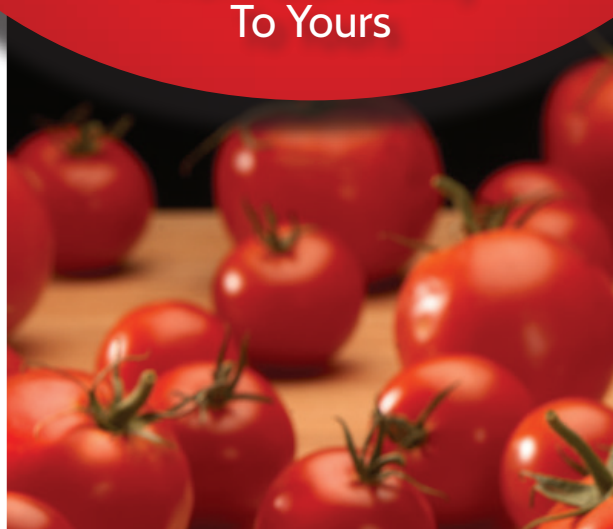




# meatball dinner cookbook



From Our Family  
To Yours





## Our History

The Rosina tradition began in 1963 as a small storefront sausage business in Buffalo, NY servicing neighborhood meat markets, supermarkets and restaurants. This family-owned business was founded by James Corigliano and named after his wife, Rose – which in Italian, translates to Rosina.

In 1972 when the Corigliano family was asked to make meatballs for a spaghetti dinner fundraiser at their church, James did not realize that his charitable contribution would be the beginning of history for his business. Using Rose's personal recipe and the help from parishioners, the event was a success and the meatballs were a hit. Rosina Food Products has grown a lot since 1963 and we are proud to offer a wide variety of authentic, Italian style products that people love.



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## *autumn meatballs*

Servings: 6

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### Ingredients

1 - 24 oz. bag of Rosina Swedish Style Meatballs (½ oz. size), cut in half \*

2 large onions, sliced or chopped

5 apples, peeled, cored and quartered (Empire or Granny Smith apples)

1-1/2 cups brown sugar

1/2 cup apple juice

Optional ingredients for garnish: dried cranberries, pomegranate or apples

### Cooking Directions

Preheat oven to 350°F. Combine all ingredients in a 4-quart casserole dish, cover and bake for 1-1/2 - 1-3/4 hours or until onions are soft. Stir occasionally while cooking. If using a crockpot, cook on high for 3 hours.

Serving suggestion: Serve over baked acorn squash or cooked rice. Garnish with dried cranberries, pomegranate seeds or apple slices.

\*For a different flavor, substitute with Rosina Italian Turkey or Homestyle Meatballs

## *Apples*

*An every day favorite  
that is great for  
your health!*



Did you know that apples are a great source of many nutrients beneficial to your health?

Apples are a rich source of soluble fiber and research shows that regular consumption of soluble fiber reduces blood cholesterol levels and the risks associated with coronary artery disease.

Apples are also low in calories and contain many phytonutrients and antioxidants that can keep you living healthy longer. Apples can be a great addition to savory dishes as we demonstrate in this recipe by bringing a subtle sweetness, texture and healthiness to the dish. They are not just for snacking and baking anymore. Go ahead and experiment using apples in your favorite stews or casseroles!





# quick meatball stroganoff

Servings: 6

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## Ingredients

1/2 - 24 oz. bag of Rosina Swedish Style Meatballs, thawed

10 oz. cream of chicken (or celery or mushroom) soup

1/2 cup chicken stock or water

10 oz. sliced mushrooms, drained

1/2 cup sour cream

broad egg noodles, cooked

fresh dillweed, chopped

## Cooking Directions

Thaw meatballs in microwave 2 - 3 minutes. Combine soup and stock in large saucepan and heat, stirring constantly. Add meatballs and mushrooms, cover and simmer over low heat for 10 minutes. Add sour cream and heat, without boiling. Spoon over noodles and sprinkle with dillweed.

## Growing Dill at Home



What better way to add a burst of flavor and freshness to your favorite dishes than with fresh herbs. Herbs are so easy to grow in pots in your home and dill is no exception. Dill is a favorite to use with fish, gyros, cold salads (goes great with cucumber) and cream based sauces like in this Stroganoff meatball recipe.

