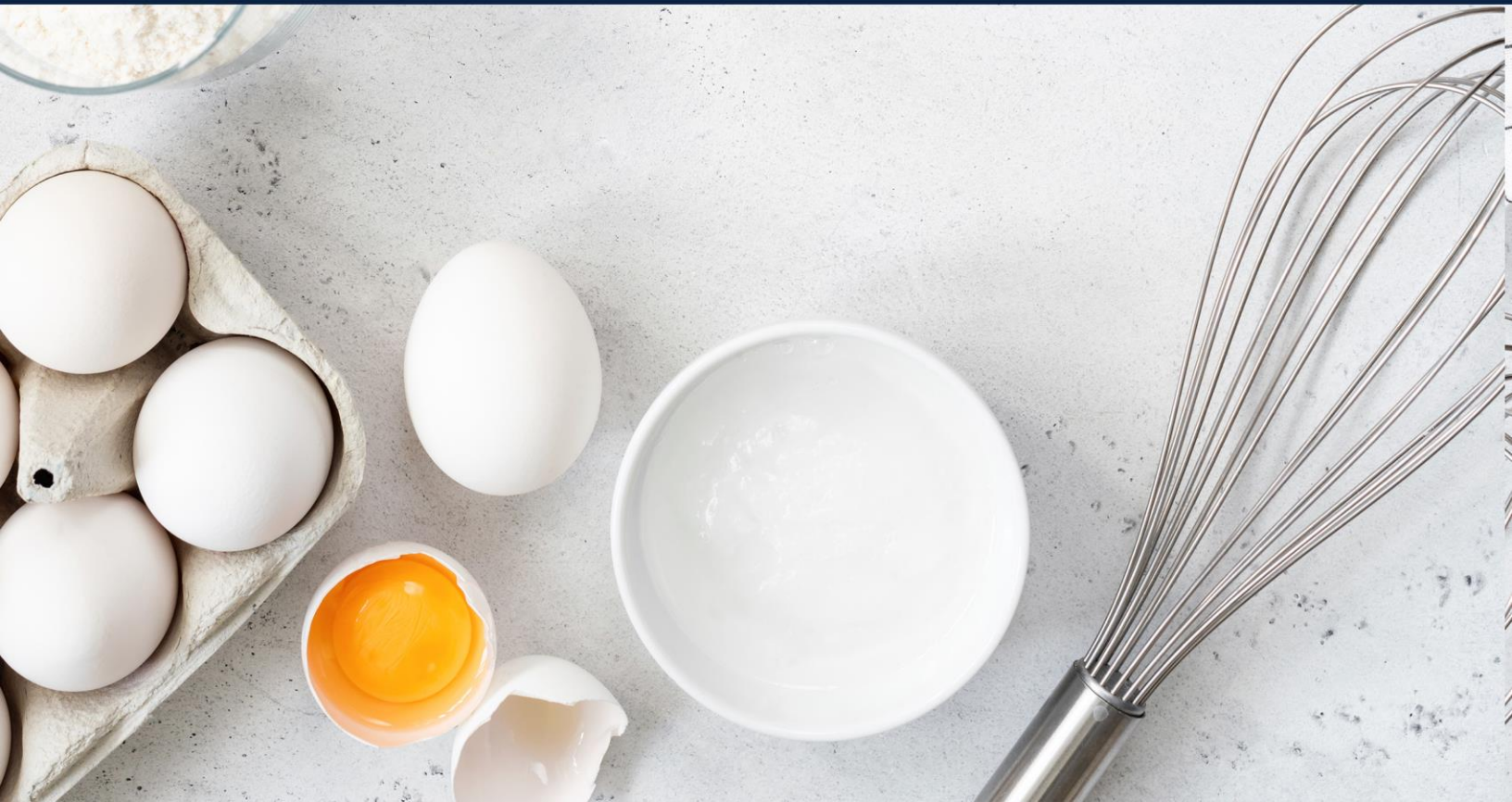




THE DENVER BRONCOS
RECIPE BOOK





Bradley Chubb's Go-To Quarantine Post Workout Shake

Ingredients

- 1 Banana, cut into slices
- 1 cup Frozen Pineapple
- 1 cup Frozen Mango
- 1 tbl Collagen Peptides
- 1 serving (30g) Protein Powder
- ½ cup Coconut Water
- 1 cup Oat Milk
- 1 tbl Agave

Method of Preparation

1. Add all frozen ingredients to a blender
2. Add banana, collagen and protein powder
3. Add remaining ingredients and blend well





Courtland Sutton's Shrimp & Grits

Creamy Grits

Ingredients

- 1 cup Chopped Cauliflower
- ½ Onion, Chopped
- 1 tbl Chopped Garlic
- 2 tbl Chopped Green Onion
- 1 Lemon, Juiced
- 1 tbl Ground Turmeric
- ½ cup Grits
- 2 cups Veggie Stock
- ¼ cup Crumbled Feta
- 1 tbl Ghee

