



**FOOD FOR THOUGHT:
RECIPES AND TIPS FROM OUR FARMS
TO YOUR KITCHENS**



There is just something special about a good family recipe.

Many recipes evoke memories of cooking and/or eating with beloved friends and family. Some bring to mind the scents and tastes of holidays past, others remind us of the fun we had cooking with our parents, grandparents, or our own children.

But all recipes have one thing in common – the people who grew the ingredients.

This book was compiled from recipes submitted by Kentucky farm families, and many are accompanied by photos of some of those families. These are the people who produce your food, and they feed the very same things that you buy in the grocery store to their own families.

Ninety-six percent of U.S. farms are family farms or individually owned. These people live and raise their families on their farmland, so the land serves as both their livelihood and their legacy. They take great pride in providing affordable, healthy, and safe food for their families and yours while caring for the land and their animals.

So... if you are expecting a cookbook full of tofu and edamame recipes, this isn't it. Ninety-seven percent of domestic soybean meal is used to feed livestock and poultry. Those chickens (layers and broilers), turkeys, pigs and cows (both dairy and beef) get their protein from soybean meal, and one of our goals is promoting animal agriculture.

In addition to a variety of awesome recipes from Kentucky farm families, you'll find several food safety tips and helpful questions and answers, like the one below. We hope that you enjoy this book.

How do I know my food is safe?

Several U.S. government agencies, including the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA), monitor the food production chain through regulations and inspections from the farm to your table. Most cases of food-borne illness can be prevented with proper processing, handling and cooking to destroy bacteria that cause food-borne illness.

1-2-3-4 Soup

Ingredients

1- large can V-8 Juice

2 - Cans Diced Tomatoes with Green Chilies

3 - Pounds ground beef, browned

4 - 10.5 oz. Cans Campbell's Minestrone or Vegetable Soup (or 2-19 oz Cans of Progresso brand soup)

Dump all together in large pot or crock-pot, salt and pepper to taste, serve.



This hearty soup is a favorite of the Kentucky Soybean Association Board and the Kentucky Soybean Promotion Board, and we sometimes serve it at winter board meetings. It freezes well, the recipe can be easily halved or doubled, and you can modify it and make it your own!

THE FOLLOWING LABELS REFER TO HOW FOOD WAS RAISED, NOT ITS NUTRITIONAL VALUE.

FREE-RANGE This label indicates that the flock was provided shelter in a building, room or area with unlimited access to food, fresh water and continuous access to the outdoors during their production cycle. The outdoor area may or may not be fenced and/or covered with netting-like material. This label is regulated by the United States Department of Agriculture (USDA).

CAGE-FREE This label indicates that the flock was able to freely roam a building or enclosed area with unlimited access to food and fresh water during their production cycle.

NATURAL As required by USDA, meat, poultry and egg products labeled as "natural" must be minimally processed and contain no artificial ingredients. However, the natural label does not include any standards regarding farm practices and only applies to processing of meat and egg products. There are no standards or regulations for the labeling of natural food products if they do not contain meat or eggs.

GRASS-FED Grass-fed animals receive a majority of their nutrients from grass throughout their lives, while organic animals' pasture diet may be supplemented with grain. Also USDA regulated, the grass-fed label does not limit the use of antibiotics, hormones or pesticides. Meat products may be labeled as grass-fed organic.

PASTURE-RAISED Due to the number of variables involved in pasture-raised agricultural systems, the USDA has not developed a labeling policy for pasture-raised products.

HUMANE Multiple labeling programs make claims that animals were treated humanely during the production cycle, but the verification of these claims varies widely. These labeling programs are not regulated.

Bacon-Wrapped Pork Tenderloin

2 pound pork tenderloin
(usually two in a package)
8-10 thin strips of bacon
½ cup SOY SAUCE
1 Tablespoon grated onion (dried/
minced is fine)
1 clove garlic, minced
1 Tablespoon Apple Cider Vinegar
½ teaspoon ground pepper
½ teaspoon seasoned salt
½ cup sugar

Wrap bacon around tenderloin,
secure with toothpicks.

Combine remaining ingredients
and pour over tenderloin.

Refrigerate 4 hours, turning
frequently.

Bake at 300 degrees for 1 ½ to
2 hours, until meat thermometer
shows 145 degrees.

