

Disney · PIXAR  
**MONSTERS UNIVERSITY**



**TAILGATE RECIPES!**

Delicious Food to go!

**Sullivan Family's Hair Raising Turkey Chili**

**INGREDIENTS:**

- |  |  |  |                                      |
|--|--|--|--------------------------------------|
| 1½ Pound ground turkey   | 8 Ounce crushed tomato, canned with juices     | 1 Tablespoon ground coriander (toasted)                        | 1 Tablespoon Salt or to taste        |
| 1 Tablespoon chopped garlic                                    | 2 Tablespoons tomato paste                     | 1 Tablespoon ground cumin (toasted)                            | 1 Teaspoon fresh ground black pepper |
| 2 Yellow onions, small diced                                   | 8 Ounce dark red kidney beans, canned, drained | 2 Cups cooked quinoa (recipe follows)                          |                                      |
| 4 Tablespoon vegetable oil                                     | 2 Tablespoons dark chili powder (toasted)      | 3 Dashes favorite hot sauce; we prefer Cholula for this recipe |                                      |
| 16 Ounce chicken stock (water or cold beer can be substituted) | 1/2 Cup chopped scallions                      |  |                                      |

**Garnish Options:** Sour Cream, Shredded Cheddar, Scallions, Avocado  
*Yield: Serves 6*

**DIRECTIONS: ADULT SUPERVISION REQUIRED**

- 1) Heat a wide, shallow pot over medium high heat with 2 Tablespoon vegetable oil.
- 2) Add ground turkey. Cook until browned and cooked through. Strain any fat (if necessary) and set aside to crumble when cooled.
- 3) In the same pot over medium flame, heat 2 Tablespoon vegetable oil. Sauté onions until translucent, about 3 minutes. Then add garlic and cook one minute more. Add the crushed tomato, tomato paste and chicken stock (or water). Bring to a gentle boil and reduce to a simmer.
- 4) While the above is cooking, toast the spices, crumble the turkey and cook the quinoa.
- 5) To the simmering pot add kidney beans, ground turkey, Toasted Spices, Hot Sauce and Quinoa.
- 6) Simmer gently for an additional 10 minutes.
- 7) Finish with scallions and adjust seasoning if necessary.
- 8) Serve in a warm bowl and garnish to your liking.

**Toasting Spices:**

Heat the dark chili powder, coriander and cumin in a small sauté pan over medium heat. Stir constantly until the spices become aromatic and a faint amount of smoke appears. Remove from heat.

**Crumbling the ground turkey:**

Once slightly cooled this can be achieved by hand. Using a potato masher or pulsing in a food processor is also helpful.

**Basic Quinoa Recipe:**

This light and protein rich grain may be prepared quickly and easily with this basic method.

Cooking proportions: 2 cups water:1 cup quinoa

- 1) Place quinoa and water in a 1-½ quart saucepan and bring to a boil. Reduce to a simmer, cover and cook until all the water is absorbed (about 15 minutes). You will know that the quinoa is done when all the grains have turned from white to transparent, and the spiral-like germ has separated. Makes 3 cups.

**Tip:** This recipe also makes a healthy filling for tacos or a burrito

**P.N.K. Lemonade**



**INGREDIENTS:**

- 1 cup Lemon juice, fresh
- 1 cup Fresh strawberries, organic (washed, hulled)
- ½ cup Sugar, pure cane
- 4 cup Water
- Pinch Salt
- 2 Sprigs mint
- 3 cups ice

**DIRECTIONS:**

**ADULT SUPERVISION REQUIRED**

- 1) In a blender, add lemon juice, strawberries, water & pinch of salt. Blend for 30 seconds.
- 2) Divide ice between 4 tall glasses & pour in P.N.K. lemonade and garnish with mint.

*Yield: Serves 4*

**ON DIGITAL HD  
 OCTOBER 8TH AND  
 BLU-RAY COMBO PACK  
 OCTOBER 29TH**





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**Squishy's Seven Layer Dip**

**INGREDIENTS:**

- |                               |                            |                                 |
|-------------------------------|----------------------------|---------------------------------|
| 1 Can of refried beans        | 1/2 Cup of sour cream      | 3 Stalks of green onion, sliced |
| 1 Can of black beans, drained | 1/2 Avocado, cubed         | Cilantro, to garnish            |
| 1 Packet of taco seasoning    | 1/2 Large tomato, cubed    |                                 |
|                               | 1/2 Cup of shredded cheese |                                 |

**DIRECTIONS:** ADULT SUPERVISION REQUIRED

- 1) Open the can of refried beans and scoop into a medium serving bowl, then add half the packet of taco seasoning, stir together, and microwave on high for one minute.
- 2) Drain the black beans and scoop into another bowl, then add the other half of the taco seasoning, stir together and microwave on high for one minute.
- 3) Let each bowl of beans cool; cut up avocado, tomato, and onion while waiting.
- 4) Scoop the refried beans onto a plate and top with the black beans.
- 5) Layer the sour cream onto the black beans. Add a layer of avocado, tomato, and onion. Don't forget the last layer of shredded cheese! Garnish with cilantro.
- 6) Serve with chips and watch MU beat Fear Tech!

Yield: Serves 4-6

**ROR**

**Raging Wings**

**INGREDIENTS:**

- |  |                                   |
|--|-----------------------------------|
| <i>Raging Wings Sauce</i>                  | 1/8 Teaspoon garlic powder        |
| 8 Tablespoons Louisiana hot sauce          | 1/2 Teaspoon Worcestershire sauce |
| 8 Tablespoons unsalted butter or margarine | Salt to taste                     |
| 1 1/2 Tablespoons white vinegar            | <i>Raging Wings</i>               |
| 1/4 Teaspoon cayenne pepper                | Vegetable oil                     |
|  | Salt and pepper to taste          |



**DIRECTIONS:**

*Preparation For Wings Sauce: Makes 1 Cup Wing Sauce*

- 1) Mix all the ingredients in a saucepan and over low heat, bring to a simmer, stirring occasionally, and then turn off. Set aside.

*Preparation For Raging Wings: Yield: Serves 4-6*

- 1) Heat grill to high.
- 2) Toss wings in a few tablespoons of oil and season with salt and pepper.

- 3) Place on the grill in single layers and grill until cooked through and a winning golden brown on both sides (about 4-5 minute per side).
- 4) After the wings are cooked, transfer to a large, monster-sized mixing bowl. Pour the sauce over the wings and toss with a spoon or spatula to completely coat.
- 5) Share with fellow Scarers while rooting for your team – GO MU!

Yield: Serves 4

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