



# THE PENDULUM

*Primal news...*

FEBRUARY 5-8, 2020



*"Cooking is like love. It should be entered into with abandon or not at all."*

*-Harriet van Horne*

**What's in the Box?**  
**February 5-8, 2020**

*The Valentine's Box*

**(2) 8 oz. Filet Mignon**

**1 lb. Ground Beef**

**1 lb. Luau Sausage**

## ***How to Sear the Perfect Steak***

**Preheat cast iron skillet over high heat until lightly smoking. Preheat oven to 400 degrees. Pat meat dry with paper towels. Season with salt. Swirl with beef tallow or oil in the pan prior to searing. Sear meat on each side about 90 seconds, until deeply brown but not black. Put skillet in the oven for 3 minutes. Remove skillet from oven. Put meat on a warm plate and allow it to rest under tented foil for about 10 minute.**

## **Taco Casserole**

### **Ingredients**

- 1 lb. ground beef
- 1 small yellow onion diced
- 2 tbsp. taco seasoning
- 16 oz. refried beans
- $\frac{3}{4}$  cup sour cream
- 2 cups cheddar cheese shredded
- $\frac{1}{4}$  cup black olives sliced
- $\frac{1}{3}$  cup tomatoes diced
- $\frac{3}{4}$  cup crunchy toppings such as tortilla chips Doritos, and/or Fritos
- To garnish:
  - $\frac{1}{3}$  cup lettuce shredded
  - Green onions (optional)



### **Instructions**

Preheat oven to 350 degrees. Add the ground beef and diced onions to a large pan and cook and crumble over medium heat until the meat is cooked through. Drain excess grease. Add  $\frac{3}{4}$  cup water and taco seasoning. Bring to a boil. Reduce the heat and simmer for 5 minutes, stirring occasionally. Remove from heat. Spread the refried beans in an even layer within a casserole dish. Spread the sour cream over the refried beans. Top with cooked ground beef mixture, then with cheese. Bake, uncovered, for 15 minutes, or until the cheese is hot and melted. Top the casserole with black olives, tomatoes, and crunchy toppings. Bake uncovered for 8 minutes. Garnish with green onions and/or shredded lettuce and serve!