Dill (*Anethum graveolensis*) is a beautiful, tasty plant that also produces fantastic yellow flowers in the summer. Having it in a container near or even in your kitchen is a great way to ensure you get the most out of cooking with it. Dill seeds can be purchased on-line or at most local garden centers and should be planted in a deeper pot (10-12") filled with a sandy soil or potting mix. Dill likes a good amount of warmth and sunshine so place the pot in your sunniest window and enjoy fresh dill after a few weeks.





# caribbean meatballs

Servings: 6 - 8

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## Ingredients

1 - 24 oz. bag of Rosina Swedish Style Meatballs

1 tbsp. vegetable oil

1 clove garlic, minced

1 each green & red pepper, coarsely chopped

1 - 14 oz. can pineapple chunks

2 tbsp. cornstarch

1/3 cup sugar

1/3 cup vinegar

1 tbsp. soy sauce

1/2 cup cashews (optional)

1/4 cup coconut, toasted (optional)

## Cooking Directions

**Skillet method:** Partially thaw meatballs in microwave for 1 minute. Cut each meatball into 3 slices. Heat oil in large fry pan. Add garlic and peppers and stir fry for 2 minutes. Add meatballs, cover and cook over medium heat for 10 minutes until meatballs are heated through. Drain pineapple, reserving juice in a small bowl. Combine pineapple juice, cornstarch, sugar, vinegar and soy sauce. Pour over meatball mixture and cook, stirring constantly, until sauce has thickened. Stir in pineapple chunks and cashews. Garnish with toasted coconut, if desired.

**Crockpot method:** Drain pineapple, reserving juice. Put frozen meatballs, pineapple juice, pepper, garlic, cornstarch, sugar, vinegar and soy sauce in crockpot and cook on low for 8 hours (or high for 4 hours). Before serving add pineapple pieces and cashews and garnish with toasted coconut.

## Why Stir Fry?



Stir frying, a technique of very quickly cooking foods in a wok at a very high heat, and with a small amount of oil originates in China. Stir frying foods is quick and easy and really focuses the flavors of the food while maintaining all the healthy nutrients. Stir frying is also fun and results in a great presentation of the food. A few tips when stir frying:

- 1) Use the right oil. Pick an oil with a high smoke point; peanut, canola and grape seed are best for stir frying.
- 2) Never use a nonstick coated pan. Nonstick pan coatings are not designed to handle the high heat needed for a stir fry and could breakdown and become harmful. A carbon steel wok with a flat bottom is best for use on your stove.
- 3) Don't overload the pan. Keeping the pan hot and having room to toss the food around means the pan should not be overfilled. If your pan is too small to accommodate the full amount of food desired, then stir fry in smaller batches and combine them when finished.





## *curry meatballs*

Servings: 10-12

### Ingredients

1 - 20 oz. bag of Rosina Angus or 26 oz. Homestyle Meatballs

1/4 cup yellow onion, diced

1 can full-fat coconut milk

1 cup chicken broth

4 teaspoons curry powder

1 teaspoon garam masala

1 teaspoon ground ginger

juice of 1 lime

1/2 cup cilantro, chopped

Sambal Oelek chili paste (optional)

red pepper flakes

### Cooking Directions

In a large skillet, melt coconut milk and oil; add the diced onions and let them cook for 3 to 4 minutes. Mix the remaining ingredients for the sauce and add to the meatballs, stir together completely. Cover the skillet and simmer until meatballs are cooked through. Sprinkle with Red Pepper Flakes just before serving. Have Chili paste on the side for extra heat.

*Curry all  
around the  
world?*



Originating on the Indian subcontinent, Curry was generally a complex combination of herbs and spices used to flavor dishes with a signature taste for a family, town or region. In India, it continues to be this way today. What we know as Curry Powder that we buy in the stores is largely a Western creation in an attempt to bring that Indian flavor to western tables.

Curry is traditionally a "simmer" dish that is cooked a long time to really bring out the flavors of the spices with the meat or poultry or fish being prepared. Frequently curries are combined with chilis and garlic for some extra added punch.

The spice trade brought the Indian Curry (Garam Masala) all over the world and has impacted many modern cuisines. Some examples of cuisines heavily influenced by curry are, Japanese, Thai, Caribbean, Middle Eastern and Philippine cuisine.

Try experimenting with curry in your cooking. It is a great complement to meat, fish, soups sauces and even desserts.





