



## Hawaiian BBQ Chicken

Prep: 20 mins Cook: 2.5 Hrs

### Ingredients:

- 3 – 4 Boneless Skinless Chicken Breasts
- 1 Bottle of JamOnIt Mango OR Mango Chipotle Barbeque Sauce.
- 3 Tbs JamOnIt Be Bold BBQ Rub
- 10 oz Crushed Pineapple (Drained)

### Instructions:

**Step 1** - Place chicken in Crock pot. You can use frozen or thawed.

**Step 2** - Pour on BBQ Rub and flip the chicken breasts to coat.

**Step 3** - Pour in the BBQ sauce and pineapple drained well

**Step 4** - Turn on high and cook for 2 ½ hours until internal temp of chicken reaches 165F (75C)

**Step 5** - Shred chicken and add extra BBQ Sauce, serve AND ENJOY!

## Pasta, Baby Spinach & Cheesy Italian Spread

Prep: 10 mins Cook: 10 mins

### Ingredients:

- 1 package your favorite pasta
- 1 (8.5 ounce) bottle JamOnIt Cheesy Italian Spread
- 1 bag your favorite baby spinach

### Instructions:

**Step 1** –Boil your favorite pasta as directed.

**Step 2** – Add 3 Tablespoons (or more to taste) of JamOnIt Cheesy Italian Spread to a bowl with half the bag of baby spinach.

**Step 3** – Strain out pasta, reserving pasta water, and add to bowl. Add a Tablespoon of pasta water (or more) to the bowl and stir completely. AND ENJOY!!



**JAMONIT**  
SPECIALTY FOODS

**Recipes**

# Baby Back Ribs

**Prep: 8 hrs Cook: 2.5 hrs**

## Ingredients:

2 pounds pork baby back ribs  
1 (12 ounce) bottle JamOnIt Mango or Mango Chipotle BBQ Sauce  
1 (5.5 ounce) bottle JamOnIt Be Bold BBQ Rub

## Instructions:

**Step 1** - Tear off 4 pieces of aluminum foil big enough to enclose each portion of ribs. Spray each piece of foil with vegetable cooking spray. Rub liberally with JamOnIt Be Bold BBQ Rub and place each portion in its own piece of foil. Wrap tightly and refrigerate for at least 8 hours, or overnight.

**Step 2** - Preheat oven to 300F (150C). Brush the ribs liberally with barbecue sauce and wrap tightly in foil.

**Step 3** - Bake ribs wrapped tightly in the foil at 300F (150C) for 2 1/2 hours. Remove from foil and add more sauce, if desired. ENJOY!



# Baked BBQ Turkey Meatballs

**Prep: 40 min Cook: 20 - 30 min**

## Ingredients

1 cup plain breadcrumbs  
1/4 cup chopped fresh basil/oregano/rosemary  
1/4 cup chopped fresh Italian parsley  
1/4 cup whole milk, at room temperature  
1 tablespoon ketchup, optional  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
2 large eggs, at room temperature  
2 cloves garlic, minced  
1 small onion, finely chopped  
2 pounds ground turkey meat  
2 (12 ounce) bottles JamOnIt Mango or Mango Chipotle BBQ Sauce  
Extra-virgin olive oil, for drizzling

## Instructions:

**Step 1** - Preheat the oven to 400 degrees F.

**Step 2** - Combine breadcrumbs, basil/oregano/rosemary, parsley, milk, ketchup, salt, pepper, eggs, garlic and onions. Stir to blend. Add the ground turkey. Gently mix all the ingredients until thoroughly combined.

**Step 3** - Form into 1 1/2-inch balls (22 to 24 meatballs) and place on a parchment lined baking sheet. Drizzle with olive oil and bake until cooked through, 20 - 30 minutes (Meatballs should have a nice brown crust).

**Step 4** - Add meatballs and two (2) bottles of JamOnIt's Mango or Mango Chipotle BBQ Sauces to slow cooker. Cook on high for 15-20 min until the meatballs are heated through. ENJOY! \* **Add water to BBQ Sauce bottles shake use to thin sauce if needed.**



## - ABOUT US -

JamOnIt Specialty Foods is a small, self-funded, specialty food manufacturing, wholesale and internet retail start-up that began producing its Barbeque Sauces in 2019.

JamOnIt Specialty Foods is currently producing and selling (wholesale/retail) its Signature "Better than Incredible" Mango and Mango Chipotle Barbecue Sauces; three (3) versions of its "Be Bold" Barbeque Rub (Mild, Medium and Hot.), it's OIL FREE Sweet Bangin' Balsamic Dressing, Mango Jalapeno Glaze, Sweet Butter and Coco Candied Pecans, as well as a variety of Artisanal Breads and Grab-and-Go Meals.

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Artisan Exchange West Chester PA

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