

Frontier Follies^{!!!}

*  Adventures in
Marriage & Motherhood
in the Middle of Nowhere 

Ree Drummond  

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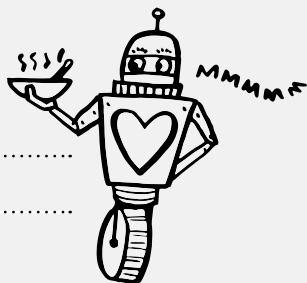
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Love Robot Chili and Cornbread Muffins

*The Love Robot serves this to her family,
and they love it! Season it with
dinnertime shenanigans.*



LOVE ROBOT CHILI

MAKES 8 SERVINGS

3 pounds ground beef
3 garlic cloves, minced
One 8-ounce can tomato
sauce
2 tablespoons tomato
paste
1 tablespoon chili powder
1 tablespoon ancho chile
powder
2 teaspoons ground cumin
1 teaspoon ground
oregano
2 teaspoons kosher salt
¼ teaspoon cayenne
¼ cup masa harina
(corn flour)

One 15-ounce can kidney
beans, drained and
rinsed
One 15-ounce can pinto
beans, drained and
rinsed
Grated sharp Cheddar,
for serving
Sour cream, for serving
Chopped red onion,
for serving
Lime wedges, for serving
Cornbread, for serving
(optional), such as
Green Chile and
Cheddar Cornbread
Muffins

1. Place the ground beef in a large saucepan or Dutch oven and throw in the garlic. Cook over medium heat until browned. Drain off the excess fat, then pour in the tomato sauce, tomato paste, chili powders, cumin, oregano, salt, cayenne, and $1\frac{1}{2}$ cups hot water. Stir together well, cover, and reduce the heat to low.
2. Simmer for 1 hour, stirring occasionally. If the mixture becomes overly dry, add $\frac{1}{2}$ cup water at a time as needed.
3. When the hour is almost up, place the masa harina in a small bowl. Add $\frac{1}{2}$ cup hot water and stir with a fork. Dump the masa mixture into the chili. Stir well, then taste and adjust the seasonings. Add more masa paste and/or water to get the chili to your preferred consistency or to add more corn flavor. Add the beans and simmer for 10 minutes.
4. Serve with grated Cheddar, sour cream, chopped red onion, and lime wedges. Serve with cornbread if you like!



GREEN CHILE AND CHEDDAR CORNBREAD MUFFINS

MAKES 12 MUFFINS

Cooking spray	1 teaspoon baking soda
1⅓ cups yellow cornmeal	1½ cups grated Cheddar
⅔ cup all-purpose flour	One 4-ounce can chopped green chilies, undrained
1 teaspoon kosher salt	6 tablespoons butter, melted, plus softened butter, for serving
1 cup buttermilk	
2 large eggs, whisked	
2 teaspoons baking powder	

1. Preheat the oven to 425°F. Prepare a muffin tin with cooking spray.
2. In a large bowl, combine the cornmeal, flour, and salt.
3. In a small pitcher, combine the buttermilk, eggs, baking powder, and baking soda. Whisk with a fork to combine.
4. Pour the buttermilk mixture into the dry mixture. Stir with a fork until combined. Fold in the cheese, green chilies, and melted butter until just combined.
5. Portion the batter into the prepared muffin tin and bake until a toothpick inserted into the center of a muffin comes out clean, about 15 minutes.
6. Serve warm with softened butter. These go great with chili!

YUM ♡
YUM



.....
**THE ABSOLUTE BEST SANDWICH I MADE
DURING QUARANTINE**
.....

*(a.k.a. Drip Beef with Caramelized Onions and
Provolone)*
.....

*Of all the cooking shenanigans that went on in
the Drummond kitchen during the 2020 Covid-19
quarantine, this blessed sandwich was the clear
winner and received 5+ stars from everyone.
It feeds a houseful of hungry teenagers who are
depriving you of solitude.*

- | | |
|--|---|
| 1 chuck roast,
about 4 pounds | 2 tablespoons minced fresh
rosemary leaves |
| 1 tablespoon kosher salt | One 16-ounce jar |
| 1 tablespoon freshly ground
black pepper | pepperoncini, including
juice |
| 4 tablespoons (½ stick)
salted butter, plus more
for the rolls | 2 large yellow onions,
halved and sliced |
| 2 tablespoons vegetable oil | 10 kaiser rolls, split |
| 2 cups low-sodium beef
broth | 10 slices provolone cheese |

..... (NOTE: Can be made in
..... non-pandemic times
..... as well.)
.....

