Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Electric Meat Grinder

MG-100

For your safety and continued enjoyment of this product, always read the Instruction Book carefully before using.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS.**
2. **UNPLUG FROM OUTLET WHEN NOT IN USE, BEFORE PUTTING ON OR TAKING OFF PARTS, AND BEFORE CLEANING.**
3. To protect against risk of electrical shock, do not put appliance in water or other liquids.
4. This appliance should not be used by or near children or individuals with certain disabilities.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. Children should be supervised to ensure that they do not play with the appliance.
7. Avoid contact with moving parts.
8. Never put the unit near a hot burner, in an oven, or in a dishwasher.
9. Do not operate the Cuisinart® Electric Meat Grinder, or any other electrical equipment, with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return to the nearest authorized service center for examination, repair, or adjustment.
10. Never feed food by hand; always use the pusher. Keep hands, hair, clothing and utensils away from moving discs during operation to reduce the risk of personal injury and/or damage to the Cuisinart® Electric Meat Grinder.
11. Do not use outdoors, or use for other than its intended use.
12. **WARNING – THE CUTTING BLADE IS SHARP; HANDLE WITH CARE BOTH WHEN USING AND WHEN CLEANING.**
13. Do not let cord hang over edge of table or counter, come into contact with sharp edges, or touch hot surfaces.
14. Do not pull on the power cord to disconnect.
15. Never plug in the appliance where water may flood the area.
16. Place the appliance on a firm and stable surface.
17. **NEVER PUT YOUR FINGERS NEAR THE FOOD CHUTE (GRINDER/FEEDER HEAD) WHILE GRINDER IS IN OPERATION.**
18. Ensure that the appliance is not placed close to the edge of the table, worktop, etc., where it can be pushed off or fall.
19. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
20. Never use abrasive cleaning agents or abrasive cloths when cleaning the unit.
21. Do not use fingers to scrape food away from cutting blade while appliance is plugged in. Laceration may result.
22. Use the unit only when completely assembled.
23. Do not leave the Cuisinart® Electric Meat Grinder unattended while it is running.
24. Before using for the first time, remove all packaging and wash and dry parts.
25. This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit the outlet perfectly, reverse the plug. If it should still not fit, contact a qualified electrician. Do not modify the plug in any way.
26. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

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2. Motor housing
3. Attachment opening
4. Food pusher and lid
5. Aluminum hopper
6. Grinder/feeder head
7. Feed screw pin
8. Cutting blade
9. Cutting plate (medium)
10. Cutting plate (coarse)
11. Sausage attachment (small)
12. Sausage attachment (large)
13. Screwing ring nut
14. Sausage spacer
15. Power cord (not shown)



ASSEMBLING

Make sure unit is unplugged while assembling.

Assemble the meat grinder feeder head prior to attaching to the housing.

1. Insert the feed screw pin into the open end of the attachment.



2. Place the cutter with the flat side facing out toward you over the feed screw pin (this is an important step or the meat grinder will not work).



3. Place the grinding plate over the cutter on the feed screw pin. Align tabs with notches.



4. Screw on the ring nut by turning it clockwise and hand lightly tighten. Do not over tighten.
5. Fit the hopper onto the top of the meat grinder and put a mixing bowl under the grinder to catch food.
6. Insert grinder/feeder head tightly into attachment opening. Twist on to lock.
7. Use the food pusher to gently feed food, one piece at a time. Do not overload the feeb tube. Do not force the food into the grinder/feeder head.

CUTTING PLATES

Medium Cutting Plate – Great for ground meat used in soups, or for relishes

Coarse Cutting Plate – Great for ground meat used in chili and sausages, or for vegetables

THESE PLATES ARE NOT DISHWASHER SAFE. PLEASE HAND-WASH ONLY!

DRY COMPLETELY AND COAT IN VEGETABLE OIL.

NOTE – REVERSE SWITCH

If the motor slows or stops, it may be due to jammed food. Immediately switch the Cuisinart® Electric Meat Grinder to its OFF position. Put the On/Off/Reverse switch in the REVERSE position to push the food in the opposite direction. Put the On/Off/Reverse switch in the ON position and turn the Electric Meat Grinder on again. If the Electric Meat Grinder should get jammed again, you may need to switch it off, unplug, disassemble the grinder head, and clean the internal parts.

