



PRIMAL CSA NEWSLETTER

# THE PENDULUM

MAY 3-6, 2017



## What's in the Box? May 3-6, 2017

**2 Boneless Skinless  
Chicken Breasts**

**Mexican Chorizo  
Sausage**

**1 lb. Ground Beef**

**1.5 lb. Skirt Steak**

*Feliz Cinco de Mayo!*

### Mexican Chorizo Sausage

Spice up your breakfast with a breakfast burrito! Slice open the casing and brown the sausage in a skillet. Pour off the excess fat and place the meat in a separate bowl. Now scramble some eggs in the remaining chorizo fat and quickly heat some flour tortillas in the oven. Divide the scrambled eggs, chorizo and some grated sharp cheddar cheese between the tortillas, and enjoy!



# Recipes

## Beef Enchilada Casserole

### Ingredients

- 1 pound ground beef
  - 1 teaspoon taco seasoning
  - 1/2 teaspoon salt
  - 1 10-oz can enchilada sauce
  - 1 cup water
  - 1 cup medium thick and chunky salsa
  - 12 (6-inch) corn tortillas
  - 1/2 cup fresh cilantro, chopped, divided
  - 1 cup shredded Colby Jack cheese
  - sour cream and lime wedges, for serving
- Instructions

### Instructions

1. Preheat the oven to 350°F.
2. Heat a large skillet over medium-high heat and add the ground beef, taco seasoning and salt. Cook, stirring and breaking up the beef, until the beef is browned and cooked through. Drain any fat, if needed.
3. Add the enchilada sauce, water and salsa and bring to a boil. Cook for 4-5 minutes, until slightly reduced. Remove from the heat.
4. Stack the tortillas and cut into 1-inch strips. Arrange half of the tortilla strips in the bottom of a 9-inch deep dish pie dish. Add half of the beef mixture, then sprinkle half of the cheese over the top. Sprinkle 2 tablespoons of the chopped cilantro on top. Repeat the layers, using the remaining tortillas, beef and then cheese.
5. Bake until the cheese is melted and bubbly, about 10 minutes. Sprinkle the remaining cilantro over the top before serving. Serve with sour cream and lime wedges.



## Chipotle Chicken

- 2 tablespoons olive oil
- 1 teaspoon chipotle chili powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon lime juice

In a small bowl, whisk chicken rub ingredients together and rub evenly all over chicken breasts. Time permitting, allow chicken to sit for 30 minutes at room temperature or refrigerate up to 8 hours then bring to room temperature before cooking.

Heat a large non-stick skillet over medium high heat. Once very hot, add chicken and cook, undisturbed for 3-5 minutes, or until nicely browned (or blackened if you prefer) on one side. Turn chicken over, cover, and reduce heat to medium. Cook for approximately 5-7 more minutes (depending on thickness of chicken), or until chicken is cooked through. Remove to a cutting board and let rest 5 minutes before slicing.



# Skirt Steak with Chimichurri Sauce

## INGREDIENTS

For the Marinade and Grilling:

- 2/3 cup olive oil
- 1/2 cup fresh orange juice
- 1/3 cup fresh lime juice
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 3 tablespoons red wine vinegar
- 4 garlic cloves, minced
- 1 1/2 pound Skirt Steak
- Salt and Pepper to taste



For the Chimichurri Sauce:

- 1 cup fresh parsley
- 1 cup fresh cilantro
- 1/2 cup olive oil
- 1/2 medium onion, diced
- 3 garlic cloves
- 3 tablespoons fresh lime juice
- 2 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Optional: 1/4 teaspoon red pepper flakes

## INSTRUCTIONS

For the Marinade and Grilling:

1. Whisk all of the ingredients together and pour into a large ziploc bag.
2. Add skirt steak to ziploc bag with marinade and allow to marinate overnight preferably.
3. When ready to grill, liberally season with salt and pepper.
4. Grill until golden brown and perfectly charred then allow to rest before slicing on a cutting board.

For the Chimichurri:

Add all of the ingredients to a heavy duty blender or food processor and blend until everything is chopped up and smooth then serve. Seriously that easy.