



# THE PENDULUM

MARCH 30-APRIL 2, 2022



*"Good food is the foundation of genuine happiness." -  
Auguste Escoffier*

## What's in the Box?

- **Pork Carnitas**
- **Top Sirloin**
- **Jalapeño Cheddarwurst Sausage**
- **Ground Beef**

## Creamy Carnita Pasta

### Ingredients:

- 1 lb. Carnitas
- 8 ounce pasta
- 1 Tablespoon olive oil
- 1 red bell pepper sliced
- 1 green bell pepper sliced
- 2 cups heavy cream
- 1/2 cup sour cream
- 1/4 cup parmesan cheese
- 1 teaspoon chili powder
- 1/4 teaspoon cumin
- 1/4 teaspoon paprika

Optional toppings: Chopped cilantro, avocado, diced tomatoes

### Ingredients:

Season the pork carnitas with salt and pepper, cover with stock, and cook on low in slow cooker for 8-10 hours. Once carnitas are cooked, bring water in a large pot to a boil and cook pasta until al dente. In a medium-sized skillet over medium-high heat add olive oil. Add peppers and sauté until tender. Set aside on a plate. Add heavy cream, sour cream, parmesan cheese, chili powder, cumin, and paprika to the skillet. Whisk and let simmer until it starts to thicken. Add pork and peppers to the sauce and toss until coated and heated through. Serve with optional toppings.



# Garlic Butter Steak Bites

*Lately, life seems to get busier by the day. Lately I have been trying recipes that are easy to get on the table on a weeknight. These garlic butter steak bites are delicious served with a baked potato. Did you know you can cook baked potatoes in your slow cooker?*

## Ingredients:

- 1 tablespoon olive oil
- Sirloin steak cut into bite size pieces
- ½ teaspoon salt or to taste
- ½ teaspoon pepper or to taste
- 2 tablespoon butter unsalted
- 4 cloves garlic minced
- ¼ teaspoon red pepper flakes
- 1 tablespoon parsley fresh, chopped



## Instructions:

Add the olive oil to a large skillet and heat it over high heat. Make sure the olive oil is hot, then add the steak pieces to it. Season them generously with salt and pepper. Cook for at least 2 minutes before stirring the steak pieces. You want to make sure you get a good sear on them. Continue cooking for another 2 minutes until they're golden brown. If your skillet isn't big enough, you may need to do this batches. Transfer the steak bites to a plate and in the same skillet add the butter. Turn the heat down to a medium and after the butter has melted, add the garlic and red pepper flakes. Cook for about 30 seconds while stirring, just until the garlic becomes aromatic and starts to brown. Pour the garlic butter over the steak bites and toss well. Garnish with parsley and serve.



**Have a recipe your family absolutely loves?  
We would love to share it in a future  
CSA newsletter. Please email all recipes to  
[dana@pendulummeats.com](mailto:dana@pendulummeats.com)**