



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

JANUARY 23-26, 2019



**ARE YOU READY FOR SOME
FOOTBALL?**

What's in the Box?

The Superbowl Box

- **1 lb. Ground Beef**
- **1 lb. Chorizo**
- **2 lbs. Chicken Wings**
- **1 lb. Ground Brisket**
- **Regular Chef Pepper Jelly**

Chorizo Cheese Dip

Ingredients:

1 lb Chorizo Sausage
1 can (10 oz each) Ro*Tel® Original Diced Tomatoes & Green Chilies, undrained
1 pkg (8 oz each) Philadelphia® Original Cream Cheese
Tortilla chips



Instructions:

Heat large skillet over medium-high heat. Add sausage and cook completely. Drain. Add undrained tomatoes and cream cheese; stir until cream cheese melts. Serve warm with tortilla chips.

Pepper Jelly Sticky Wings

Ingredients:

2 lbs. chicken wings
1 cup Regular Chef Jams sweet pepper jelly
Spice rub
2 tsp garlic powder
2 tsp ground cumin
1 tsp coriander
1 tsp paprika
1 tsp kosher salt
½ tsp ground black pepper



Instructions:

Pre-heat the oven to 450 degrees. In a small pot warm the pepper jelly until the texture is loose and set aside. DO NOT BOIL. In a large mixing bowl combine all the ingredients for the rub and mix together. Add the chicken wings to the bowl with the rub, and toss them so they get a generous coating of the rub. Once the wings are seasoned pour the warm pepper jelly over the wings and toss them with a rubber spatula until all the wings are covered with the pepper jelly. Grease a large baking pan and place the wings on the pan in a single layer. Bake turning occasionally for 25-30 minutes until the wings are browned.

BRISKET CHILI

INGREDIENTS:

1 lb. ground brisket
3 (15 oz.) cans diced tomatoes with green chiles
2 (15 oz.) cans beans, drained (black beans, kidney beans, or a combination) 1 small white onion, diced
2 Tbsp. chili powder
Optional toppings: smoked cheddar, chopped green onions, sour cream, cilantro, etc.

INSTRUCTIONS:

In a large stockpot, cook ground brisket over medium-high heat until browned, stirring frequently. Drain the excess grease. Add remaining ingredients and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 15 minutes or until the onion is cooked and softened. Serve.