Baste often, turn once.

Rest 5-10 minutes, remove toothpicks, slice and serve with pan drippings.



Submitted by Keith Tapp of Sebree, Ky.
Keith grows soybeans, corn and wheat with
his nephews Kelby and Kaleb and served as
United Soybean Board Chairman in 2019.

SAFE MINIMUM INTERNAL TEMPERATURES

As measured with a food thermometer

Beef, pork, veal and lamb (roast, steaks and chops)	145 F with a 3-minute "rest time" after removal from heat source.
Ground meat	160 F
Poultry (whole, parts or ground)	165 F
Eggs and egg dishes	160 F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers	165 F
Fin fish	145 F

Pork Cordon Bleu

Mustard Sauce
¼ Cup of Sour Cream
¼ Cup of Dijon Mustard
Dash of Salt
Dash of Pepper

Pork
¼ Cup of Flour
1 Tbsp of Dijon Mustard
2 Large Eggs
1.5 lbs of boneless pork chops
tenderized to 1/3 in thickness
(10 chops)
Dash of Salt
Dash of Pepper
½ Cup of Soybean (vegetable) oil
10 Slices of Provolone Cheese
10 Slices of Kentucky Proud Ham
(1/8 in thick)
Panko Bread Crumbs



Submitted by Katy and Houston Howlett
of Glendale, Ky.

The Howletts grow soybeans and corn
and were chosen to represent Kentucky
in ASA's Corteva Young Leader Program
for 2019-2020.

1. For Mustard Sauce: Combine all ingredients, mix thoroughly and set aside
2. In three shallow bowls, prepare ingredients for dredging
Bowl 1: Flour, salt, pepper
Bowl 2: Combine eggs and 1 tbsp of Dijon Mustard, whisk thoroughly.
Bowl 3: Panko bread crumbs
3. Dip each pork chop in flour mixture, followed by egg mixture, and breadcrumbs. Allowing excess to drip off at each step.
4. In a shallow skillet over medium heat, bring soybean oil to approximately 350 degrees
5. Once at temperature, fry each pork chop until fully cooked (about 2.5 minutes per side). Place on baking sheet to rest after frying.
6. Preheat oven to broil.
7. On each cooked pork chop, spread two tbsp of mustard sauce .
8. Add ham slices, then cheese slices.
9. Once assembled, broil until cheese is bubbly.
10. Enjoy.

Cast Iron Seared Filet Mignon

Ingredients

2 (8-ounce) filet mignon steaks
Kosher salt and freshly ground black pepper
2 tablespoons vegetable oil
5 cloves garlic
4 sprigs fresh thyme
4 tablespoons unsalted butter



Photo: Ramona King

Recipe from Southern Kitchen, submitted by Barry Alexander of Cerulean, Ky. Barry raises soybeans, corn, wheat, tobacco, and beef cattle.

Instructions

Pull the steaks out of the refrigerator 1 hour prior to cooking. Meanwhile, heat the oven to 400 degrees. About 5 minutes before you're ready to cook, heat a cast iron skillet over medium-high heat.

Season the steaks on all sides with salt and pepper. When the skillet is lightly smoking, add the oil and steaks to the pan, making sure there is space between each steak. Sear on one side until a browned crust forms, about 5 minutes. Flip the steaks and cook for 2 minutes.

Add the garlic, thyme and 2 tablespoons of the butter. Swirl the butter in the pan, then transfer to the oven. Cook until an instant-read thermometer reads 120 degrees, 5 to 7 minutes. Remove the skillet from the oven and return to a burner over medium heat. Add the remaining butter, let it melt, and then use the butter to baste steaks constantly until the thermometer reads 125 degrees (for medium-rare).

Transfer the steaks to a plate and let rest for 5 minutes before slicing. Serve.

Cooking a steak in a cast iron pan not only imparts a delicious brown crust on the exterior of the meat, it also gives you the ability to continually baste the steak with butter for extra flavor and richness. Lean cuts like a filet mignon are perfect candidates for this technique. (But let's face it: Virtually any steak is better when cooked in cast iron.)

Easy Texas Haystacks*

Ingredients: Corn Chips, Chili and Cheese!