# french onion meatballs

Servings: 10-12

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## Ingredients

1 - 26 oz. bag of Rosina Homestyle Meatballs

1 package dry onion soup mix

1 can of cream of mushroom soup

1 can of creamy onion soup or french onion soup

1 can of water

## Cooking Directions

Place Rosina Homestyle Meatballs in the slow cooker from the freezer. In a medium sized bowl, whisk together the soup mix, canned soup, and water. Pour over the meatballs and stir. Cook on low heat for about 4 to 6 hours OR on high for about 2 to 3 hours, stirring occasionally. Serve over egg noodles or as an appetizer with tooth picks.

## How to Store Onions



Onions can last quite a long time when stored properly. Follow these tips to successfully keep your onions in best condition for later use.

- 1) Onions will last longest when stored in a cool (not cold) and dry storage area. This could be your pantry closet or basement where it is cool, dry and dark. A temperature of 55-60°F is best.
- 2) Never store onions for an extended time in the refrigerator because the cold temperature will soften their texture and they will also affect the taste of surrounding produce.
- 3) Don't store onions in plastic bags. That will accelerate sprouting and molding because of trapped moisture and lack of air circulation.
- 4) Don't store onions in a space with your potatoes. Potatoes and onions give off gases that accelerate the spoilage of each other. Try using a paper bag with some holes punched in it to store your onions. Use a hole puncher and punch holes in a paper lunch bag and then roll the top down over the onions. This is a great way to keep them, you can also label the bag with a date.





# Maple Meatballs

Servings: 5-6

## Ingredients

1 - 26 oz. bag of Rosina Homestyle Meatballs

1/2 cup real maple syrup

1/2 cup chili sauce

2 teaspoons dried chives (or 2 tablespoons of fresh chives)

1 tablespoon soy sauce

1/2 teaspoon ground mustard

## Cooking Directions

In a saucepan, combine the maple syrup, chili sauce, chives, soy sauce, and ground mustard. Bring to a low boil. Add the meatballs to the Saucepan and return to a boil. Simmer over medium heat for 8-10 minutes, stirring occasionally until meatballs are thoroughly heated. Serve as an appetizer with toothpicks or over hot cooked rice.

## How to Make Your Own Dried Chives



Chives grow easily in your garden and it's nice to have a supply of dried chives to use during the winter months when no fresh chives are available from your garden. Drying chives in your kitchen is easy. Follow these steps:

- 1) Wash and dry the fresh chive sprigs and pick out any discolored stems
- 2) Preheat your oven to lowest temperature setting usually 160-170°F.
- 3) Chop or cut the chives into 1/8" pieces or so onto a parchment paper lined cookie sheet.
- 4) Place in your oven on the top rack for 2 to 4 hours until the chives dry and crumble easily between your fingers. Drying times may vary according to climate conditions and relative humidity.
- 5) Gather up the dried chives into a completely dry jar or plastic container with an airtight lid and store in a dry, dark place such as your kitchen cabinet, pantry or even your freezer.







# meatball shepherd's pie

Servings: 6

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## Ingredients

1 - 26 oz. bag of Rosina Homestyle Meatballs

1 - 12 oz. jar prepared beef gravy

1 - 16 oz. bag frozen mixed vegetables (thawed enough to break apart)

1 box of sour cream & chives mashed potatoes (containing 2 pouches)

1/2 cup grated Parmesan cheese

## Cooking Directions

Pre-heat oven to 350°F. Thaw meatballs in microwave for 1 minute. Cut each meatball in half. In a large bowl, mix together the halved meatballs, gravy, and frozen mixed vegetables. Pour mixture into a greased 9" x 13" baking dish. Prepare both pouches of the sour cream & chives potatoes, adding milk, hot water & butter according to the package directions. Spread the prepared potatoes over the meatball mixture. (If the potatoes are too thick, add a little milk to help them spread easier.) Sprinkle potatoes with Parmesan cheese and bake for 20-25 minutes.

## Benefits of Grating Cheese



Do not waste your money on pre-grated Romano and Parmesan cheeses. Always grate your cheese fresh. It is always better to buy block cheese and grate it yourself as needed for your recipe. You can even chop or grate the block cheese you purchased in your food processor and keep it in your refrigerator until needed. Grating your own cheese is better because:

- 1) It saves you money
- 2) You avoid things like methylcellulose (anticaking additives) and mold inhibitors like Natamycin found in grated products at your store
- 3) It simply tastes better when you grate it yourself because it is fresh!





