



**General cooking instructions for baking, microwaving (or grilling) your favorite meats:**

**Season poultry, pork, red meat or fish of your choice, using your favorite seasoning (of course we would suggest Bear-Man™ Tummy Rub!)**

**Bake in oven, microwave or grill to desired doneness.**

**Approximately 5-10 minutes before done (less if microwaving), baste with your favorite Bear-Man sauce and finish cooking. Warm up additional Bear-Man™ sauce and serve on the side as a dipping sauce.**

## **BEAR-MAN RECIPES**

**Pork Chops:**

**4 (5-ounce) boneless center-cut pork loin chops**

**Season with Bear-Man™ Tummy Rub or salt and freshly ground black pepper**

**1 tablespoon olive oil**

**1-2 tablespoons water**

**1/2 cup Bear-Man™ Sap-Happy Golden Bear (Maple Sauce)**

**1. For the pork chops: Heat a large skillet over medium-high heat. Dry the pork chops well and season with salt and pepper, or Tummy Rub, to taste. Add the oil to the pan and heat until shimmering. Lay the chops in the pan and cook until lightly browned on the first side, about 4 minutes. Turn the chops and cook until the second side is browned and the chops are cooked through, about 3 minutes more. Transfer the chops to a platter.**

**2. Pour off excess oil from pan. Add the water, and return the pan to the heat. Use a wooden spoon to scrape up any brown bits that cling to the pan. Stir in the maple sauce along with any juices from the pork chops. Cook over high heat until the mixture is syrupy, about 5 minutes. Season to taste, if desired. Pour sauce over chops. Serve.**



## **Bear-Man™ Boogie Joes or Grizzly Joes**

Add some ground beef to pan season with some Tummy Rub, brown and drain well. Add Bear-Man Black Bear Boogie or Bear-Man Growlin' Grizzly to taste. Serve on regular or toasted rolls, with or without cheese!

## **Bear-Man™ Tummy Rub Oyster Crackers**

1/2 cup canola oil or extra light olive oil

2 tablespoons Bear-Man Tummy Rub (or to taste)

4 cups oyster crackers \*\*\*\*\* (Olde Cape Cod work very well, some of the others are a little more salty)

1. Add oil to a medium bowl, add Tummy Rub and combine well. Add oyster crackers and toss well to coat crackers thoroughly with oil/rub mixture. Let stand 15-20 minutes for oil to soak in. Serve. Enjoy!

Yield: 4 cups



## **Bear-Man™ Tummy Rub Corn**

1 tablespoon butter  
1 tablespoon oil  
1 1/2 tablespoons chopped garlic  
1 cup chopped onion  
1 cup chopped red bell pepper  
1-4.5 oz. can green chilies  
2 tablespoons Bear-Man™ Tummy Rub  
1-16 oz. pkg. frozen corn, thawed  
or 4-5 ears of cooked fresh corn off the cob

1. Heat oil and butter in a large frying pan over medium high heat, add garlic and onions and cook 3-4 minutes, stirring frequently. Add red peppers and cook until soft, stirring frequently. Add green chilies and Bear-Man™ Tummy Rub, cook 1-2 minutes, stirring frequently. Add corn, stir well, reduce heat to low, cover and cook 10-15 minutes or until corn is cooked through, stir occasionally.

Yield: 4-1 cup servings

## **Meatballs with Bear-Man™ Tummy Rub and Bear-Man™ Dipping Sauce**

2 lbs. ground beef  
2 tablespoons Bear-Man™ Tummy Rub  
2 eggs  
2/3 cup seasoned bread crumbs  
1/4 cup grated Parmesan cheese  
Additional Bear-Man™ Tummy Rub  
Your favorite Bear-Man™ Barbecue/Dipping Sauce

1. Preheat oven to 350°F.  
2. Combine all ingredients in a large mixing bowl and mix thoroughly until well combined.  
3. Using plastic gloves, if possible, roll meat mixture into 1" balls. Place in a 13"x9" pan and space right next to each other. Sprinkle with additional Bear-Man™ Tummy Rub, to taste.  
4. Bake at 350°F for 20 minutes, remove from oven and drain well (if needed). Top with your favorite Bear-Man™ Barbecue/Dipping Sauce. Return to oven and bake 10 minutes more. Remove from oven, let cool slightly (about 5 minutes). Serve.

Yield: Approximately 50-60 meatballs



## **Roasted Potatoes and Sweet Onions with Bear-Man™ Tummy Rub**

**2-3 lbs. red potatoes, cubed (approximately 3/4"-1" in size)**

**1 1/2 cups sliced sweet onions**

**olive oil (enough to generously coat the potatoes)**

**Bear-Man™ Tummy Rub, to taste (enough for a good coat on the potatoes)**

- 1. Preheat oven to 375°F.**
- 2. Mix all ingredients well in a large mixing bowl. Transfer to a 13"x9" baking dish.**
- 3. Bake at 375°F for approximately 40-45 minutes, stir well after 20 minutes, potatoes should be crisp on the outside and soft on the inside, onions soft. Let stand a few minutes before serving.**

**Yield: Approximately 10 servings**