HOW TO USE

1. Before first use, wash and dry all parts of the Cuisinart® Electric Meat Grinder.
2. Place the Cuisinart® Electric Meat Grinder on a stable work surface.
3. Make sure the On/Off/Reverse switch is in the OFF position.
4. Secure the meat grinder assembly to the unit.
5. Insert plug into wall outlet.
6. Place a wide, shallow bowl or plate beneath the grinder tube to catch food.
7. Switch appliance to ON position. The Cuisinart® Electric Meat Grinder must ALWAYS be ON before adding food.
8. Place food on the hopper and use pusher to feed food through opening.

SAUSAGE MAKER

Assembling Sausage Maker Attachment

Assemble the sausage maker attachment prior to attaching to the housing.

1. Insert the feed screw pin into the open end of the grinder.



2. Place the sausage spacer with the notches fitting into the notch openings on the feed screw pin.



3. Place the sausage nozzle onto the ring nut and screw it onto the meat grinder nozzle by turning it clockwise and lightly hand tighten. Do not over tighten.



TO MAKE SAUSAGES

The sausage attachments allow you to blend meats and spices for homemade sausages.

1. If you have purchased dry casings, they must be soaked in cold water until they become soft and pliable, and then rinsed under lukewarm water, being sure that the water is running *through* the casings. Assemble the Electric Meat Grinder with sausage maker attachment per instructions on page 4–5.
2. Grind meat and seasonings of your choice, following the instructions on page 4.
3. Place ground meat in the hopper and turn the unit ON. Push the meat into the die-cast hopper opening with pusher until the mixture appears at the end of the sausage attachment. Turn the unit OFF and tie a knot at the end of the 2-inch casing overhang.
4. Turn unit ON and feed more ground meat into the die-cast hopper opening until all the meat has been used or the casing is approximately 2 inches from being completely full.
5. Turn unit OFF, remove the end of the casing from the sausage attachment, and tie a knot in the open end of the casing. Use a knife or needle to poke holes in the length of sausage to let out air bubbles.
6. Sausages can be made to the desired length by twisting the casing at intervals.

NOTE: To avoid over-stretching and splitting the casing, do not make the sausages too thick. The meat mixture will expand slightly during cooking.

To Form Individual Sausages

1. Lay long sausage on flat tray and poke hole all over with a sharp object, similar in size to a needle or cake tester, to prevent air pockets from forming.
2. Twist into sausages – you choose the size – by twisting each “sausage” first forward, then backward, to prevent them from untwisting.
3. Pierce any air pockets you see.
4. For best results, dry uncovered in refrigerator for about 6 hours, then flip and dry another 6 hours before cooking.

CLEANING AND MAINTENANCE

1. Remove the ring nut.
2. Disassemble and wash each part in warm, soapy water. Dry all of the parts thoroughly. Do not put any of the metal parts in a dishwasher. Pusher is top rack dishwasher safe.
3. Reassemble.
4. Wipe the grinding plates with vegetable oil and wrap each plate with greaseproof paper. This will prevent discoloring/rusting.
5. Store the sausage attachments and grinding plates inside the pusher and attach the lid.
6. Any other servicing should be performed by an authorized service representative.

TIPS AND HINTS

A wide variety of meat dishes, homemade sausages, chunky spreads, relishes, and purées are all great ways to use the meat grinder. With your own meat grinder you know exactly what is going into your food. You are able to control the ingredients you use such as cuts of meat, fat, salt and spices.

For grinding:

- Meat should be very well chilled before grinding. Should meat heat up while grinding, pause and re-chill meat before grinding again. Keeping the meat below 45°F is ideal for grinding and sausage making.
- Cut meat into small 1- to 2-inch cubes for grinding, removing any skin, but keeping all of the fat.
- Fatty, cheaper cuts of meat are perfect for the grinder. Fat gives flavor and juiciness to ground meats and sausages.
- Coarse plate – Use for coarse-ground textured items such as coarsely ground beef for chili, relishes, sauces and salsas.
- Medium plate – Use for medium-ground textured items, such as medium-ground meat for sausage, meatballs or meatloaf.
- Be sure to refrigerate any ground meats immediately. Cook or freeze within 1 or 2 days.
- If grinding bread for breadcrumbs, make sure to use dry or toasted bread.
- When grinding meats or filling sausages:

  After the last piece of meat has gone through the chute, place a slice of bread through the machine in order to clear the last bit of ground meat or to clear the sausage nozzle of ground meat.

