heat, until the cream cheese is completely melted in. You will need to stir this soup frequently as it cooks. Once the cream cheese is completely melted in, add in the shredded sharp cheddar cheese.
- Add in the frozen broccoli florets, your semi-cooked macaroni, the turmeric, and black pepper. Let this cook together until the broccoli and noodles are just done, about 4-5 minutes.
- Enjoy!

Notes

This recipe is a great use of leftover holiday ham.

For the half & half, you can also use 1/2 milk and 1/2 heavy whipping cream - another holiday leftover.

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 544kcal | Carbohydrates: 23g | Protein: 35g | Fat: 35g | Saturated Fat: 20g | Polyunsaturated Fat: 12g | Trans Fat: 1g | Cholesterol: 141mg | Sodium: 1658mg | Fiber: 3g | Sugar: 8g

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Homemade Canned Baked Beans



Prep Time	Cook Time	Processing Time	Total Time
20 mins	1 hr	1 hr 15 mins	2 hrs 35 mins

Servings: 56
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 2 lb dry navy beans (about 5 cups)
- 1 ½ lb bacon diced
- 12 cloves garlic minced
- 1 ½ c brown sugar
- ½ c ketchup
- ¼ c Worcestershire sauce
- 2 teaspoon sea salt
- 1 teaspoon ground black pepper
- water
- 3 c diced onions
- 2 c chicken stock
- 1 c blackstrap molasses
- ½ c apple cider vinegar
- ¼ c Dijon mustard
- 1 teaspoon cayenne peppers

Instructions

- To begin, sort, rinse, and drain the beans. Discard any "ugly" beans or rocks.
- Place the beans in a large pot and add enough water to cover by 2 inches. Bring the beans to a boil over medium high heat. Boil the beans for 5 minutes.
- Reduce the heat, cover, and simmer for 30 minutes. After they have simmered, turn off the heat and leave the lid on.
- While the beans are cooking, put the diced bacon in a large Dutch oven or pot. Cook the bacon over medium low heat until the bacon is golden brown, but not hard.
- Use a slotted spoon to scoop the bacon out to a dish lined with paper towels. Set it aside for now.
- Leave about 2-3 tablespoons in the Dutch oven, remove any excess. (I keep it in the fridge for cooking.)
- Add in the onions and garlic. Cook them until the onions are translucent and slightly tender, about 8-10 minutes.

- In a bowl, combing the chicken stock, brown sugar, molasses, ketchup, apple cider vinegar, Worcestershire sauce, Dijon mustard, sea salt, cayenne peppers, and black pepper. Whisk the ingredients together.
- Drain the beans in a colander and add them to the Dutch oven with the onions.
- Add in the bacon and stir it together. Heat the beans for about 5 minutes.
- Add in the sauce ingredients, stirring well. Bring the mixture to a boil and boil for 2 minutes.
- Remove the beans from the heat and ladle into prepared pint jars. Leave an inch of headspace.
- Wipe the rims with a damp rag dipped in white vinegar. Place a lid and ring on the jar and set it in your pressure canner. Repeat with all of the beans.
- Pressure can the beans for **1 hour and 15 minutes** at **10lb pressure**. (Adjust for elevation.)

Notes

The processing time and pressure is for 0-1,000 ft elevation. See your canner's user manual to learn how to adjust the time and pressure for your elevation if you live at a higher altitude.

