

# 2021 Montgomery County 4-H Jr. Chef Recipe

## Montgomery County 4-H Jr. Chef Culinary Team

### Philly Sloppy Joe & Veggie Slaw with Green Apple Vinaigrette

#### Sloppy Joe

**Ingredients:**

- 1 ½ lbs. Ground Beef**
- 2 tsps. Beef Base**
- 1 ½ Cups hot tap water**
- 1 ½ tsps. Each: Onion powder, Garlic powder, Dried Oregano, Dried Parsley, and Black Pepper**
- ¾ tsps. Paprika**
- 1 Tbsp. oil**
- ¼ cup White Onion, diced**
- 1 ½ Tbsp. Garlic, minced**
- ¼ cup Green Bell Pepper, diced**
- ¼ cup Yellow Bell Pepper, diced**
- 6 Tbsps. Shredded reduced fat Mozzarella Cheese**
- 6 Whole Wheat Buns**

#### Philly Sauce

**Ingredients:**

- ½ tsp. Liquid Smoke**
- 2 Tbsps. Orange Juice(COMMODITY)**
- 2 Tbsps. Cornstarch**
- 1 tsp. Worcestershire Sauce**

#### **Directions:**

1. Prepare Philly Sauce: In a mixing bowl, whisk liquid smoke, orange juice, cornstarch, and Worcestershire Sauce together until blended. Set aside.
2. Mix beef and dried seasonings together in second mixing bowl, using gloved hands to combine seasonings into beef.
3. Mix beef base with hot tap water in a 3<sup>rd</sup> mixing bowl. Whisk until well blended; set aside.

4. Heat skillet. Sauté diced peppers in 1 Tbsp. oil. Remove from skillet to a stainless steel mixing bowl, then set aside.
5. Add ground beef to hot skillet. Cook until beef reaches an internal temperature of 100-degrees (about 5 minutes); add diced onions and minced garlic. Continue cooking until beef reaches an internal temperature of 145-degrees (about 5 more minutes). Strain grease from beef. Add sautéed peppers and beef base mixture; bring back to a simmer, then add Philly Sauce mixture. Continue to simmer until thickened (about 15 minutes).
6. Place bun on plate. Spoon 4 ounces of Sloppy Joe mixture onto bun. While beef mixture is still very hot, immediately top with 1 Tbsp. shredded cheese. Let melt. Serve sandwich open faced, topped with 2 ounces of the Veggie slaw, and garnished with julienned slices of Granny Smith Apple.

### **Veggie Slaw with Green Apple Vinaigrette**

**Slaw Ingredients:** **¼ Cup Carrots, shaved**  
**1 ½ Cups Green Cabbage, shaved**  
**½ Cup Red Cabbage, shaved**  
**¼ Cup Red Onion, thinly julienned**  
**¼ Cup Red Bell Pepper, shaved**  
**¼ Cup Yellow Bell Pepper, shaved**

#### **Sauce**

**Ingredients:** **3 Oz. Rice Vinegar**  
**2 Granny Smith Apples, 1 grated; 1 julienned for garnish**  
**1 Tbsp. plus 1 tsp. Sugar**  
**3 Tbsps. Low-fat Mayonnaise**  
**1 Tbsp. Honey**  
**1 tsp. garlic powder**  
**1 tsp. onion powder**  
**1 tsp. dried Parsley**  
**1 tsp. Black Pepper**  
**¼ cup Granny Smith Apple, julienne**

**(Continued)**

**Directions: Wash all fruits and vegetables under cold water. Gloves must be worn while handling fruits and vegetables as they will be made into ready-to-eat food.**

1. Mix vinegar, sugar, and honey in a bowl to dissolve. Add julienned apple, making sure all pieces are immersed in liquid. Remove with slotted spoon and set aside for garnishing. Add grated apple to the liquid in bowl to keep from turning. Add all the remaining sauce ingredients and whisk until ingredients are well incorporated and smooth.
2. In a second bowl, mix together all shaved vegetables EXCEPT RED CABBAGE. Add julienned red onion and blend. Add dressing, a little at a time to keep from over-saturating. Just before serving, add the red cabbage and toss vegetables to coat with dressing.

**MONTGOMERY COUNTY 4-H 2021 RECIPE  
KY PROUD INGREDIENT Shopping List**

**2 lbs. Ground Beef**

**8 ounces Shredded Mozzarella Cheese, reduced fat**

**2 Large Carrots**

**1 Medium Green Cabbage**

**1 Small Red Cabbage**

**1 Red Onion1 White Onion**

**1 Head of Garlic**

**1 Green Bell Pepper**

**2 Yellow Bell Pepper**

**1 Red Bell Pepper**

**1 Large Granny Smith Apple**

**1 Small Granny Smith Apple**

**1 Small Jar Honey**