Start with corn chips in the bottom of the bowl, layer with your favorite chili recipe (or the one below), and top with cheese!

Chili:

1 can chili beans

1 can kidney beans

1 can diced tomatoes

3 Tablespoons chili seasoning

2 pounds cooked ground beef, drained

1 pint tomato juice

Combine ingredients in 6 quart crockpot or large pot on the stove and let cook for a couple of hours on low heat.



This allows all of the flavors to combine for a more robust taste profile.

* Also known as “walking tacos” when made in a small bag of corn chips instead of a bowl.



Should I be worried about added hormones in my meat?

Farmers sometimes use added hormones to produce leaner beef. According to the World Health Organization (WHO) and Food and Drug Administration (FDA), you don't need to worry about consuming hormones in your food. Any added hormones are broken down during digestion. Residue levels of added hormones in food have been demonstrated to be safe and well below any level that would have a known effect in humans.

DID YOU KNOW?

There are **NO** added hormones used in the production of U.S. poultry or pork.

Supper Style Cheesy Sausage Casserole Bake

Ingredients:

2 pounds ground sausage
One small green pepper
One large onion
16oz bag of extra wide egg noodles
4 small cans cream of mushroom soup
2 small cans cream of celery soup
16 oz. shredded mild cheddar cheese

Directions:

Dice green pepper
Dice large onion
Brown sausage (with diced onions and peppers cooking in the same skillet and at the same time as the browning sausage).

Drain browned sausage mix and run hot water through the browned sausage mix.

Put sausage mixture in a large mixing bowl.

Add all cans of cream of mushroom and cream of celery to bowl.

Add 3/4 of the bag of uncooked egg noodles to bowl.

Stir all together, being sure to coat all noodles really well with the cream of mushroom and cream of celery soups.

Place mixture in a 9x13 greased casserole dish and let cook approximately one hour or until edges are slightly bubbling.

Take dish out of oven and add cheese to top of casserole.

Cook additional 15 minutes or until cheese is melted.

Take out and enjoy!



Emily Grace, age 4, and Kate Savannah, age 3.
Submitted by Spencer and Jenna Sims of
Salvisia, Ky.

This is a great meal reheated. It is also a great meal to use as a freezer meal by simply doubling or tripling the recipe while making it and put the second/third made mixture (minus the egg noodles and cheese) in a freezer bag and toss in the freezer—simply then thaw, add egg noodles, toss in a casserole dish, bake, add cheese and enjoy!



Sausage bake ingredients



Ready to bake



Hot, hearty, and ready to eat!

Should I be worried about antibiotics in my meat?

The U.S. Food and Drug Administration (FDA) does not allow meat to be sold with traces of antibiotics above strict safety limits. The U.S. Food Safety and Inspection Service performs scheduled, but random testing of meat nationwide. Any antibiotics used to keep animals healthy are carefully selected and administered in accordance with industry training and principles. Antibiotics have required withdrawal times – a specific number of days that must pass between an animal's last antibiotic treatment and the date the meat enters the food supply – to ensure the antibiotics have sufficiently exited an animal's system.

DID YOU KNOW?

Antibiotics used in meat animals are generally NOT the same ones used to treat humans.

Chicken Salad

2 1/2 cups diced and chilled cooked chicken
1 cup chopped celery
1 cup sliced grapes
1/2 cup sliced almonds
2 Tablespoons chopped fresh parsley
1 teaspoon salt
1 cup mayo
1/4 cup heavy whipping cream

Combine meat, celery, grapes, almonds, salt, parsley and mayo. Whip the heavy cream to soft peaks, fold into other ingredients.

Chill before serving.



Submitted by Deena Morrison of Fulgham, Ky.
The Morrisons are contract chicken growers and have won the Kentucky Poultry Federation's Environmental Excellence Award three of the past five years.
Pictured are (from left) Maddy, Tim, Deena and Caroline.

Easy Buffalo Chicken Dip

- 2 (10 ounce) cans chunk chicken, drained
- 2 (8 ounce) packages cream cheese, softened
- 1 cup Ranch dressing
- $\frac{3}{4}$ cup Frank's Red Hot sauce
- 1 $\frac{1}{2}$ cups shredded Cheddar cheese
- 1 bunch celery, cleaned and cut into pieces
- Tortilla chips or Frito's Scoops

Heat chicken and hot sauce in a skillet over medium heat, or in the microwave until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker or cast iron skillet. Sprinkle the remaining cheese over the top, cover, and cook until hot and bubbly. Serve with celery sticks and tortilla chips/Scoops.



