



# THE PENDULUM

JANUARY 9-12, 2019



**"NO MATTER WHAT CULTURE,  
EVERYWHERE AROUND THE WORLD,  
PEOPLE GET TOGETHER TO EAT."  
- GUY FIERI**

## What's in the Box?

- **Dealer's Choice Sausage**
- **Ground Beef**
- **Boneless Pork Chops**
- **Chicken Breast**

### Ingredients:

2 chicken breasts  
1/4 cup olive oil  
1/4 cup lemon juice  
Salt and Pepper  
1/2 teaspoon oregano  
1/4 teaspoon thyme  
1 clove garlic, minced

### Instructions:

Season chicken breasts with salt and pepper on all sides and place in a bowl or lidded container. Combine olive oil, lemon juice, garlic, oregano, and thyme in a small bowl and pour marinade over chicken breasts. Marinate for 10 minutes at room temperature. Preheat oven to 400 degrees F (200 degrees C). Set one oven rack about 6 inches from the heat source. Place chicken breasts into a baking dish and pour marinade on top. Bake chicken on the middle rack of the preheated oven until no longer pink in the center and the juices run clear, 35 to 45 minutes, depending upon thickness. Move baking dish to the top rack and broil chicken until well browned, about 5 minutes.

## *Mediterranean Chicken*

# Stuffed Pepper Soup

The latest favorite in our household, this soup is fast and great for a cold night. Don't forget, we have housemade beef stock.

## Ingredients:

- 1 tablespoon olive oil
- 1 pound ground beef
- 3/4 cup chopped onion
- 1 1/2 teaspoons garlic minced
- salt and pepper to taste
- 1 red bell pepper cut into 1/2 inch pieces
- 1 green bell pepper cut into 1/2 inch pieces
- 1 14.5 ounce can petite diced tomatoes
- 1 15 ounce can tomato sauce
- 2 cups beef stock
- 2 teaspoons Italian seasoning
- 2 cups cooked white rice
- 2 tablespoons chopped parsley



## Instructions:

Heat the olive oil in a large pot over medium high heat. Add the ground beef and cook until browned. Add the onion to the pot and cook until softened. Add the garlic and cook for 30 seconds. Season the beef and onion mixture with salt and pepper. Add the bell peppers to the pot and cook for 2-3 minutes. Add the tomatoes, tomato sauce, beef broth and Italian seasoning to the pot; bring to a simmer. Cook for 15-20 minutes or until peppers are tender. Stir in the rice and season the soup with salt and pepper to taste as desired. Sprinkle with parsley and serve.



Need to know how to prepare your pork chops? Check out Dylan on the pilot episode of Kitchen Ambush, as he prepares seared pork chops with Pepper Jelly pan glaze. This video is an oldie but a goodie.

<https://www.youtube.com/watch?v=rKb66ink9uw>