

Recipes by Kristina Callison, Fire Sweep Ranch of Verona, Mo.

1. Recipe: Egg Roll in a Bowl

Ingredients:

- 1 lb. hamburger or sausage
- 3 to 4 eggs
- 1 bag fresh cole slaw mix
- fresh garlic (4 to 5 cloves or to taste)
- 1 T. fresh ginger (grated)
- 1 T. sesame seeds
- 1 T. soy sauce (add more if desired)

Directions: **Step 1:** Cook hamburger or sausage with fresh garlic and ginger (I buy it fresh and freeze it for all year use). **Step 2:** Once it's cooked, scramble three to four eggs, use garlic seasoning on the eggs. **Step 3:** To the meat and egg mixture, add one small bag of fresh cole slaw mix, sesame seeds, and soy sauce. **Step 4:** Toss a few times to mix and enjoy!

Note: This one is great if you are watching your carbs!

2. Recipe: Pan Gumbo

Ingredients:

- 1 to 1 ½ lbs. frozen shrimp
- 1 to 1 ½ lbs. Kielbasa sausage
- 1 whole sweet Vidalia onion (cut in small wedges)
- 8 Yukon Gold potatoes (cut in large chunks)
- 1 tsp. to 1 T. Danos seasoning (depending on taste)
- 5 cloves garlic (use less if not a big garlic fan)
- 4 T. butter

Directions: **Step 1:** Sauté garlic, butter, and onion in pan with Danos seasoning.

Step 2: Slice then add sausage, shrimp, and precooked potatoes. Cook until the shrimp is done. Top with hot sauce if you like a little kick!

Note: This is a ranch favorite after morning chores are done. It's quick and hearty.

3. Recipe: Stuffed Onion Rings

Ingredients:

¼ c. shredded Mexican cheese
3 oz. cream cheese
2 T. bacon crumbles
2 T. diced jalapeños
1 T. Ranch seasoning
whole sweet Vidalia onions
Parmesan cheese (grated)

Directions: **Step 1:** Mix the shredded Mexican cheese, cream cheese, bacon crumbles, diced jalapeños, and Ranch seasoning. **Step 2:** Slice an onion into thick rings, add your mixture into them, coat with egg wash, and grated Parmesan. **Step 3:** Air fry at 400 degrees Fahrenheit for 8 minutes. Take them out and enjoy! We substitute any kind of meat for the bacon bits.