For making sausages:

- Soak natural casings in water for at least 30 minutes to an hour and then allow lukewarm water to run through the entire casing to remove any excess salt.
- Be sure to fill the entire casing and then prick all over to release air before twisting into individual links.
- For casings, 2 feet of medium hog casings accommodates 1 pound of meat.
- Casings can be difficult to find. The best places to try are either your local butcher or websites geared to sausage making.
- Taste your mixture first before stuffing into casings. Cook a small amount of the mix in a skillet until it's cooked through.

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Breakfast Sausage

These savory and sweet sausages make a welcome addition to the breakfast table.

Makes 3 pounds of sausage, about 25, ¼-cup patties

- **3 pounds pork shoulder, cut into 1-inch cubes**
- **1 garlic clove, finely chopped**
- **2 tablespoons fresh sage, chopped**
- **½ teaspoon fresh thyme, chopped**
- **1 tablespoon kosher salt**
- **2 tablespoons pure maple syrup**
- **2 tablespoons light brown sugar**

1. Mix ingredients together well in a large stainless steel bowl. Cover with plastic wrap and place in refrigerator overnight.
2. Once the meat has rested, assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind all ingredients into a mixing bowl.
3. Form into patties, use crumbled or follow the instructions on page 5 to make into sausage links.

Nutritional information per 4-ounce serving:
Calories 146 (69% from fat) · Carb. 2g · Pro. 9g · Fat 11g
Sat. fat 4g · Chol. 39mg · Sod. 320mg
Calc. 5mg · Fiber 0g

Chicken and Apple Sausage

The apples add some extra sweetness and flavor to this morning sausage.

Makes 3 pounds of sausage, about 25, ¼-cup patties

- **3 pounds boneless, skinless chicken thighs, cut into 1-inch cubes**
- **2 apples (about 14 ounces), peeled, cored and cut into ½-inch cubes**
- **1 small shallot (about 2 to 3 ounces), finely chopped**
- **2 tablespoons pure maple syrup**
- **2 teaspoons kosher salt**
- **½ teaspoon freshly ground pepper**

1. Mix ingredients together well in a large stainless steel bowl. Cover with plastic wrap and place in refrigerator overnight.
2. Once the meat has rested, assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind all ingredients into a mixing bowl.
3. Form into patties, use crumbled or follow the instructions on page 5 to make into sausage links.

Nutritional information per 4-ounce serving:
Calories 120 (45% from fat) · Carb. 4g · Pro. 13g · Fat 6g
Sat. fat 2g · Chol. 71mg · Sod. 373mg
Calc. 11mg · Fiber 0g

Sweet Italian Sausage

Simple ingredients make up this favorite, all-purpose sausage.

Makes about 3 pounds of sausage, 15–16 sausage links or about 24, ¼-cup patties

- **3 pounds pork butt, cut into 1-inch cubes**
- **2 garlic cloves, finely chopped**
- **2 tablespoons fennel seeds, toasted**
- **3 tablespoons fresh parsley, chopped**
- **2¼ teaspoons kosher salt**
- **1 teaspoon paprika**
- **1 teaspoon fresh ground black pepper**
- **2 tablespoons dry white wine**

1. Mix ingredients together well in a large stainless bowl. Cover with plastic wrap and place in the refrigerator overnight.
2. Once meat has rested, assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind all ingredients into a mixing bowl.
3. Form into patties, use crumbled or follow the instructions on page 5 to make into sausage links.

**For Hot Italian Sausage: Add 1 to 2 teaspoons of crushed red pepper to the mixture.

Nutritional information per 4-ounce serving:
Calories 217 (45% from fat) · Carb. 1g · Pro. 28g
Fat 11g · Sat. fat 4g · Chol. 97mg · Sod. 388mg
Calc. 18mg · Fiber 0g

Chorizo

Who knew that tasty chorizo was so easy to make at home? Chorizo makes an excellent taco filling; just brown the loose sausage well on the stove for delicious results.

