

TAILGATING WITH THE  
INDIANAPOLIS  
COLTS



COOKBOOK

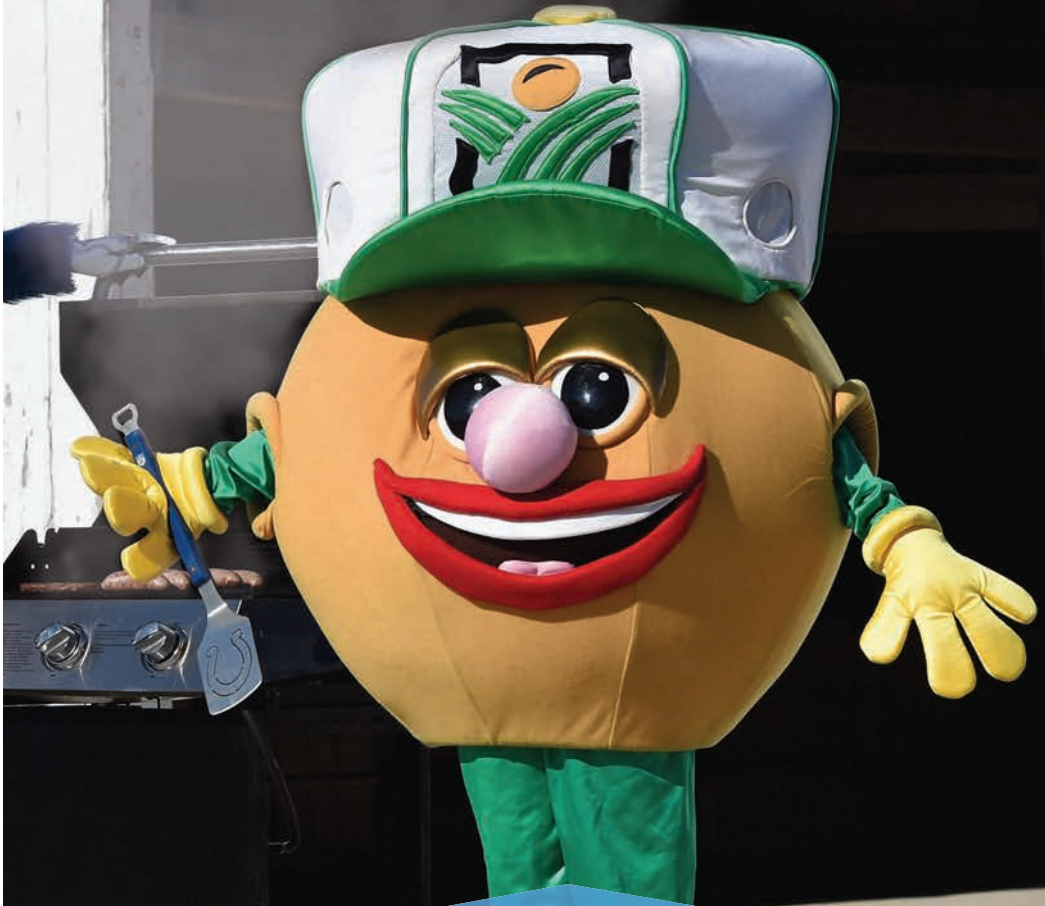


# CHECK OUT THESE TAILGATE RECIPES!





**SUBMITTED BY INDIANA FARMERS  
AND INDIANAPOLIS COLTS FANS**



Farmers are often thought of as the first tailgaters, eating many meals on the tailgate of their trucks during spring planting and fall harvest. Indiana corn and soybean farmers are committed to providing safe and affordable food for all of your game day feasts!

# KIM'S TAILGATING TIPS





**TOUCHDOWN!** I love all the foods that come with football season—the wings, the dips, and of course the good time! Score big with these tips for your next tailgate party!

– Kim Galeaz, Registered Dietitian and Recipe Developer

1

Be safe at the grocery store. Place chicken in a plastic bag, use disinfectant wipes on the shopping cart and always wash hands and surfaces after touching raw chicken.

2

Once cooked, hot foods should never stay out at room temperature longer than two hours, or foodborne bacteria will multiply. If it's over 90 degrees Fahrenheit outside, only one hour is acceptable.

3

In order to keep foods safe, hot foods need to be at or above 140 degrees Fahrenheit, and cold foods should be kept in plenty of ice to prevent growth of food bacteria.

4

Pack refrigerated food in a cooler with ice or freezable ice packs if you're taking it to a tailgate party.

5

Take an instant-read thermometer to your tailgate so you can check the pork temperature and make sure it's safe, above 140 degrees Fahrenheit.