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 216kcal | Carbohydrates: 22g | Protein: 4g | Fat: 13g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Trans Fat: 1g | Cholesterol: 12mg | Sodium: 163mg | Potassium: 333mg | Fiber: 4g | Sugar: 12g | Vitamin A: 28IU | Vitamin C: 1mg | Calcium: 47mg | Iron: 1mg

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Pan Seared Pork Cutlets with Mustard Cream Gravy



Prep Time	Cook Time	Total Time
2 mins	15 mins	17 mins

Servings: 8 Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 6-8 thin cut pork cutlets
  boneless
- salt & pepper
- 2 Tb whole grain Dijon mustard
- ½ tsp thyme
- ½ tsp pepper
- 2 Tb extra virgin olive oil
- 1 c dry white wine
- 1 c heavy cream
- ½ tsp salt
- sprinkle of parsley
  optional

For Serving

- couscous
  rice, spaetzle or other cooked starch of your choice

Instructions

- To begin, heat the oil in a large skillet over medium heat.
- Salt and pepper your pork cutlets.
- Cook the cutlets in the skillet of a few minutes on each side, until golden, and just cooked through. Do not crowd the pan, give them plenty of room. Work in batches if necessary, keeping the finished cutlets in a dish on your oven set to "warm." When the cutlets are all cooked, keep them warm while you whip up the gravy.
- Turn your stove eye off and whisk in the white wine.
- Turn the eye back on low and whisk in the mustard, then the cream.
- Let the gravy cook until it just begins to bubble, whisking continually.
- Stir in the thyme, salt and pepper.
- Serve the cutlets over a bed of the starch of your choice (i.e. couscous, pasta) and bathed in gravy.
- Top with a pinch of parsley.

- Enjoy!

Notes

If you wish to thicken the sauce, make a slurry of cold water and corn starch and mix in a little at a time to the desired thickness. See me do this in the video that is shared in the post above.

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 693kcal | Carbohydrates: 38g | Protein: 34g | Fat: 42g | Saturated Fat: 14g | Polyunsaturated Fat: 25g | Cholesterol: 118mg | Sodium: 587mg | Fiber: 2g | Sugar: 2g

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Personal Ham & Cheese Stratas



Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins

Servings: 6
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 loaf French bread
  cut into cubes
- 2 ¼ cup milk
- 1 ½ cup sharp cheddar cheese
  shredded
- ½ teaspoon salt
- 6 eggs
- 1 ½ cup cooked ham
  diced
- ⅛ teaspoon garlic powder
- ½ teaspoon black pepper

Instructions

- Preheat your oven to 400 degrees.
- In a mixing bowl, whisk together the eggs, milk, garlic powder, salt & pepper. Set aside.
- Using 6 - 4 inch ramekins on a baking sheet, layer the bread cubes in the bottom filling the ramekins about 1/2 way.
- You probably will not need the whole loaf.
- Add the diced ham, then the diced cheese, dividing evenly between each of the ramekins.
- Slowly pour the egg mixture over the filling.
- Bake for 25 minutes or until puffy and set.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 611kcal | Carbohydrates: 47g | Protein: 39g | Fat: 29g | Saturated Fat: 14g | Polyunsaturated Fat: 11g | Trans Fat: 1g | Cholesterol: 271mg | Sodium: 1332mg | Fiber: 2g | Sugar: 4g

Porchetta



Prep Time	Cook Time	Total Time
5 mins	45 mins	50 mins

Servings: 8
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 Tb fennel seeds
  chopped
- 8 cloves garlic
  minced
- ½ teaspoon freshly ground black pepper
- 1 Tb extra virgin olive oil
- 5 slices bacon
- 1 Tb rosemary
  chopped
- zest of one orange
- 1 teaspoon kosher salt
- 1 ½ lb pork tenderloin

Instructions

- To begin, preheat your oven to 425 degrees.
- In a small dish, combine the chopped fennel seeds, rosemary, garlic, salt, pepper, the orange zest, and the extra virgin olive oil. Stir this together into a soft paste.
- Place your pork tenderloin in a baking dish. Slather the herb paste all over the top of the tenderloin.
- Lay the bacon slices across the tenderloin, tucking the ends underneath.
- Bake for 40-45 minutes or until a meat thermometer reads 145 degrees for medium.
- Remove the roast to a platter and let it rest for 10 minutes before cutting.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 191kcal | Carbohydrates: 4g | Protein: 25g | Fat: 8g | Saturated Fat: 2g | Polyunsaturated Fat: 5g | Cholesterol: 69mg | Sodium: 462mg | Fiber: 1g | Sugar: 2g