Makes about 3 pounds of sausage

3 pounds pork shoulder, cut into 1-inch cubes
3 garlic cloves, finely chopped
2 tablespoons ancho chile powder
1 tablespoon paprika
1 tablespoon kosher salt
2 teaspoons ground cumin
1 teaspoon dried oregano
2 teaspoons apple cider vinegar
½ teaspoon freshly ground black pepper
¼ teaspoon cayenne pepper

1. Mix ingredients together well in a large stainless bowl. Cover with plastic wrap and place in the refrigerator overnight.

2. Once meat has rested, assemble the meat grinder fitted with the medium plate. Turn meat grinder to ON and grind all ingredients into a mixing bowl.

3. Form into patties, use crumbled or follow the instructions on page 5 to make into sausage links.

Nutritional information per 4-ounce serving:
Calories 201 (40% from fat) · Carb. 2g · Pro. 27g · Fat 9g
Sat. fat 3g · Chol. 88mg Sod. 777mg
Calc. 23mg · Fiber 1g

Duck Sausage

This sausage makes an easy yet elegant dinner paired with some French lentils and lightly dressed greens.

Makes 2 pounds of sausage, about 16, ¼-cup patties

2 pounds skinless, boneless duck, cut into 1-inch cubes
2 teaspoons juniper berries, crushed with the side of a knife
2 garlic cloves, finely chopped
1 teaspoon fresh thyme, finely chopped
1 tablespoon port wine
1½ teaspoons kosher salt

1. Mix ingredients together well in a large stainless steel bowl. Cover with plastic wrap and place in refrigerator overnight.

2. Once the meat has rested, assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind all ingredients into a mixing bowl.

3. Form into patties, use crumbled or follow the instructions on page 5 to make into sausage links.

Nutritional information per 4-ounce serving:
Calories 230 (88% from fat) · Carb. 0g · Pro. 7g
Fat 22g · Sat. fat 8g · Chol. 43mg · Sod. 257mg
Calc. 7mg · Fiber 0g

Lamb Merguez

Merguez sausage, with North African origins, gets its spice and heat from harissa. Depending on how hot you like it, you can always increase the amount or add a bit of cayenne.

Makes 2¾ pounds sausage, about 16, ¼-cup patties

2¾ pounds lamb shoulder, cut into 1-inch cubes
¼ cup harissa
2 tablespoons sweet paprika
2 teaspoons kosher salt
1 teaspoon ground cumin
2 garlic cloves, chopped

1. Mix ingredients together well in a large stainless steel bowl. Cover with plastic wrap and place in refrigerator overnight.

2. Once the meat has rested, assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind all ingredients into a mixing bowl.

3. Form into patties, use crumbled or follow the instructions on page 5 to make into sausage links.

Nutritional information per 4-ounce serving:
Calories 109 (37% from fat) · Carb. 1g · Pro. 16g
Fat 4g · Sat. fat 1g · Chol. 51mg · Sod. 347mg
Calc. 11mg · Fiber 0g

Spicy Venison Sausage

Adding some pork butt makes the sausage a little moister, but you may use all venison if you wish.

Makes 4 pounds of sausage

3 pounds venison
1 pound pork butt
1 garlic clove, peeled and minced
1½ tablespoons kosher salt
1½ tablespoons freshly ground pepper
2 teaspoons sweet paprika
1 teaspoon honey
1 teaspoon cayenne pepper
½ teaspoon rubbed sage
½ teaspoon savory

1. Remove any visible gristle from meat. Cut meat into 1-inch cubes. Place in a large bowl and add the remaining ingredients. Stir well to combine. Cover and refrigerate for at least 8 hours and up to 24 hours.

2. Assemble Cuisinart® Electric Meat Grinder with the medium cutting plate. Grind meat, mixing venison and pork evenly while grinding. Ground meat may be stuffed into prepared casings (follow the instructions on page 5) or formed into patties. Fresh sausage should be cooked within 24 hours or double-wrapped and frozen. Cook thoroughly before serving – internal temperature should register 160°F when tested with an instant-read thermometer.

3. Sausage may also be smoked in a homestyle smoker. Use wood flavor of your choice; suggestions would include hickory or mesquite. Recommended smoking temperature is 175F°–200°F, and smoking time should be 4 to 6 hours. Cook or smoke sausage thoroughly before serving – internal temperature should register 160°F when tested with an instant-read thermometer.