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## PUMPKIN BARS



Indiana is one of the largest producers  
of pumpkins for canning.



**LUCAS DULL**

## PUMPKIN BARS

**PREP TIME** 5 min.

**COOK TIME** 25-30 min.

**SERVINGS** 15

### **DIRECTIONS - BARS**

Sift dry ingredients (flour, baking powder, cinnamon, nutmeg, salt, & baking soda) and set aside. In a large bowl, combine eggs, sugar, oil and pumpkin until light and fluffy. Add the dry ingredients, gradually. Mix well.

Spread batter in a greased 15x10x1 baking pan. Bake at 350 degrees for 25 – 30 minutes or until a toothpick inserted comes out clean. Cool completely.

### **DIRECTIONS - ICING**

Cream together butter and cream cheese until smooth and fluffy. Add powdered sugar, vanilla and milk. Mix on high speed until smooth creamy.

### **BARS INGREDIENTS**

- 2 cups flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 eggs
- 1 and 2/3 cups sugar
- 1 cup oil
- 16oz. of fresh pumpkin purée  
OR 1 can (15oz.) pumpkin  
(not pumpkin pie filling)

### **ICING:**

- 1 8oz. package of cream cheese
- 1/3 cup softened butter
- 4 cups powdered sugar
- 2 tsp pure vanilla extract
- 1 Tbsp milk





## TACO CASSEROLE



Shredded cheese in this casserole provides a good dose of calcium to support healthy bones and teeth.



**PHIL RAMSEY**

## TACO CASSEROLE

**PREP TIME** 10 min.

**COOK TIME** 45 min.

**SERVINGS** 20

### DIRECTIONS

Cook ground beef and add seasoning (do not add the water listed on the seasoning package). Add the salsa and mayonnaise. Mix well. Add cheese and bake at 350 degrees Fahrenheit for 45 minutes. Serve with chips, shredded lettuce, sour cream and chopped tomatoes.

### INGREDIENTS

- 2 pounds ground beef
- 1 package (10z.) Taco seasoning
- 1 cup mayonnaise
- 2 cups salsa
- 2-3 cups shredded Colby Jack cheese
- Serve with tortilla chips, shredded lettuce, sour cream and chopped tomatoes





## **SLOW COOKER FOOTBALL RICE KRISPIE TREATS**



No need to demonize sugar – life is too short! Just be responsible with portion size, and enjoy any sweet treat guilt-free along with all the other nutrient-rich foods at your tailgate party.



MARYBETH FEUTZ

## SLOW COOKER FOOTBALL RICE KRISPIE TREATS

PREP TIME 45 min.

COOK TIME NA

SERVINGS 12

### DIRECTIONS

1. Turn a 6-quart slow cooker on to high.
2. Put butter in the slow cooker, cover, and let sit for 10-15 minutes until melted.
3. Stir mini marshmallows into butter, cover, and let sit for 10-15 minutes until melted, stirring occasionally.
4. Line a large baking sheet with wax paper. Lightly spray with cooking spray.
5. Stir cereal into melted marshmallows. Turn off slow cooker.
6. Pour cereal mixture onto greased wax paper.
7. Lightly spray your hands with cooking spray, and mold cereal into a rectangle, about  $\frac{1}{2}$ - $\frac{3}{4}$  inch thick.
8. Let cool.
9. When cereal is completely cool, lightly spray a football-shaped cookie cutter with cooking spray. Cut out football-shaped Rice Krispie treats, and set aside.
10. If necessary, mold remaining cereal into a flat rectangle again, and make more cutouts.
11. Spoon frosting into a plastic bag. Squeeze all the frosting into one corner of the bag. Using a sharp pair of scissors, cut the corner off the bag. (A smaller cut will give you a finer frosting line.)
12. Squeeze the frosting out on the footballs to make the laces.
13. Serve immediately, or store in a single layer in an airtight container.

### INGREDIENTS

- 4 Tbsp butter
- 5 cups mini marshmallows
- 6 cups Cocoa Rice Krispies cereal
- 1 Tbsp Fluffy White flavor whipped frosting
- Cooking spray

FOR OTHER RECIPES VISIT  
[MYFEARLESSKITCHEN.COM](http://MYFEARLESSKITCHEN.COM)





## LOW COUNTRY BOIL



Power-packed with protein to fill you up and keep you satisfied. That protein also supports healthy bones and muscles.



