



# THE PENDULUM

*Primal news...*

V3 N6 NOVEMBER 18-21, 2015



## What's in the Box Week of November 18-21

- Ground Beef
- Ground Pork
- Sausage - Dealer's Choice
- 2 Bone In Pork Chops
- Pennacook Peppers Pepper Jelly

*"If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart." -Cesar Chavez*

## Pork, Beef, and Black Bean Chili

### Ingredients

2 tbsp. olive oil  
1 lb. ground pork  
1 lb. ground beef  
6 garlic cloves  
2 cups water  
2 tbsp. ground cumin  
2 tbsp. chili powder  
2 tsp. oregano  
2 tsp. salt  
1 tsp. cayenne pepper  
(3) 6 oz. cans tomato paste  
2 tsp. sugar  
3 cups diced tomatoes  
3 cups diced onion  
3 cups diced red bell pepper  
3 cans black beans (drained, rinsed)  
1 cup cilantro chopped  
2 3/4 cups beef broth  
Cheddar Cheese

### Directions:

Heat olive oil in heavy large pot over medium-high heat. Add ground pork and ground beef and sauté until brown, about 3 minutes. Add garlic and sauté 5 minutes. Add 2 cups water; bring to boil. Add cumin, chili powder, oregano, salt, and cayenne pepper. Reduce heat, cover, and simmer 10 minutes. Add tomato paste and sugar and simmer 5 minutes. Add tomatoes, onions, and peppers and simmer until vegetables are tender, about 30 minutes. Add black beans and cilantro to chili. Add beef broth 3/4 cup at a time, until thinned to desired consistency. Bring chili to simmer. Serve with grated cheddar cheese.



**Want to "beef it up" a bit?  
Add a pound of stew meat.  
You may have some left from  
the last box. If not, we are  
happy to cut some up for  
you!**

## Recipes cont.

### SAUSAGE RECIPES

OUR SAUSAGE IS A GREAT THING. HERE ARE A FEW TRIED AND TRUE RECIPES FROM SOME OF OUR WONDERFUL CUSTOMERS.

- **FRITTATA** - TAKE THE SAUSAGE OUT OF THE CASING AND COOK. LET IT COOL, ADD TO WHISKED EGGS AND ADD VEGETABLES OF YOUR CHOICE. BAKE AT 350 FOR 20-25 MINUTES.
- **SLOW COOKER FOIL PACKETS** - SLICE ONIONS AND POTATOES AND LAYER ON ALUMINUM FOIL. TOP WITH SLICED SAUSAGE AND CLOSE PACKET. PLACE IN SLOW COOKER ON LOW FOR 7-8 HOURS.
- **SAUSAGE BAKE** - SLICE POTATOES, ONIONS, PEPPERS, AND GARLIC. TOSS WITH SALT, PEPPER, AND OLIVE OIL. BAKE AT 350 FOR 30-45 MINUTES.



### Pennacook Peppers Pepper Jelly

One of my favorites products we sell. Locally made in Virginia Beach. This is a great addition to a cheese plate or charcuterie tray. It also makes a great glaze for chicken, pork, or shrimp. We can't wait to hear the great ways you will use it!



### How to Perfectly Sear a Pork Chop

Pat the chop dry with a paper towel and season with salt and pepper liberally. Don't be afraid to use the salt and pepper! Heat a cast iron or black steel pan over high heat. Create an even layer of oil around the whole pan. As you see the whips of smoke, add the pork chops to the pan. Sear on each side for 30-45 seconds. Transfer to oven safe dish and bake at 350 until an internal temperature of 145 degrees. While pork chops are baking, remove oil from the cast iron pan and deglaze the pan with 2 oz. wine. Add 1/2 jar of pepper jelly and two pats of butter and stir until butter melts. Pour the pan sauce over the pork chops and serve.