Nutritional information per 4-ounce serving:
Calories 147 (34% from fat) · Carb. 1g · Pro. 23g
Fat 5g · Sat. · Fat 2g · Chol. 33mg · Sod. 686mg
Calc. 15mg · Fiber 0g

Spicy Green Chile and Chicken Sausage

Jalapeño and green chiles give these sausages a nice kick.

Makes about 3 pounds of sausage
or 15 sausage links

3 pounds boneless, skinless chicken thighs, cut into 1-inch cubes
3 garlic cloves, chopped
½ cup loosely packed cilantro, chopped
2 large jalapeño peppers, chopped
4 cans (4 ounces each) chopped green chiles, well drained
1 tablespoon kosher salt
1 tablespoon tequila

1. Mix ingredients together well in a large stainless bowl. Cover with plastic wrap and place in the refrigerator overnight.

2. Once meat has rested, assemble the meat grinder fitted with the medium plate. Turn meat grinder to ON and grind all ingredients into a mixing bowl.

3. Form into patties, use crumbled or follow the instructions on page 5 to make into sausage links.

Nutritional information per 4-ounce serving:
Calories 117 (28% from fat) · Carb. 1g · Pro. 18g · Fat 4g
Sat. fat 1g · Chol. 75mg · Sod. 616mg
Calc. 31mg · Fiber 1g

Simply Rich Burgers

These simple burgers get their “richness” and flavor from the short ribs. Play with the ratio of the two meats if you prefer a leaner burger.

Makes about 10 burgers

2 pounds sirloin roast, cut into 1-inch cubes
2 pounds short ribs, bones removed and cut into 1-inch cubes

1. Assemble the meat grinder fitted with the coarse or medium plate. Turn meat grinder to ON and grind the meat into a mixing bowl.

2. Form into patties, being careful not to overwork. Cook burgers on the grill or a heavy-bottomed pan, about 4 to 5 minutes per side for medium.

Nutritional information per burger:
Calories 400 (55% from fat) · Carb. 0g · Pro. 45g
Fat 24g · Sat. fat 11g · Chol. 163mg · Sod. 115mg
Calc. 34mg · Fiber 0g

Mediterranean Lamb Sliders

The zip of the garlic and herbs give these zesty lamb burgers a Mediterranean twist.

Makes about 22, ¼-cup sliders

3 **pounds lamb shoulder, cut into 1-inch cubes**
2 **large garlic cloves, finely chopped**
1 **tablespoon fresh rosemary, chopped**
1 **teaspoon fresh thyme, chopped**
3 **tablespoons fresh parsley, chopped**
2 **tablespoons dry white wine**
1 **tablespoon kosher salt**
2 **teaspoons crushed black pepper**

1. Mix ingredients together well in a large stainless steel bowl. Cover with plastic wrap and place in refrigerator overnight.

2. Once the meat has rested, assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind all ingredients into a mixing bowl.

3. Form into ¼-cup patties for sliders.

Nutritional information per slider:
Calories 145 (35% from fat) · Carb. 1g · Pro. 21g
Fat 6g · Sat. fat 2g · Chol. 68mg · Sod. 561mg
Calc. 15mg · Fiber 0g

Chicken Burgers with Mango-Avocado Salsa

Remaining salsa can be served with tortilla chips—you're not going to want one bite to go to waste.

Makes 6 burgers; 3 cups of salsa

Chicken Burgers:

2 **pounds boneless, skinless chicken thighs, cut into 1-inch pieces**
1½ **teaspoons kosher salt**
½ **teaspoon freshly ground black pepper**
3 **scallions, cut into 1-inch pieces**
½–1 **jalapeño, seeded and cut into 1-inch pieces**
1 **teaspoon vegetable oil**

Salsa:

1 **jalapeño, seeded and finely chopped**
¼ **cup packed fresh cilantro leaves, roughly chopped**
2 **avocados, cut into 1-inch cubes**
1 **mango, peeled, cut into 1-inch cubes**
1 **teaspoon kosher salt**
1–2 **teaspoons freshly squeezed lime juice**

1. Mix burger ingredients together, except the vegetable oil, in a large stainless bowl. Cover with plastic wrap and place in the refrigerator overnight.

2. Prepare the salsa by stirring together all the salsa ingredients. Taste and adjust seasoning as desired. Salsa can be made either in advance and refrigerated, or right before you grind and cook the burgers.