**NATASHA COX**

## LOW COUNTRY BOIL

**PREP TIME** 35 min.

**COOK TIME** 25 min.

**SERVINGS** 15

### DIRECTIONS

1. Heat a large pot of water over an outdoor cooker, or medium-high heat indoors - we love to take our outdoor cooker to tailgates (make sure your propane tanks are full).
2. Add Old Bay seasoning, pepper and salt - bring to a boil. Add potatoes, and sausage, and cook for about 10 minutes.
3. Add the corn, cook for another 5 minutes.
4. Then add the shrimp when everything else is almost done, and cook for another 3 or 4 minutes.
5. Drain off the water and pour the contents out onto a table covered with paper.
6. Enjoy.

### INGREDIENTS

- 2 lemons, quartered
- 2 bay leaves
- 3 tablespoons kosher salt
- 2 tablespoons whole black peppercorns
- 1/2-3/4 cup shrimp boil seasoning, such as Old Bay
- 4 pounds small new potatoes (about 1 1/2" in diameter)
- 2 pounds smoked pork sausage (about 4 links), such as kielbasa, cut into 2" pieces
- 2 sweet or yellow onions, peeled, quartered
- 10 ears of corn, shucked, cut in half
- 4 pounds fresh/frozen large shrimp



## KENDALL'S MEATBALLS





Indiana is a large tomato producing state for canned tomato products.



BETHANN KENDALL

# KENDALL’S MEATBALLS

PREP TIME 15 min.

COOK TIME 22 min.

SERVINGS 24

DIRECTIONS - MEATBALLS

Mix all ingredients in a bowl and roll into golfball size balls stuffing each one with mozzarella cubes. Put onto a baking sheet. Bake at 375 degrees Fahrenheit for 22 minutes. Add to slow cooker with sauce.

DIRECTIONS - SAUCE

Mix all together into the slow cooker. Slow cook for 3 hours.

INGREDIENTS

- 1 pound of ground beef
- 1 pound Italian sausage
- 2 eggs
- 2 tablespoons of pesto
- 1 tablespoon of Italian herbs
- 1 teaspoon of minced garlic
- 1 medium onion diced
- 1 cup of breadcrumbs
- 1/2 cup of Parmesan
- red pepper flakes
- 1/8 teaspoon ground pepper
- stuffed with mozzarella cubes

MEATBALL SAUCE:

- 2 13oz. cans of chopped tomatoes
- 1 can of tomato paste
- 1 tsp of Italian seasoning
- 1 tsp of salt
- 1 tsp of minced garlic
- 1 tsp of marjoram
- 1 small onion, chopped
- 1 squash, chopped
- 1 zucchini, chopped
- half pound carrots, chopped
- half pound mushrooms, chopped



## CHICKEN BACON SLIDERS



Every day, aim for at least half your grains from the “whole” category. Which means white refined – like a sweet Hawaiian roll – is perfectly fine to enjoy half the time!



**JIMMY NICHOLS**

## CHICKEN BACON SLIDERS

**PREP TIME** 40 min.

**COOK TIME** 25 min.

**SERVINGS** 8

### DIRECTIONS

1. Cut chicken breasts in half.
2. Beat eggs and put in small bowl.
3. Put flour in bowl.
4. Crush Doritos and put in bowl.
5. Put milk in bowl.
6. Mix garlic salt with butter.
7. Cut bacon into 3-4 inch strips.
8. Fry bacon until crisp and set aside.
9. Coat rolls with garlic butter and toast until golden brown, set aside.
10. Dip chicken breast in milk and coat with flour.
11. Dip in egg mixture and cover with crushed Doritos.
12. Bake for 25 minutes at 400 degrees Fahrenheit.
13. Remove from oven, place one breast on roll bottom, place bacon strip and sliced cheese and ranch dressing on each and place top of roll on.
14. Bake 5 minutes at 400 degrees Fahrenheit or until cheese is melted.
15. Remove from oven, place on plate and enjoy.

### INGREDIENTS

- 2 pounds chicken breasts
- 1 pound bacon
- Swiss cheese
- 2 eggs
- 1/2 cup milk
- Doritos nacho chips
- 1/2 cup flour
- 8 Hawaiian rolls
- 3 tsp butter (melted)
- 1 tsp garlic salt
- ranch dressing





## INDIANA PORK TENDERLOIN TENDERS



Indiana is the 5th largest pork producing state.



MAGGIE HELLMAN

## INDIANA PORK TENDERLOIN TENDERS

PREP TIME 20 min.

COOK TIME 4-5 min.

SERVINGS 8

### DIRECTIONS

- Heat oil in fryer (or cast iron pot) to 400 degrees Fahrenheit.
- Pound pork loin chops to 1/2 inch thick or a little less.
- Cut into 1 inch wide strips.

