

# Sonoran Living Live

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## Buffalo meatloaf, cowboy beans and strawberry shortcake from The Stockyards

Video

Photo

SHARETHIS



Posted: 9:14 AM  
Last Updated: 2 hours and 44 minutes ago



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Summer brings with it a whole bunch of fun, including summer recipes! We're cooking up some cowboy beans, buffalo meatloaf and strawberry shortcake!

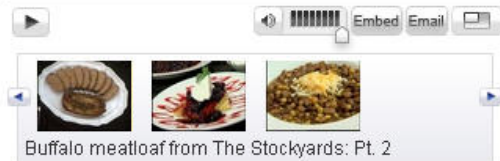
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### Buffalo Meatloaf

Preheat oven to 350.

#### Ingredients:

White Onion (small dice) ¼ Cup  
Celery (small dice) ¼ Cup  
Carrot (small dice) ¼ Cup  
Butter 1 Tbls  
Ground Buffalo 1 lb



Buffalo meatloaf from The Stockyards: Pt. 2



### DON'T Pay For White Teeth

Arizona Mom discovers one simple trick to turn yellow teeth white from home for under \$5



### Acai Berry Exposed (Official Test)

Want to use Acai berry? Do not use. Read this warning now.



### Arizona Mom Lost 46lbs Following 1 Rule

I cut down 46lbs of stomach fat in a month by obeying this 1 rule

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Ground Beef ½ lb  
BBQ sauce ½ Cup  
Large Egg (beaten) 2  
Panko 1 ¼ Cup  
Fresh Garlic (minced) 1 Large Clove  
Dijon Mustard 1 Tbls  
Worcestershire sauce 1 Tbls  
Tabasco 1 dash  
Salt ½ tsp (or to taste)  
Pepper ½ tsp (or to taste)  
Bacon (raw) 3 strips

#### Procedure:

Set aside ¼ cup of BBQ sauce. Sauté Onion, Celery, and Carrot in Butter over medium heat until tender.  
Cool slightly. Add these vegetables to all of the other ingredients except the Bacon. Mix well in a mixer.  
Form into a loaf and put into a loaf pan that has been sprayed with non-stick spray. Make sure to pat it down, it must be firm. Spread the BBQ sauce on top of the loaf and sprinkle with black pepper. Lay the Bacon strips lengthwise on top of the meatloaf. Bake uncovered in a 350 degree oven for approx. 1 hour.  
Let rest for 5 to 10 minutes before removing from the pan and serving.  
\* At The Stockyards, we cool completely, and then slice the meatloaf and reheat the slices on the charbroiler to add another flavor profile.

### Cowboy Beans

#### Ingredients:

Bacon Grease 1 Tblspn  
Yellow Onion (small dice) ¼ Cup  
Poblano Pepper (small dice) ½ Pepper  
Red Bell Pepper (small dice) ½ Pepper  
Fresh Garlic (minced) 1 Tblspn  
Cumin 1 tspn  
Oregano 1 tspn

Roasted Corn  $\frac{3}{4}$  Cup  
Chorizo (small chop) 3 oz  
Ham Hock 1  
Pinto Beans 2 Cups  
Beef Stock 2 Cups  
Cajun Spice 1 tspn  
Salt and Pepper To taste

**Procedure:**

Heat bacon grease over medium heat in a medium sauce pan. Add onion, peppers and chorizo and sauté until onions are glossy. Add garlic, cumin and oregano and sauté for two more minutes. Add all remaining ingredients, bring to gentle boil and then turn down heat and simmer uncovered for at least 45 minutes until beans are tender. (You may add a small amount of additional beef stock (or water) if needed).

This is one of our most popular side dishes at The Stockyards. The addition of chorizo makes this dish.

**Strawberry Shortcake**

**Ingredients:**

Shortcake

(12) Shortcake or Yellowcake squares of your choice. Packaged Yellowcake works excellent for this recipe. Just bake in square or rectangular pan and cut into 3"- 4" squares.

Strawberry Topping

Fresh Strawberries (sliced thin) 4 Cups

Granulated Sugar  $\frac{1}{2}$  Cup

Karo Corn Syrup (Light, not dark) 1 Cup

Procedure:

Coat sliced strawberries with the sugar. Let sit refrigerated for at least one hour. Add Karo syrup. Mix thoroughly but gently.

Presentation

Place one shortcake, or stack two pieces of yellow cake squares at differing angles for a more dramatic look. Top with a generous amount of the Strawberry Topping (4oz-6oz), then place a large dollop of your favorite whipped topping, or fresh whipped cream (sweetened to your taste). Garnish with a mint leaf, on top of the whipped cream.

*The Stockyards, Arizona's Original Steakhouse*

*You can find more information at [www.StockyardsRestaurant.com](http://www.StockyardsRestaurant.com) or call 602.273.7378.*

*Located at 5009 E. Washington Avenue in Phoenix.*