1. Sprinkle the chuck roast with the salt and pepper. Melt 2 tablespoons of the butter and the vegetable oil in a heavy pot over high heat. Sear both sides of the roast until very browned, about 5 minutes total. Pour in the beef broth and 1 cup water. Add the rosemary, then pour in the pepperoncini with their juices. Cover the pot and reduce the heat to low. Simmer until the meat is tender and falling apart, 4 to 5 hours.
2. Remove the roast from the pot and use two forks to shred the meat completely. Return the meat to the cooking liquid and keep warm.
3. Heat a large skillet over medium-low heat and add the remaining 2 tablespoons butter. Add the onions and sauté until caramelized, stirring occasionally, about 20 minutes.
4. Preheat the broiler. Butter the cut side of the kaiser rolls and toast them in the oven until golden. Set aside the top halves.
5. Spoon some of the shredded meat and juice onto the bottom halves of the rolls. Top each with a slice of provolone, then broil until the cheese is melted and bubbling. Remove the pan from the oven, arrange some caramelized onions on each sandwich, and top with the other halves of the buns.
6. Make your teenagers do the dishes! 😊



Stockin' Up

Even though I'm no longer deep in the bulk-buying years, I still love having a well-stocked kitchen in case something crazy like a zombie apocalypse (or a pandemic) happens and I can't get to civilization for supplies. Here's my working list!



PANTRY

Baking

- * Baking ingredients: bulk flour (all-purpose, whole wheat, cake, self-rising), sugar, brown sugar, powdered sugar, baking powder, baking soda, yeast, cream of tartar
- * Chocolate chips, cocoa powder, and other kinds of baking chocolate
- * Evaporated milk and sweetened condensed milk
- * Shortening

Canned and Jarred

- * Artichoke hearts: throw in a pasta sauce, make artichoke dip, or put on pizza
- * Assorted olives, jalapeños, pepperoncini
- * Canned beans: great for salads and soups. Rinse before adding!

- * Canned tomatoes: crushed, whole, diced, stewed, paste
- * Chipotle peppers in adobo sauce: add to soups and roasts, mix with mayo, add to dip
- * Jarred pesto and specialty relishes and chutneys
- * Jellies: strawberry, apricot, jalapeño
- * Peanut butter
- * Roasted red peppers: place them on panini, puree and make a soup or pasta sauce, chop for bruschetta
- * Ro*tel canned tomatoes with green chilies
- * Stocks and broths: chicken, beef, vegetable

Condiments, Flavorings, Herbs, and Spices

- * Barbecue sauce
- * Dried herbs and spices
- * Honey
- * Hot sauce
- * Ketchup, different mustards, relish
- * Maple syrup, pancake syrup
- * Mayonnaise
- * Olive oil, vegetable oil, peanut oil, coconut oil
- * Rice wine (mirin)
- * Salt: iodized, kosher, sea salt, salt blends
- * Soy sauce, fish sauce, teriyaki sauce, hoisin
- * Vinegars: distilled white, red wine, white wine, apple cider, rice wine
- * Worcestershire

Boxed and packaged

- * Cornmeal
- * Dried beans: pinto, black, Great Northern, navy
- * Dried pasta in every shape and size
- * Oatmeal and other breakfast grains
- * Masa: corn flour, sold in the Hispanic foods aisle; use to make tortillas, add to chili
- * Panko breadcrumbs: top casseroles, coat fried mozzarella, mix into meatballs
- * Rice: long grain, brown, jasmine, Arborio

Vegetables

- * Potatoes, onions, and garlic: store them in a basket so air can circulate

FRIDGE

- * Bacon
 - * Butter by the ton!
 - * Cheese: long-lasting varieties like Cheddar, Parmesan, feta
 - * Eggs
 - * Heavy cream: for cooking, desserts, and coffee
 - * Lemons, limes, apples, carrots, celery
 - * Tortillas: flour and corn; if stored properly, they seem to last forever in the fridge
- (NOTE: The fridge list contains only long-lasting staples. Fill in the more perishable items weekly or biweekly!)*

FREEZER

- * Beef, wrapped in butcher paper
- * Bread: crusty artisan loaves, sandwich breads
- * Chicken: breasts, wings, legs, thighs
- * Frozen dinner rolls (unbaked): make them as rolls or use them for calzones or hand pies
- * Frozen fruits: pineapple, berries, mango. Great for smoothies, pies, crisps, cobblers
- * Frozen vegetables: peas, corn, butternut squash, broccoli, green beans
- * Nuts such as pecans, walnuts, almonds: keeps them from going rancid
- * Pie crust
- * Pizza dough
- * Raw shrimp
- * Sausage: breakfast sausage, Italian sausage, chorizo

