

Recipes by Megan Naber, Naber Farms of Seward, Neb.

1. Recipe:

Ryan's Mom's Beef Jerky

Note: This is my all-time favorite jerky recipe!

Ingredients:

1 ½ lb. meat (my favorite is to thinly slice a beef chuck roast)
½ tsp. seasoning salt
¼ c. soy sauce
¼ c. Worcestershire sauce
½ tsp. garlic powder
1 tsp. black pepper
1 tsp. Accent Flavor Enhancer
1 tsp. onion powder
2 T. liquid smoke

Directions: Step 1. Mix everything together well in a bowl and let it marinate overnight.

Step 2. Dehydrate until done to your liking.

2. Recipe:

Stuffed Bell Peppers

Note: This is a recipe that I like to take liberties with and change up the ingredients. It tastes great every time!

Ingredients:

6 bell peppers (or more if your peppers are on the smaller side)
3 T. olive oil
8 oz. ground beef
salt and pepper to taste
1 chopped onion
3 cloves of chopped garlic
1 diced zucchini
4 diced Roma tomatoes
1 c. cooked rice
2 c. shredded pepper jack cheese.

Directions: Step 1. Cut the tops off the top of the peppers. Discard the stems and chop the remaining part of the top, set aside. Remove the seeds and hollow out the inside of the peppers. **Step 2.** Heat 2 tablespoons of the olive oil in a large skillet and brown the ground beef with salt and pepper. When done set aside in another bowl. **Step 3.** On medium-high heat in the same pan add the rest of the olive oil and add the onion and chopped pepper tops until they begin to soften (3 to 4 minutes). Add the zucchini and garlic, cook for another minute. Add the tomatoes and season with more salt and pepper. **Step 4.** Cook until everything is heated through and cooked to your liking, then add the beef and rice. Taste and season as needed. Stir in 1/2 cup of cheese. **Step 5.** Preheat the oven to 350 degrees Fahrenheit. Place peppers cut side up and fill peppers with rice mixture. Top with remaining cheese. Pour small amount of water in the bottom of the pan. Cover with foil and bake for 30 minutes. Uncover then bake an additional 15 to 20 minutes until peppers are soft and cheese on top is melted and slightly brown.

3. Recipe:

Mom's Sticky Rolls

Note: My mom makes the best cinnamon and sticky rolls and either she or my grandma would always take them to our horse shows growing up. Those and fresh cherries will always be horse show food to me! She uses the same roll recipe and adds the sticky pecan mix or homemade cream cheese frosting depending on which she is making.

Rolls Ingredients:

9 c. flour
1 ½ c. cool water
2 tsp. salt
2 pkgs. yeast
1 ½ c. scalded milk
2/3 c. sugar
4 eggs, beaten
1 c. melted margarine

Sticky Roll Mix Ingredients:

½ c. brown sugar
¼ c. dark corn syrup
pecans
2 T. butter

Directions: Step 1. Put all 9 cups of flour in a big Tupperware bread bowl. Make a well in the center of the flour. Pour in center of the well of flour: scalded milk, water, sugar, salt, and eggs. Sprinkle yeast over top of liquid. Important - Do Not Mix. Seal the lid on bowl, let sit in dark place for 1 hour. **Step 2.** Remove seal. Add 1 cup melted margarine, stir all together. Seal lid and let sit until lid pops. Keep in a warm place. **Step 3.** Flour countertop and knead dough and then roll out in a circle. Cover with a mixture of soft margarine, cinnamon, and sugar. Roll up and slice off. **Step 4:** Mix all ingredients in the sticky roll mix in a saucepan and bring to a boil. Pour sticky mix in bottom of pan and place rolls on top. Let the rolls rise. Then bake at 350 degrees Fahrenheit until brown. When done turn pan over onto a service dish to remove rolls and allow mixture to drizzle on top.