DON'T BE CHICKEN!

5 rules for handling meat and poultry

Red, white, dark or light, U.S. meat and poultry is among the safest in the world. Bacteria in raw meat and poultry can cause foodborne illness if handled incorrectly. Preventing contamination is easy with these rules.

1. **RUNNING TO THE STORE?** Make the meat counter your final stop before checkout to keep poultry and meat refrigerated longer. Avoid torn or leaky packages and remember to separate poultry and meat from other items in your cart to prevent cross-contamination.
2. **TIME TO UNLOAD?** Start with poultry and meat. Refrigerate in leakproof containers to prevent juices from dripping onto other food. If you're not planning to use the food within a day or two, freeze it. Cook or freeze fresh poultry, fish, ground meats and variety meats within two days; other beef, veal, lamb, or pork, within three to five days.
3. **THREE WAYS TO THAW.** Notice none of these methods involves the kitchen counter. Because bacteria can multiply rapidly at room temperature, the safest method is overnight in the refrigerator. Cooking immediately? Thaw in cold water or in the microwave. No time to thaw? Meat and poultry can be cooked from frozen. Keep in mind that cooking will take at least 50 percent longer for most items.
4. **AN EXCEPTION TO EVERY RULE.** Wash everything but the meat. It's risky and unnecessary. Rinsing meat and poultry with water can even increase your chance of food poisoning by splashing juices (and any bacteria they might contain) onto your sink and counters.
5. **YOU CAN'T SEE DONE.** Proper cooking is the best way to prevent food poisoning caused by meat. Use a thermometer to ensure that meat and poultry reach the safe recommended temperatures in the chart below. Don't eyeball it – one in four hamburgers turn brown before reaching a safe internal temp.

Big Cookie

1 cake mix
1/2 cup soybean (vegetable) oil
2 eggs
M and M's or chocolate chips
Icing for decorating

Mix first 3 ingredients with a mixer.
Press into an ungreased 9 x13 or 2 8x8
pans or 2 pie plates. Top with candies.

Bake at 375 degrees for 10 minutes or
until done. Once the cookie cools;
decorate with icing. Enjoy!



Submitted by Caleb and Leanne
Ragland of Magnolia, Ky. Leanne is
pictured with (from left) Charlie,
Cory and Carter Ragland.

The Raglands raise soybeans, corn,
wheat and hogs on their family farm,
where the boys are ninth-generation
farmers.



DID YOU KNOW? Chickens – both broilers and layers –
consume a diet high in protein-rich soybean meal.

Granny's Chocolate Pie

1 pre-made pie crust
1 Cup plus 2 TBSP Sugar
2 heaping TBSP self-rising flour
3 egg yolks
Dash Salt
2 Cup Milk
¼ c. Hershey's cocoa powder
1 tsp. vanilla
2 TBSP butter
1 tsp cream of tartar

Cook pie crust according to package directions. Place 1 cup sugar and the flour in a large microwave safe bowl and stir together. Add salt, egg yolks, and milk, stir in gradually. Cook in microwave for 2 mins at a time for about 6 mins or until thick. Whisk in butter and vanilla. Whip egg whites for meringue, add 2TBSP sugar and 1 tsp cream of tartar. Place meringue on top of pie and broil to brown top.



Submitted by Michael and Andrea Williford, Clinton Ky. Pictured below is Cole Williford. The Willifords raise soybeans, corn, wheat, and hogs. Cole is also featured on the cover with his mother, Andrea, and sister, Dallas.



Should I buy conventional or free-range chicken and eggs?



It's your choice! However, you can expect cleaner, safer eggs with lower levels of shell bacteria from conventional modern cages versus free-range egg-production systems. Additionally, a study done on behalf of the United Egg Producers found no greater stress levels among caged chickens when compared to free-range chickens. Egg farmers who are part of the United Egg Producers Certified Program provide sufficient cage space for birds to stand comfortably, turn around, lie down, groom and stretch their wings. Chickens and eggs from modern cage systems are also less expensive than free-range chickens and eggs.