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Pork Chops with Bacon and Apple



Cook Time	Total Time
45 mins	45 mins

Servings: 6
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- ½ teaspoon smoked paprika
- 1 teaspoon black pepper
- ½ teaspoon garlic powder
- dash cayenne pepper
- 2 Tb coconut oil
- 3 whole Granny Smith apples
  cored and diced
- 1 teaspoon thyme
- 1 ½ teaspoon paprika
- ½ teaspoon sea salt
- ½ teaspoon onion powder
- 6 center loin pork chops
- 1 large onion
  diced
- 6 slices thick cut
  uncured bacon, cut into 1/2 inch pieces

Instructions

- To begin, preheat your oven to 425 degrees.
- In a small bowl, combined the smoked paprika, regular paprika, black pepper, salt, onion powder, garlic powder, and cayenne pepper.
- Sprinkle the seasoning on each side of the pork chops, the rub the seasoning into the meat a bit with your fingers.
- In a large oven-safe (cast iron preferred) skillet, heat the coconut oil over medium high heat.
- Working in batches, brown the pork chops on each side. This should take a bout 3 minutes per side. As the pork chops are browned, place them in a dish and cover tightly with foil to keep them warm.
- Place the apple, onion, and bacon in the skillet with the drippings. Give them a stir and sprinkle with the thyme. Pop the whole skillet into the oven for 20 minutes to bake. Stir the mixture half way through the baking time.
- Arrange the pork chops on top of the apple compote mixture.
- Place the skillet back into the oven for 10-15 minutes, or until the pork chops are cooked through. Test with a meat thermometer. Depending upon how done you like

your chops, they should read between 145 and 160 degrees.

- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 424kcal | Carbohydrates: 11g | Protein: 42g | Fat: 23g | Saturated Fat: 10g | Polyunsaturated Fat: 10g | Cholesterol: 134mg | Sodium: 315mg | Fiber: 2g | Sugar: 6g

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Pork Chops with Red Wine Sauce



Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

Servings: 6
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 6 boneless pork chops
  medium thickness
- freshly ground black pepper
  to taste
- 1 Tb butter
  more if needed
- 1 ½ c red wine
- 1 teaspoon dry parsley
- 1 Tb balsamic vinegar
- ¼ c cold water
- sea salt
  to taste
- 1 Tb extra virgin olive oil
  more if needed
- 6 cloves garlic
  minced
- 1 bay leaf
- 1 ½ c beef broth
- 2 Tb corn starch

Instructions

- To begin, sprinkle the pork chops with a pinch of salt and pepper on each side.
- Heat the oil and butter in a large skillet over medium-high heat.
- Cook the pork chops in the skillet until they are browned on each side. There's no need to worry about cooking them through right now, you are just establishing that beautiful color. Work in batches if you need to and add additional oil and butter as needed. Place the seared chops in a dish and set them aside for a moment.
- Sauté the garlic in the pan drippings over medium low heat until just golden.
- Pour in the wine, stirring with a spoon to loosen all of those beautiful bits form the pan. Let this simmer and reduce just slightly.
- Add in the bay leaf, parsley, beef broth, and vinegar.
- Arrange the chops in the skillet and bring the entire mixture to a boil. Reduce the heat and simmer for 5-6 minutes, or until the pork chops are cooked through.
- Place the pork chops on a serving platter and cover with foil to keep them warm.
- In a small dish, whisk the cornstarch and water together until smooth. Bring the juices in your skillet to a rolling boil and stir in half of your cornstarch mixture. As it

boils it will thicken. If you would like the sauce thicker, add the rest of the cornstarch slurry and boil again. Give it a taste and add additional salt & pepper if needed. Discard the bay leaf.