3. Once meat has rested, assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind all ingredients into a mixing bowl.

4. Form into 6 equal patties. Put a large, nonstick pan over medium heat and add oil. When oil is hot, add ½ of the chicken patties, being careful not to crowd the pan. Cook each side 6 to 8 minutes until a nice, golden brown crust forms and the internal temperature reaches 165°F. Repeat with remaining patties.

5. Serve burgers topped with Mango-Avocado Salsa and a lime wedge. May also be served on a soft bun like brioche or potato.

Nutritional analysis per serving (1 burger with ½ cup of salsa): Calories 316 (45% from fat) Carb. 12g · Pro. 32g · Fat 16g · Sat. fat 3g· Chol. 125mg · Sod. 1026mg · Calc. 36mg · Fiber 5g

Bolognese

This Italian sauce is a classic; the longer it simmers, the better the flavors will be. It freezes beautifully so it can be enjoyed again.

Makes 10 cups

1 pound beef chuck roast, cut into 1-inch cubes
1 pound pork shoulder, cut into 1-inch cubes
¾ pound veal roast, cut into 1-inch cubes
1 tablespoon olive oil
2 medium onions, finely chopped
2 medium carrots, finely chopped
2 medium celery stalks, finely chopped
4 garlic cloves, finely chopped
1½ teaspoons kosher salt, divided
1 cup white wine
½ teaspoon freshly ground pepper
2 cans (28 ounces each) tomatoes, roughly chopped

1. Assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind the chuck, pork and veal together into a mixing bowl.

2. Put a small stockpot on the stove over medium heat and add the oil. Once the oil is hot, add the chopped vegetables and sauté until soft and fragrant, about 8 to 10 minutes. Stir in the ground meat and 1 teaspoon of salt. Cook until completely browned, breaking up meat with a wooden spoon as it cooks.

3. Once the meat is brown, add the wine and allow the mixture to simmer until all the liquid is evaporated completely.

4. Once all liquid has evaporated, add the remaining salt, pepper and chopped tomatoes to the pot and stir ingredients together well.

5. Bring mixture to a slight boil and then reduce to a simmer for about 3 hours, until meat is tender and flavors come together well.

This sauce will keep well in the refrigerator for up to 5 days and in the freezer for 3 months.

Nutritional information per ½-cup serving: Calories 156 (37% from fat) · Carb. 6g · Pro. 15g Fat 6g · Sat. fat 2g · Chol. 55mg · Sod. 468mg Calc. 20mg · Fiber 1g

Meatballs

These homemade meatballs are so simple to prepare. The best part is knowing exactly what goes into them.

Makes 18 meatballs

1½ pounds beef chuck, cut into 1-inch pieces
½ pound pork shoulder, trimmed of any excess fat, cut into 1-inch pieces
2 garlic cloves, peeled
½ cup parsley leaves
½ onion, about 6 ounces, cut into 1-inch pieces
½ cup Italian breadcrumbs
2 teaspoons kosher salt
2 large eggs, lightly beaten

1. Preheat oven to 425ºF. Line two baking sheets with aluminum foil. Set aside.

2. Assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind the beef and pork together with the garlic, parsley and onion into a mixing bowl. Add the breadcrumbs, salt and the eggs. Gently mix together well.

3. Using a ¼-cup measuring cup, form meat mixture into balls. Bake on prepared baking sheets until golden brown on all sides, about 25 to 30 minutes.

4. Serve, or add to tomato sauce.

Nutritional analysis per serving (1 meatball): Calories 119 (46% from fat) · Carb. 3g · Pro. 13g Fat 6g · Sat. fat 2g · Chol. 60mg · Sod. 128mg Calc. 17mg · Fiber 0g

Super Chili

Don't be intimidated by the amount of chili powder in the recipe; most store-bought varieties lean on the side of mild. However, spice lovers can turn up the heat by just increasing the cayenne or stirring in some puréed chipotle chiles.