# spaghetti meatball pie

Servings: 4-6

## Ingredients

- 1 - 26 oz. bag of Rosina Italian Style Meatballs
- 1/4 cup chopped green pepper
- 1/2 cup chopped onion
- 1 - 8 oz. package spaghetti
- 2 eggs, slightly beaten
- 1/2 cup grated Parmesan cheese
- 1-1/4 cups shredded mozzarella cheese (reserve 1/2 cup)
- 26 oz. jar chunky spaghetti sauce

## Cooking Directions

Preheat oven to 375°F. Sauté peppers and onions until softened, about 10 minutes. Set aside. Cook spaghetti, drain and rinse with cold water and pat dry. Place in large mixing bowl. Add eggs and Parmesan cheese and stir to combine. Press mixture into the bottom of a sprayed 9" pie plate. Top with 3/4 cup shredded mozzarella cheese. Thaw frozen meatballs in microwave for 2 minutes. Cut each meatball in half. Layer the meatball halves over the cheese mixture. Combine spaghetti sauce with cooked peppers and onions. Spoon over meatball layer. Loosely cover with foil and bake for 20 minutes. Remove from oven and sprinkle 1/2 cup mozzarella cheese over the spaghetti sauce mixture. Continue to bake uncovered for another 10 minutes until bubbly. Cut into wedges and serve.

## What Makes Good Pasta?



All top quality pasta is made with 100% Amber Durum wheat. This wheat is different than the wheat used in breads, pastries and cookies. Durum is the hardest of all wheats, has a beautiful amber color and is very high in protein. This is why it became the variety thousands of years ago prized for pasta making. It is responsible for the color, texture and formability pasta makers have come to expect.

Pasta made from 100% durum is firm with a consistent cooking quality, less sticky than other pasta and is very difficult to overcook.

Durum thrives in a climate characterized by cool summer nights, long warm days, adequate but not excessive rainfalls and a dry harvest - conditions typical of North Dakota.

Take a look at what ingredients are in the pasta you buy; all you should see is one ingredient, Durum Semolina. If you see more than that, go buy a better quality pasta. You will surely enjoy the difference!



# *saucy asian meatballs*

Servings: 10-12

## Ingredients

1 - 20 oz. bag of Rosina Angus Meatballs

2/3 cup hoisin sauce

1/4 cup rice vinegar

2 garlic cloves, minced

2 tablespoons soy sauce

1 teaspoon sesame oil

1 teaspoon ground ginger

1/4 cup teriyaki glaze

1/4 cup brown sugar

sesame seeds, optional

## Cooking Directions

Preheat oven and cook meatballs according to package instructions. Set aside.

While the meatballs are baking, whisk together all of the sauce ingredients in a bowl until well blended. Once meatballs have finished cooking, you can either dip each meatball individually (using a toothpick) in the sauce mixture, or you can pour the sauce over the meatballs and gently stir them until covered with the sauce mixture. Serve over rice and garnish with snow peas and roasted red pepper strips as an entree or as an appetizer with toothpicks.

*Chop and  
Store Garlic  
Ahead of Time*



We love garlic; however, chopping garlic fresh for every recipe can be a real pain. But who wants to give up the taste of fresh chopped garlic – it adds so much to a dish. Product you buy in a jar at the store has acid added that breaks down the garlic and it never really tastes as good (even if you use more).

It is easy to always have fresh chopped garlic to add to your recipe. Take 1 lb. of peeled garlic cloves and chop them in your food processor until they reach the size you would like to use. Take the chopped garlic and place it in a jar. Pour olive oil over the garlic and cover tightly. Keep this jar in your refrigerator until you need some for a recipe. This jar will last for months, as long as it is kept refrigerated. Remember, 1 tsp = 1 medium clove chopped.





## *meet the chef*

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Chef Herb Stockschlaeder II, CRC, DTR  
Director – R&D and Procurement



Chef Herb Stockschlaeder is the Director of R&D and Procurement for Rosina Food Products, Inc. and is a classically trained chef graduated from the New England Culinary Institute in 1989. Before entering the food manufacturing business, Herb honed his culinary skills in Hotels and Restaurants in Seattle, WA; Vail, CO; Montpelier, VT and Buffalo, NY. Herb also earned additional undergraduate degrees in Dietetics and Business Management.

Chef Herb is a Dietetic Technician – Registered with the Commission on Dietetic Registration, the certifying arm of the Academy of Nutrition and Dietetics since 1992 and also a Certified Research Chef, Certified by the Research Chef's Association Certification Commission since 2004. He is a contributing author to the reference text *Culinology* – Wiley 2016 and has been featured in RCA publications, QA Magazine and others.

Since joining Rosina in 2003, Chef Herb has been working hard to bring you Rosina's Real Italian Goodness for you and your family to enjoy!

