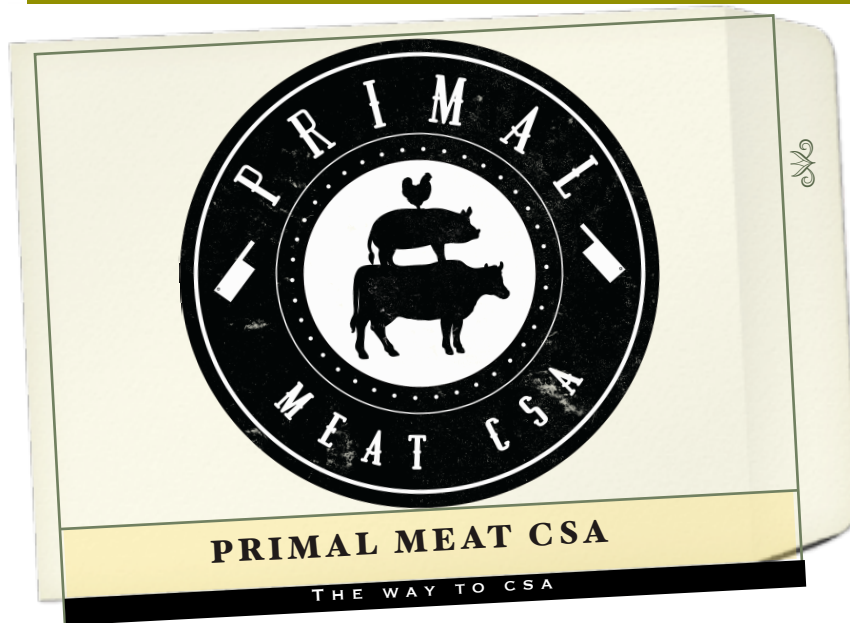




# THE PENDULUM

MARCH 3-6, 2021



*"My weaknesses have always been food and men - in that order." -Dolly Parton*

## What's in the Box?

- 1 lb. Ground Beef
- 1 lb. Mild Italian Sausage
- 1 lb. Chicken Thighs
- Top Sirloin Steaks
- Pendulum Beef Stock

## Ginger Soy Chicken Thighs

### Ingredients:

1 lb. chicken thighs  
 1.5 tablespoons olive oil  
 1/4 teaspoon ginger, chopped  
 3 tablespoons honey  
 2 tablespoons soy sauce  
 2 cloves of garlic, minced  
 Salt and pepper to taste  
 Fresh parsley chopped for garnish

### Instructions:

Make the marinade. In a mixing bowl combine olive oil, ginger, honey, soy sauce, garlic, salt and pepper. Marinate chicken for at least 1 hour. Preheat the oven to 400F. Place chicken thighs and marinade in cast iron or baking dish and bake for 20-25 minutes, or until chicken is cooked thru, make sure to flip the chicken few times throughout cooking. Fantastic served over rice.



# Sausage and Tortellini Soup

## INGREDIENTS

1 lb Italian Sausage  
1 medium onion finely chopped  
3 cloves garlic minced  
4 teaspoons Italian Seasoning  
4 cups beef broth  
1 1/2 tablespoons tomato paste  
1 (14.5 ounce) can fire roasted tomatoes  
2 cups vegetable broth  
10 ounces refrigerated tortellini  
3 cups arugula or spinach  
Grated Parmesan Cheese



## INSTRUCTIONS

Brown the Italian Sausage over medium heat. When it is almost fully browned, add the onion and cook until the sausage is done browning and the onion has softened. Turn the heat to low and add the garlic, Italian seasoning, and crushed red pepper; cook for 1 minute stirring constantly.

In a small bowl whisk the tomato paste with about 1/2 cup beef broth. Add the vegetable broth, remaining beef broth, fire roasted tomatoes and thinned out tomato paste. Increase the heat to medium low and simmer for 3-4 minutes. Add the cheese tortellini and simmer for 10-15 minutes or until the tortellinis are cooked to your desired tenderness. Remove the pan from the heat and stir in the arugula. Add salt and pepper to taste. Sprinkle each bowl with 1-2 tablespoon freshly grated Parmesan cheese. runny at this point but, don't worry, it will thicken up as it sits. Transfer the sauce to a bowl, cover and refrigerate until ready to serve.

Looking for a different recipe for the Italian sausage? It is great in any pasta, or you can add it to your ground beef with an egg, breadcrumbs, and cheese for fantastic meatballs. You could also try this fan favorite from a while back. Stuffed shells with sausage and ricotta:

<https://pendulummeats.com/wp-content/uploads/bsk-pdf-manager/2017/06/Primal-News-September-8-2015.pdf>