Method of Preparation

1. In a pan, heat olive oil
2. Add garlic and onion, sauté until crispy
3. Add cauliflower and sauté until golden brown
4. Add mixture to blender and blend until smooth
5. In a pot, add veggie stock and bring to a boil
6. Add grits, turn down to simmer and mix grits using a whisk until the stock is absorbed and grits are cooked (add more veggie stock if needed)
7. Add in ghee, turmeric, green onion and cauliflower mixture
8. Mix well
9. Add to a bowl, place shrimp on top and sprinkle with fresh chopped dill





Courtland Sutton's Shrimp & Grits

Pan Seared Dill and Lemon Shrimp

Ingredients

- 1 lb. Fresh Shrimp, Peeled and Deveined
- 2 tbl Chopped Garlic
- Zest From 1 lemon + Juice from the lemon
- Olive oil
- Sprinkle of Salt
- Sprinkle of Pepper
- Sprinkle of Smoked Paprika
- Sprinkle of Chili Powder
- 2 tbl Chopped Dill
- 1 tbl Agave

Method of Preparation

1. Heat olive oil
2. Add garlic, cook for 2 minutes
3. Add shrimp and cook until pink
4. Add lemon, fresh dill, smoked paprika, chili powder and salt & pepper to taste
5. Serve over Creamy Grits





Miles the Mascot's Porcupine Meatball

Ingredients

- 1 lb Ground Beef
- ½ cup Uncooked White Rice
- ½ cup Water
- ⅓ cup Chopped Onion
- 1 tsp Salt
- ½ tsp Celery Salt
- ⅛ tsp Garlic Powder
- ⅛ tsp Ground Black Pepper
- 1 (15 oz) can Tomato Sauce
- 1 cup Water (add more as needed)
- 2 tsp Worcestershire Sauce

Method of Preparation

1. Set oven at 350 degrees
2. Mix the ground beef, rice, ½ cup water, onion, salt, celery salt, garlic powder and black pepper in a bowl
3. Roll the mixture into 12 meatballs
4. Place meatballs in a square baking dish (8x8x2 in)
5. Mix remaining ingredients and pour over meatballs
6. Cover and cook for 45 minutes
7. Uncover and cook 15 minutes longer
8. Serve on a bed of smashed baked potatoes





Bryan Snyder's Protein Power Balls

Denver Broncos Director of Team Nutrition

Ingredients

- 5 cups Oatmeal Cereal
- 2 $\frac{3}{4}$ cups Raw Coconut Meat
- 5 lbs Skippy Creamy Peanut butter
- 2 cups Flax Seeds
- 2 cups Bittersweet Chocolate
- 1 $\frac{1}{2}$ cups Wildflower Honey
- $\frac{1}{2}$ cup Chia Seeds
- $\frac{1}{4}$ cup Vanilla Bean Paste
- $\frac{1}{2}$ tbl Kosher Salt

Method of Preparation

1. Gather all ingredients and place in mixer
2. Pan spray the mixing bowl
3. Mix all ingredients until fully incorporated on low speed, being careful not to overmix
4. Use a heaping tablespoon as a portion controlling scoop
5. Roll into uniform balls
6. Set in refrigerator and enjoy





505 Southwestern Green Chile Burger*

Ingredients

- 1 jar 505 Southwestern Flame Roasted Green Chile
- 1 jar 505 Southwestern Queso Dip
- 2 lbs Ground Beef
- 4 Hamburger Buns
- 8 pieces Thick Cut Bacon

Method of Preparation

1. Take 2lbs of ground beef and place into a large bowl
2. Add 1 to 2 tablespoons of 505 Southwestern roasted green chile to the meat and form meat into 4 half-pound patties
3. Cook the bacon as normal, draining fat off to make crispy bacon
4. Cook the patties to your preferred taste, making sure product is cooked to an internal temperature of 165 degrees.
5. When almost done, place bacon on the patties and cover with 505 Southwestern queso dip
6. Toast buns lightly
7. Place burger patty on bun and top with 505 roasted green chile

*For more 505 Southwestern recipes go to www.505southwestern.com/recipes





505 Southwestern Green Chile Dog*

Ingredients

- 1 jar 505 Southwestern Roasted Green Chile **or** Honey Chipotle Green Chile
- 1 jar 505 Southwestern Queso Blanco (optional)
- Desired number of Premium Beef Hot Dogs and Buns
- Bacon (2 strips per dog)
- Chopped Red Onion
- Chopped Cilantro

Method of Preparation

1. Roll each hot dog in two strips of bacon
2. Cook in skillet until bacon is crispy and fully cooked
3. Top with 505 Southwestern Green Chile, Queso Blanco (optional), chopped red onions and cilantro

*For more 505 Southwestern recipes go to www.505southwestern.com/recipes