- Serve the pork chops with the beautiful gravy you just prepared.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 423kcal | Carbohydrates: 6g | Protein: 38g | Fat: 23g | Saturated Fat: 8g | Polyunsaturated Fat: 14g | Cholesterol: 108mg | Sodium: 457mg | Sugar: 1g

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Red Pork Chili



Prep Time	Cook Time	Total Time
10 mins	6 hrs	6 hrs 10 mins

Servings: 8 -10 servings

Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- ¼ c hot water
- 1 Tb extra virgin olive oil
- ¼ c tomato paste
- ¾ c chicken broth
- 2 teaspoon instant tapioca
- 1 teaspoon salt
- 1 lime
  zested
- 1 Tb instant espresso powder
- 3 cloves garlic
  minced
- 2 Tb chili powder
- 1 Tb brown sugar
  for PALEO, substitute raw honey
- 2 lb country style
  boneless pork ribs
- 1 teaspoon freshly ground black pepper
- Cheese Grits

Instructions

- To begin, combine the hot water and instant espresso powder in a small dish to dissolve. Set that aside for now.
- Sauté the minced garlic in the extra virgin olive oil over medium low heat until tender.
- Add in the tomato paste and chili powder. Whisk it together and cook for just a minute.
- Add in the chicken broth, tapioca, and brown sugar. Whisk this together until it is nice and smooth. Remove it from the heat.
- Lightly oil the inside of your slow cooker.
- Sprinkle the ribs with the salt & pepper.
- Place your country ribs in the slow cooker. Pour the sauce all over the top.
- Cover and cook on low for 6 hours.
- With a pair of tongs or a wooden spoon, break the tender ribs into bite-sized pieces.

- Spoon the wonderful meat over a bed of cheese grits.
- Top with a sprinkle of fresh lime zest (about 1 teaspoon for each bowl.)
- Enjoy!

Notes

Try serving this pork over biscuits or chunks of cornbread. It is amazing in a panini. It may also be good served with rice and wrapped in a tortilla. You can use your imagination!

FOR PALEO - serve this on a bed of riced cauliflower or in a paleo friendly wrap, such as Siete brand. (I find them at my local Whole Foods.)
SEE THIS RECIPE:

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Scalloped Potatoes and Ham



Prep Time	Cook Time	Total Time
10 mins	1 hr 30 mins	1 hr 40 mins

Servings: 6
Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 small onion
- 1 ½ - 2 c diced cooked ham
- ¼ c all-purpose flour
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¼ c unsalted butter
  extra butter for coating the dish
- 6 ½ c red or Yukon gold potatoes
  about 3 lb, washed and thinly sliced
- 3 c milk
- ½ teaspoon thyme

Instructions

- To begin, brush a casserole dish with butter. Set it aside.
- Preheat your oven to 375 degrees.
- Finely dice the onion.
- In a saucepan, melt the butter over low heat and toss in the onions. Let the simmer and sauté gently until the onions are tender.
- Meanwhile, spread half of your potatoes in the bottom of your prepared casserole dish.
- Sprinkle in half of the ham and repeat with the remaining potatoes & ham.
- When the onions are tender, stir in the flour. Let it cook for a minute.
- Whisk in 3 cups of milk and the salt, pepper, and thyme. Cook this over medium heat, stirring continually until it comes to a boil and thickens. Remove it from the heat.
- Slowly pour the lovely sauce over the top of the potatoes & ham.
- Cover this with foil and bake for about 65-75 minutes, or until the potatoes are just about done. Remove the foil and bake 15 more minutes.