Makes about 8 cups

2 pounds beef chuck roast, cut into 1-inch cubes
2 teaspoons vegetable oil, divided
1 medium onion, finely chopped
1 jalapeño, seeded and finely chopped
1 large red pepper, cut into ¼-inch dice
4 garlic cloves, finely chopped
¼ cup chili powder
2 teaspoons dried oregano
2½ teaspoons kosher salt
¼ teaspoon cayenne pepper
1 can (15-ounce) crushed tomatoes
2 cans (15 ounces each) diced tomatoes, with one can drained
1 cup chicken broth (low sodium)

1. Assemble the meat grinder fitted with the coarse plate. Turn meat grinder to ON and grind the beef into a mixing bowl.

2. Put a small stockpot on the stove over medium heat and add a teaspoon of oil. Once oil is hot, stir in the ground beef. Cook until completely browned. Remove and reserve. Drain off any excess liquid before returning to the stove.

3. Add the remaining teaspoon of vegetable oil to the pot. Once hot, add the onion, jalapeño, red pepper and garlic. Stir together and sauté until soft and fragrant, about 5 to 8 minutes. Return the cooked beef to the pot with the sautéed vegetables. Stir in the chili powder, oregano, salt and cayenne until fully combined.

4. Add the crushed and diced tomatoes with the chicken broth. Bring mixture just to a boil and then reduce to a simmer and cover.

5. Simmer for about 2 hours. Degrease the chili by either skimming any excess fat with a ladle, or by gently blotting the surface with a paper towel.

6. Taste and adjust seasoning accordingly.

Nutritional information per ½-cup serving: Calories 133 (50% from fat) · Carb. 5g · Pro. 12g Fat 8g · Sat. fat 3g · Chol. 41mg · Sod. 539mg Calc. 30mg · Fiber 2g

Turkey Meatloaf

Veggies are added for flavor in this healthier version of meatloaf.

Makes about 10 servings

Nonstick cooking spray
1½ pounds dark turkey meat, or boneless, skinless chicken thighs, cut into 1-inch cubes
1½ cups old-fashioned oats
1 teaspoon olive oil
1 small onion, finely chopped
1 small carrot, finely chopped
1 small celery stalk, finely chopped
2 garlic cloves, peeled and finely chopped
1 teaspoon kosher salt, divided
½ teaspoon freshly ground black pepper, divided
8 small baby bella or cremini mushrooms, chopped
2 large eggs, lightly beaten
1 large egg white
¼ cup ketchup
1 tablespoon tomato paste
½ cup chopped fresh parsley
1 tablespoon chopped fresh thyme

1. Preheat oven to 350°F. Coat a 9 x 5-inch loaf pan with nonstick cooking spray.

2. Toss the turkey and oats together in a mixing bowl and let rest in refrigerator until ready to grind.

3. Put the oil in a medium skillet over medium heat. Once the oil is hot and shimmering across the pan, add the onion, carrot, celery, garlic, ½ teaspoon of salt and ¼ teaspoon of the pepper. Sauté until fragrant and soft, about 8 to 10 minutes. Add the mushrooms and

continue to sauté until soft, an additional 5 to 10 minutes. Allow to cool slightly

4. Mix the eggs, egg white, ketchup and tomato paste in a large mixing bowl. Add the remaining salt, pepper, parsley, thyme and cooked vegetables that have cooled slightly.

5. Assemble the meat grinder fitted with the medium plate. Turn meat grinder to ON and grind the turkey and oats into the large mixing bowl with remaining ingredients.

6. Gently, using hands or a large spoon, blend together ingredients until completely combined. Be careful not to over-mix.

7. Place the meatloaf ingredients into the prepared pan, then into the preheated oven.

8. Meatloaf is done when internal temperature registers 170°F, about 75 minutes. Allow to rest slightly before removing from pan and slicing.

Nutritional information per serving:
Calories 238 (48% from fat) · Carb. 13g · Pro. 18g
Fat 13g · Sat. Fat 3g · Chol. 106mg · Sod. 405mg
Calc. 41mg · Fiber 2g

LIMITED THREE-YEAR WARRANTY (U.S. and Canada ONLY)

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Electric Meat Grinder that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® Electric Meat Grinder will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase. We recommend that you visit our website, **www.cuisinart.com** for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® Electric Meat Grinder should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Consumer Service Representatives, or send the defective product to Consumer Service at Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose $10.00 for shipping and handling of the product.

Please pay by check or money order made payable to Cuisinart (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Cuisinart Service Center at 1-800-726-0190 before returning the product for service. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Cuisinart® Electric Meat Grinder has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as by use with accessories, replacement

parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

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