In three separate bowls:

1. Mix flour, garlic powder and onion powder.
2. Whisk two eggs.
3. Mix Panko bread crumbs and sage.
  - Take the pork strips and place in the flour mixture, then the whisked egg, then Panko mixture. Place in 400 degree Fahrenheit oil and fry for 4 to 5 minutes until dark golden brown.
  - Place on paper towels to drain excess oil from tenders.
4. Enjoy with favorite sauce! (suggestion: ketchup and HELLMANNS (no relation) mayo mixture)
5. Go Colts!

### INGREDIENTS

- 4 boneless pork loin chops cut 1 inch thick
- 1 cup flour
- 2 tsp garlic powder
- 2 tsp onion powder
- salt and pepper
- 2 Eggs
- 2 cups Panko bread crumbs
- 3 Tbsp chopped sage (fresh)
- vegetable oil for frying



**DRUNKEN SKIRT STEAK TACOS  
W/ CHIMICHURRI**





Even the parsley and cilantro are nutrient-rich, both providing bone-building vitamin K.



TIM LUNS福德

## DRUNKEN SKIRT STEAK TACOS W/ CHIMICHURRI

PREP TIME 8.5 hours

COOK TIME 6 min.

SERVINGS 12

### DIRECTIONS

Prepare marinade in a mixing bowl. I like to cut slits into my skirt steak before putting them into the marinade. That does 2 things. It helps the marinade absorb and it also keeps the steaks from curling up while grilling and enables a good sear. Put the marinade in a zip lock bag with the skirt steak and let it sit for 8 hours or overnight. For Chimichurri put all the ingredients in a food processor and let it go. Slowly drizzle in the olive oil. This can also be done in a blender. Pack everything up and take it the tailgate. Once there, fire up the grill to high heat. Once it's smoking hot, grill the steaks for 3 minutes a side for medium rare. Remove steaks and let them rest. While they are resting warm your tortillas on the grill, about 1 minute per side. It makes all the difference in the world. After your steak has rested about 10 minutes slice and serve in the tortillas with the Chimichurri spooned over the top. Simple, easy and delicious.

### MARINADE INGREDIENTS

- 2 cups orange Juice
- 4 cloves of garlic
- the juice and zest of 2 limes
- 1/4 cup of tequila (optional)
- 2 Tbsp of crushed red pepper
- salt and pepper, to taste

### CHIMICHURRI:

- 4 garlic cloves
- 2 jalapenos
- 1/4 cup red wine vinegar
- about 1/2 cup chopped parsley
- about 1/2 cup cilantro
- 3 limes, juiced with zest
- 1 cup extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper

### OTHER INGREDIENTS:

- 1 pack of corn tortillas
- 2 skirt steaks (size can vary)



While pretzels don't really contribute essential nutrients,  
they are considered a grain serving.



BLUE

## COLTS BLUE PRETZELS

PREP TIME 10 min.

COOK TIME NA

SERVINGS 18

### DIRECTIONS - PRETZELS

1. Mix dry ingredients together, and then add oil and stir well.
2. Pour on top of pretzels in a zip lock bag.
3. Shake good and often.
4. Let sit for 3+ hours.

### DIRECTIONS - MOZZARELLA CHEESE DIP

1. Mix spices together in small bowl.
2. In large bowl mix mayo & sour cream.
3. Add in spices and stir.
4. Add in cheese and stir.
5. Chill & serve.

### PRETZELS INGREDIENTS

- 1 tsp ground cayenne pepper
- 1 tsp lemon pepper
- 1 ½ tsp garlic salt
- 1 (1oz.) package of dry ranch style dressing mix
- 2/3 cup popping oil
- 15 oz. package of mini pretzels

### MOZZARELLA CHEESE DIP:

- 2 Tbsp parsley flakes
- 2 tsp garlic powder
- 1 Tbsp minced onion
- 1 tsp accent
- 2 tsp sugar
- 1 tsp celery salt
- 1 bag of finely shredded Mozzarella cheese – you can always add more if desired
- 8 oz. sour cream
- 15 oz. real mayo (not Miracle Whip)



## MOM BETH'S CHEESE TATES





Frozen potatoes are just like fresh, contributing potassium, fiber and vitamin C and several B vitamins. The only difference is they have some fat added.



KALEN JACKSON

## MOM BETH'S CHEESE TATES

PREP TIME 5 min.

COOK TIME 30

SERVINGS 15

### DIRECTIONS

1. Mix it all in a large bowl.
2. Spoon into a greased 9x13 pan.
3. Bake at 400 degrees Fahrenheit for about 30 minutes or until bubbly and the edges are brown.

### INGREDIENTS

- 1 bag of frozen hash browns-thawed
- 1 cup of sour cream
- 1 stick of butter-melted
- 1 can of Cream of Chicken Soup
- 2 cups of sharp shredded cheese



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