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 286kcal | Carbohydrates: 17g | Protein: 21g | Fat: 15g | Saturated Fat: 8g | Polyunsaturated Fat: 6g | Cholesterol: 78mg | Sodium: 931mg | Fiber: 1g | Sugar: 1g

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Slow Cooker Ham and Potato Gratin



Prep Time	Cook Time	Total Time
10 mins	8 hrs 10 mins	8 hrs 20 mins

Servings: 5 Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 small onion
  diced
- 1¼ c cooked ham
  diced or julienned
- 2 Tb flour
- ¾ c milk
- ½ teaspoon black pepper
- 4 ounces sharp or extra sharp cheddar cheese
  shredded - divided
- 3 lb red or golden potatoes
- 2 Tb butter
- ¾ c vegetable broth
- ½ teaspoon salt
- 1 teaspoon parsley
- sliced scallions for serving
  optional

Instructions

- To begin, dice a small onion.
- Wash and trim the potatoes. You can peel them if you like, but I just trim off any eyes or rough patches and leave the peels on. Thinly slice them up.
- Lightly spray your crockpot with non-stick cooking spray, then layer in ⅓ of your potatoes, ⅓ of the diced onion, and ⅓ of the ham. Repeat these layers – potato, onion & ham, until you have three layers of each.
- In a saucepan, melt the butter over medium heat.
- When it is melted, whisk in the flour and let it cook and bubble for just a minute.
- Pour in the milk and vegetable broth. Whisk them together.
- Add in the salt, pepper, and parsley. Stirring continually, bring this up to a gentle boil and let it boil for one minute then turn off the heat. The sauce will thicken nicely.
- Add ⅔ of the shredded cheese to the creamy mixture and stir until it is melted.
- Pour the cheesy goodness all over the top of the contents in your crockpot.

- Top with the remaining cheese. Cover and cook on low for 6-8 hours, or high for 3-4 hours.
- Serve topped with some sliced scallions.
- Enjoy!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 394kcal | Carbohydrates: 54g | Protein: 18g | Fat: 13g | Saturated Fat: 7g | Polyunsaturated Fat: 4g | Cholesterol: 49mg | Sodium: 742mg | Fiber: 5g | Sugar: 4g

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Slow Cooker Pork Ragu



Prep Time	Cook Time	Total Time
5 mins	8 hrs	8 hrs 5 mins

Servings: 6 servings

Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 2 medium carrots
- 1 ½ lb pork loin
- 2 Tb tomato paste
- 1 teaspoon thyme
- ½ teaspoon sea salt
- 15 oz fire-roasted diced tomatoes
  1 can
- Parmesan cheese for serving
- 1 medium onion
- 4 cloves garlic
  grated or finely minced
- 1 teaspoon oregano
- ½ teaspoon crushed rosemary
- ½ teaspoon black pepper
- ¾ lb long pasta
  fusilli, linguine, fettuccine, spaghetti cooked according to package directions

Instructions

- To begin, dice the carrots and onion. Place them in your slow cooker.
- Cut the pork into 6 sections. Place them in the slow cooker.
- Add in the tomato paste, garlic, oregano, thyme, rosemary, sea salt, black pepper, and diced tomatoes. Stir this all together.
- Cover and cook on low for 7-8 hours.
- When it is nearly done, cook the pasta according to package directions.
- Shred the pork with two forks and spoon the ragu over the pasta.
- Top with a sprinkling of Parmesan cheese and enjoy!

Notes

FOR PALEO - Omit the cheese and pasta. Serve this inside a lettuce wrap. Yum!

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 248kcal | Carbohydrates: 6g | Protein: 31g | Fat: 10g | Saturated Fat: 3g | Polyunsaturated Fat: 5g | Cholesterol: 91mg | Sodium: 310mg | Fiber: 2g | Sugar: 3g

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Smothered Pork Chops



Prep Time	Cook Time	Total Time
5 mins	40 mins	45 mins

Servings: 6 servings

Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 6 boneless pork chops
  I used butterflied loin chops
- 1 ½ c all-purpose flour
- 1 teaspoon salt
  divided
- 2 Tb butter
  divided
- 1 c half & half
- 1 teaspoon thyme
- 6 teaspoon cajun seasoning
- 1 teaspoon + 1/2 tsp black pepper
  divided
- 2 Tb extra virgin olive oil
  divided
- 1 large red onion
  thinly sliced
- 1 ½ c chicken broth