Sausage and Corn Chowder

- 1 lb Sausage
- 1 onion, chopped
- 4 potatoes, peeled, cubed, and cooked
- 1 tsp salt or to taste
- 1/2 tsp pepper
- 1 tsp dried basil
- 2 cups of water
- 1 can (16 oz.) whole corn
- 1 can (16 oz.) creamed corn
- 1 can (12 oz.) evaporated milk

1. Brown sausage with onion. Drain fat.
2. Cook potatoes about 20 minutes after coming to a boil.
3. Combine: corns, milk, water, and spices in the crockpot.
4. Add sausage
5. Drain potatoes and add to crockpot.
6. Stir to mix well
7. Cook on low for several hours; stirring periodically
(If using the stove simmer 30-40 minutes or until thoroughly heated.)



Submitted by Caleb and Leanne
Ragland of Magnolia, Ky.



Breakfast Casserole

6 eggs
1 lb pork sausage
2 cups milk
1 cup grated cheddar cheese
6 slices bread, cubed
1 tsp salt
1 tsp dry mustard

Brown and crumble sausage,
drain.

Whisk together eggs, milk, salt,
and dry mustard.

Add bread, cheese, and cooked sausage. Mix well.

Pour into 13x9 pan, refrigerate overnight.

Bake at 350 for 45 minutes.



This is great for Christmas morning, or any time you want a great breakfast and don't have a lot of hands-on prep time.

Submitted by Lindsey and Adam Hendricks of Auburn, Ky.
Hendricks Farms raises soybeans, corn, and wheat.

FROM THE HENHOUSE TO YOUR HOUSE

Good rules for good eggs.

The most effective way to prevent egg-related illness is by knowing how to buy, store, handle and cook eggs (or foods that contain them) safely.

1. **BUY THE DOZEN.** Always purchase eggs before the "Sell-By" or "EXP" date on the carton. For best quality, use eggs within 3 to 5 weeks of the date you purchase them. The "sell-by" date will usually expire during that length of time, but the eggs are perfectly safe to use.
2. **KEEP 'EM COLD.** Follow the 2-Hour Rule. Store whole eggs in their cartons in the coldest part of the refrigerator, away from any raw meat or poultry that might drip juices or any produce that might come into contact with eggshells. Once refrigerated, they need to stay that way. A cold egg left out at room temperature can sweat, facilitating the movement of bacteria into the egg and increasing the growth of bacteria.
3. **GET CRACKING.** Eggshells may contain pathogenic bacteria. Instead of using shells to separate the yolks and whites, the American Egg Board recommends using a separator or funnel to prevent contamination.
4. **A FIRM RULE.** Always cook eggs until the yolks and whites are firm. Casseroles and other dishes containing eggs should be cooked to a safe minimum internal temperature of 160 F.
5. **STAY FIRM.** As tempting as it can be, resist the urge to taste raw cookie dough or batters made with eggs. For recipes made with uncooked eggs, choose pasteurized eggs.

Katy's Skillet Corn Bread

- 10 ounces (about 2 cups) of fine ground Ky Proud cornmeal
- 1.25 ounces (a little more than 2 Tablespoons) of coarse ground cornmeal
- 1.5 cups of sour cream
- 4 Tbsps of unsalted butter, melted
- a pinch of salt
- 1 Tbsp of baking powder
- 1 Tbsp of baking soda
- 2 eggs
- 3 tablespoons of sugar
- ¼ cup of soybean (vegetable) oil



1. Preheat Oven to 450 degrees
2. In a 10" well seasoned cast iron skillet, pour soybean oil.
3. Combine all other ingredients in a medium bowl and mix well.
4. Place skillet with oil over medium heat and warm for 3-4 minutes.
5. Pour in cornbread mix.
6. Cook cornbread on medium heat on stove for 60-90 seconds before placing in the oven.
7. Bake 15-20 minutes or until top is golden brown.

Submitted by Katy and Houston
Howlett of Glendale, Ky.



Soybean Board

www.kysoy.org

This book is brought to you by the people who grow and raise your food, your food's food, and some of your fuel. There's no fancy marketing or self-promotion, just the facts – from our families to yours.

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