



BI-WEEKLY SHOP BULLETIN

THE PENDULUM

Primal news...

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"If more of us valued food and cheer above hoarded gold, it would be a much merrier world." J.R.R. Tolkien

What's in the Box?

- **1 lb. Italian Sausage**
- **1 lb. Steak Tips**
- **Ground Beef**
- **Half Chicken**
- **Quart of Pendulum Housemade Chicken Stock**

Steak Tips with Garlic Butter

Heat tallow or vegetable oil in a large pan over high heat. Season the steak with salt and pepper to taste. Place the steak in the pan in a single layer; you may have to work in batches depending on the size of your pan. Cook for 3-4 minutes, stirring occasionally, until golden brown. Repeat with remaining meat if needed. Add the butter and garlic to the pan; cook for 1-2 minutes, stirring to coat the meat in the sauce. Sprinkle with parsley and serve.



Stuffed Shells with Sausage, Spinach, and Ricotta

INGREDIENTS

20 jumbo dried pasta shells
1 pound Italian sausage, casings removed
3 medium cloves garlic, finely chopped
1 (14-ounce) can diced tomatoes
1 (10-ounce) package frozen spinach, thawed and squeezed dry (about 1 1/4 cups)
4 ounces ricotta cheese (about 1/2 cup)
2 ounces mozzarella cheese, coarsely grated (about 1/2 cup)
Salt and fresh ground black pepper



INSTRUCTIONS

Heat the oven to 350 degrees F. Butter a 3 quart baking dish or spray with non-stick cooking spray. Bring a large pot of salted water to the boil, add the pasta shells then follow package directions for cooking the shells. Drain, and then rinse the shells with cold water. Meanwhile, heat a wide skillet over medium-high heat. Add the sausage and cook until browned, about 10 minutes. As the sausage cooks, use a wooden spoon to break the sausage up into small pieces in the pan. Stir in the garlic, tomatoes, as well as the thawed and ringed out spinach. Cook until heated through and liquid reduced by half, about 2 minutes. Remove the pan from the heat then stir in the ricotta cheese. Taste for seasoning then adjust with salt and pepper to taste. Fill each shell with sausage filling and arrange into the baking dish. Scatter mozzarella cheese on top. Bake until the tips of the shells begin to brown and the cheese has melted, about 25 minutes.

After roasting your chicken, use the leftovers for a batch of soup. Use our chicken stock to make two meals out of your chicken.