Instructions

- To begin, rub a teaspoon of cajun seasoning onto each pork chop.
- In a shallow dish, combine 1 1/2 cup all-purpose flour with 1 tsp black pepper and 1/2 teaspoon of salt. Stir those together.
- In a large skillet, heat a tablespoon each of extra virgin olive oil and butter over medium high heat.
- Dredge the seasoned pork chops in the flour, shaking loose any excess flour. After you have dredged all of the pork chops, do not discard the flour yet.
- Brown the pork chops in the hot skillet. There is no need to cook these all the way through, you only need to brown both sides. Work in batches, and as you brown the pork chops, place them on a platter and cover with foil to keep them warm.
- When all of the pork chops are browned, add the renaming butter and oil to the same skillet.
- Add in the sliced red onion and saute over medium-low heat until the onions are golden and tender.
- Sprinkle the onions with 3 tablespoons of the reserved dredging flour. Stir the flour into the onions and cook for just a minute over medium heat.

- Add in the half & half, chicken broth, thyme, and remaining salt & pepper. Stir these together and cook over medium heat until the gravy thickens and comes to a gentle boil.
- Reduce the heat down to low and nestle your pork chops down in the gravy. Cover and cook until the pork chops are cooked through, about 8 minutes.
- Enjoy!

Notes

These smothered pork chops are amazing when served on a bed of mashed potatoes.
SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 568kcal | Carbohydrates: 29g | Protein: 42g | Fat: 32g | Saturated Fat: 13g | Polyunsaturated Fat: 18g | Cholesterol: 128mg | Sodium: 1871mg | Fiber: 1g | Sugar: 3g

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Spiced Pork Tenderloin



Prep Time	Cook Time	Additional Time	Total Time
5 mins	25 mins	6 hrs	6 hrs 30 mins

Servings: 6 servings

Author: Constance Smith - Cosmopolitan Cornbread

Ingredients

- 1 ½ lb pork tenderloin
  usually comes in pairs
- ⅓ c apple juice
- 3 cloves garlic
  minced
- ½ teaspoon freshly ground black pepper
- 1 teaspoon onion powder
- 1 ½ c water
- ¼ c kosher salt
- 1 teaspoon whole black peppercorns
- 1 teaspoon garlic powder
- 1 Tb avocado oil

Instructions

- To begin, place the pork tenderloins in a gallon sized zip-lock bag.
- Add the water, apple juice, garlic, kosher salt, and peppercorns. Remove as much of the air as possible and seal the bag closed. "Squish" the mixture around to combine and place the bag in a dish, in case of leaks. Refrigerate the pork in the brine for about 6 hours. You can do this in the morning and let it do its thing all day until it is time to make supper.
- When it is time to make your pork tenderloin, heat your oven to 400 degrees.
- Remove the tenderloins from the brine and pat the meat dry with paper towels.
- In a small dish, combine the ground black pepper, onion powder, and garlic powder. Season the pork all over with the seasoning mixture.
- Heat the avocado oil in a large cast iron skillet over medium high heat. Place the tenderloins in the skillet at cook undisturbed for about 3-4 minutes, or until the meat gets nicely browned. Turn it over and immediately slide the skillet into the oven.
- Bake the pork tenderloin until a thermometer reaches 145 degrees. This will only take about 20-25 minutes.
- Allow the meat to rest for about 5 minutes before slicing.

SEE THIS RECIPE:

Nutrition

Serving: 1c | Calories: 170kcal | Carbohydrates: 3g | Protein: 24g | Fat: 6g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 1g | Cholesterol: 74mg | Sodium: 4779mg | Potassium: 488mg | Fiber: 1g | Sugar: 1g | Vitamin A: 7IU | Vitamin C: 1mg | Calcium: 21mg | Iron: 1mg

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