



July Menu Ideas

Pineapple Rice



Ingredients:

- 1 Tbs butter
- 1/2 cup small diced onion
- 1 cup diced ham
- 1 can (14.5 oz) Chicken Broth
- 1 1/2 cups long grain rice
- 1 cup Del Monte® canned Pineapple Tidbits, juice reserved, drained (Kohl #70286)
- 3/4 cup reserved pineapple juice
- 1/2 cup red bell pepper, diced
- 2 Tbs green onions, chopped



Instructions:

1. In a medium saucepan, over medium-high heat, melt butter. Cook onion and ham until onion is transparent, about 2 minutes.
2. Add broth and rice, cover and bring to a boil. Reduce heat to medium and cook 10 minutes, or until broth is absorbed.
3. Uncover and place pineapple, juice, red bell pepper, and green onions on top of rice. Reduce heat to low, cover and simmer for another 15 minutes, until all liquid is evaporated

Sassy Southwestern Ribs



Ingredients:

- 25 lbs. Farmland St. Louis Style Ribs, thawed (Kohl # 01767)
- Taco seasoning mix
- 6 cups thick and chunky salsa
- 3 cups ketchup
- 1 cup molasses
- 1/2 cup Worcestershire sauce
- 2 tablespoons garlic pepper



Instructions:

1. Heat convection oven to 275°F. Sprinkle desired amount of taco seasoning on all sides of ribs. Place ribs in single layer on foil-lined shallow baking pans. Roast ribs 40 to 60 minutes until tender.
2. Meanwhile, combine all remaining ingredients. Brush ribs with sauce during the last 20 minutes of roasting.

Serves: 25

Peach Refresher



Ingredients:

- 1 oz. Torani Peach syrup (Kohl # 26915)
- 4 oz. brewed tea, chilled
- 4 oz. lemonade
- Ice



Instructions:

Combine chilled tea, lemonade and Torani in a tall glass filled with ice and stir well.

Black & Blue Smoothie

Ingredients:

- 1-3/4 oz. JHS Black Raspberry Concentrate (Kohl # 25310)
- 1-1/4 oz. JHS Blueberry Topping (Kohl # 25154)
- 1 cup Vanilla low fat yogurt
- Reddi-wip Real Cream Whipped Topping, as needed (Kohl # 07614)
- 1/2 cup Ice



Instructions:

1. Pull 16 oz. decorative glass.
 2. Pour 1/2 oz. Black Raspberry Concentrate into the bottom of the glass.
 3. Using the handle end of a spoon, streak the concentrate upwards to create decorative lines on the glass.
 4. Put ice, yogurt, Blueberry Topping and remaining Black Raspberry Concentrate into a blender.
 5. Blend until well mixed.
- Top with Reddi-wip® Real Cream Whipped Topping