



# ***4-H Farm to Fork Camp Cookbook 2022***



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# Beef and Vegetable Soup

## Ingredients:

- 1 lb ground beef
- 3 cups of your favorite chopped vegetables (ex. potato, carrots, onion, peas)
- 2 quarts beef broth (may be substituted with beef bouillon)
- 2 tablespoon vegetable oil
- 1 can diced tomatoes
- Salt to taste
- Pepper to taste
- Fresh or dry herbs (optional)

## Instructions:

1. Brown ground beef in a pot until it reaches internal temperature of 155°F.
2. Add oil and chopped vegetables to the pot then continue to sauté at medium heat until onions get translucent.
3. Pour in beef broth and canned tomatoes to the mixture and bring to a boil.
4. Reduce to a simmer and cook 15-20 min until vegetables are at desired tenderness.
5. Add spices to taste and enjoy!

# Heritage Pineywoods Beef Liver Pâté with Bacon, Rosemary, & Thyme

## Ingredients:

- 6-8 thick pieces organic nitrate free uncured applewood smoked bacon
- 1 small organic sweet onion, chopped
- 4 cloves organic garlic, minced
- 1 pound wild-foraged Heritage Pineywoods Beef liver
- 2 tablespoons fresh organic rosemary, minced
- 2 tablespoons fresh organic thyme, minced
- ½ teaspoon sea salt

## Instructions:

1. Cook the bacon until crisp, remove from pan and set aside to cool.
2. Add the onion and garlic to the bacon grease and cook for 1 minute on medium-low. Top with liver and sprinkle with herbs. Cook slowly, turning several times, until the liver is no longer pink in the center. **Optional:** keep a small amount of the raw onion aside & add in Step 3 for some crunch.
3. Cool slightly. Place all ingredients into a food processor, including bacon grease from the pan, sea salt, and optional raw onion. Process to your preferred consistency, I prefer it smooth.
4. Enjoy warm, fresh from the food processor by itself or on your favorite bread or cracker. Experiment with toppings – one of my favorites is bread & butter pickles. Refrigerate leftover pâté and eat cold or reheat, as desired.