

# Field-Friendly Meals

by Deanne Frieders

Part of my goal in feeding our farmers is to help nourish them when they're working long hours during harvest. These Field-Friendly meals do just that!



## Honey Dijon Turkey Burgers

### Ingredients:

2 T dijon mustard	2 T finely chopped red onion
1 tsp honey	1-2 tsp hot sauce such as Tabasco
1 lb. ground turkey	4 burger buns

**Instructions:** In a medium bowl, gently combine all ingredients except the burger buns. When mixed, shape into four patties. Grill over medium heat 12-15 minutes, turning once. Cook until meat reaches 165 degrees. Serve with desired toppings.

**Notes:** Use ground turkey with some fat content to keep the burgers juicy!



## Easy Pork Stir Fry

### Ingredients:

1/4 cup reduced sodium soy sauce	1 pound pork tenderloin
1/2 cup water	1 1/2 T olive oil, divided
4 T honey	24 ounces frozen stir-fry vegetable blend
1 T cornstarch	

**Instructions:** In a small bowl, mix soy sauce, water, honey and cornstarch. Set aside. Slice the tenderloin in half lengthwise to make 2 pieces, then slice into smaller slices approximately 1/4 inch thick. Place into a bowl and add 1/2 tablespoon olive oil. Mix well and set aside. Heat a large skillet over high heat. Add 1 tablespoon oil to coat the pan. Add pork pieces and cook, stirring constantly, until the pork is cooked, about 4 minutes. Remove cooked pork and set aside. Add frozen veggies to the pan and cook over medium high heat until thawed. Return pork to the pan. Add soy sauce mixture and cook over high heat, stirring constantly, until the soy sauce mixture begins to boil. Reduce heat to low. Sauce will thicken and coat the stir fry as it cools.



## Baja Burgers

This Baja burger is bursting with flavor! An all beef patty combined with green chiles, spices and then topped off with a slice of cheese, avocado and cilantro.

### Ingredients:

1 pound ground beef	1 tsp chili powder
1 4 oz can green chilis	4 slices cheddar cheese
2 tsp dried cilantro	1 avocado sliced
1/2 tsp salt	4 brioche buns (or buns of choice)

**Instructions:** In a large bowl, combine the beef, green chilis and spices. Using clean hands, lightly mix to combine. Shape into four patties. Cook in a skillet or on the grill over medium heat until cooked to your liking. Top with cheese and avocado and serve on buns. Add jalapeños if you like extra heat! ■

To see more of Deanne's Handheld Eats recipes go to [thisfarmgirlcooks.com](http://thisfarmgirlcooks.com).