



PRIMAL CSA NEWSLETTER

# THE PENDULUM

APRIL 6-9, 2016



WHAT'S IN THE BOX  
FOR WEEK OF  
APRIL 6-9, 2016

**MILD ITALIAN SAUSAGE**

**CHICKEN THIGHS**

**PORK CARNITAS**

**GROUND BEEF**

**2 TOP SIRLOIN STEAKS**

***"Shake the hand that feeds you."***  
***-Michael Pollan***

## ***Italian Sausage, Kale, & Tortellini Soup***

### **Ingredients:**

1 lb mild Italian sausage,  
removed from casings  
1 Tbsp olive oil  
1 1/2 cups chopped yellow onion  
1 1/3 cups chopped carrots  
4 cloves garlic, minced  
5 cups beef broth  
2 (14.5 oz) cans diced tomatoes  
1 (8 oz) can tomato sauce  
1 Tbsp Italian seasoning  
Salt and freshly ground black pepper  
9 oz. refrigerated three cheese  
tortellini  
2 cups packed chopped kale  
Finely shredded parmesan cheese

### **Directions:**

Heat olive oil in a large pot over medium-high heat. Crumble sausage into pot and brown, stirring and breaking up sausage occasionally, until cooked through. Drain sausage onto a plate lined with several layers of paper towels while reserving 1 Tbsp rendered fat in pot (if there's not a tbsp just add 1 more tbsp olive oil to pot). Add onions and carrots and saute 3 minutes then add garlic and saute 1 minute longer. Stir in beef broth, tomatoes, tomato sauce, Italian seasoning and season with salt and pepper to taste. Bring to a light boil, return sausage to pot, cover pot and reduce heat to medium-low and allow to simmer until carrots are nearly tender, about 15 minutes. Stir in tortellini and kale then cover and cook 7 - 9 minutes longer. Serve warm with parmesan cheese if desired.



# Recipes

## *Slow Cooker Honey Garlic Chicken Thighs and Vegetables*

### INGREDIENTS:

Bone-in, skin-on chicken thighs  
Baby red potatoes, halved  
Carrots  
Green beans, trimmed  
2 tablespoons chopped fresh parsley leaves

### FOR THE SAUCE

1/2 cup reduced sodium soy sauce  
1/2 cup honey  
1/4 cup ketchup  
2 cloves garlic, minced  
1 teaspoon dried basil  
1/2 teaspoon dried oregano



### DIRECTIONS:

In a large bowl, combine soy sauce, honey, ketchup, garlic, basil, oregano, red pepper flakes and pepper. Place chicken thighs, potatoes, carrots and soy sauce mixture into a 6-qt slow cooker. Cover and cook on low heat for 7-8 hours or high for 3-4 hours, basting every hour. Add green beans during the last 30 minutes of cooking time. *OPTIONAL:* Preheat oven to broil. Place chicken thighs onto a baking sheet, skin side up, and broil until crisp, about 3-4 minutes. Serve chicken immediately with potatoes, carrots and green beans, garnished with parsley, if desired.

## **Ground Beef Dinner Ideas**

**Can't think of what to make using ground beef? Tired of spaghetti, burritos, and meatloaf? Check out this Buzzfeed link for "25 Delicious Dinners You Can Make with Ground Beef."**

**<http://www.buzzfeed.com/melissaharrison/ground-beef-dinner-recipes#tpNLNa3MV>**

# Pork Carnitas

From "Plan to Eat" Blog

## Ingredients

- Pork Carnitas from *Shoulder or Butt*
- Salt
- Pepper
- Dijon mustard
- 1/2 Cup Honey
- Oregano
- Cumin
- Paprika
- Oregano
- Garlic
- Onion
- Chili Powder
- 2 Oranges *Fresh*



## Directions

1. Salt and pepper the meat
2. Slather the pork carnitas with Dijon mustard
3. Drizzle with honey
4. Sprinkle with seasonings: oregano and a natural mexican spice blend (cumin, paprika, oregano, garlic, onion, and chili powder), then a bit more salt. You want to be generous here – sort of forming a crust.
5. Squeeze orange juice into the pot. I used the juice of two oranges.
6. Put the lid on and pop into the oven to SLOW cook. My favorite way to do this is put the oven down to 225 and leave it overnight while I sleep. Then, the next day, I turn my oven down to the lowest setting and keep it warm until it's time to eat. There are times when I only have 6 hours or so to do this, so I turn the heat up to 250 and it's deliciously tender. You can absolutely do this in a crock pot, as well.
7. Shred with two forks, and pour the lovely juices from the pan back over the meat.
8. Serve on top of a corn tortilla with some simple toppings. Our faves are a simple cabbage, cilantro & onion slaw with fresh salsa.

If you ever have questions, comments, or concerns about your Primal Meat CSA, please email me at

[dana@pendulummeats.com](mailto:dana@pendulummeats.com).



Photo by The C