



THE PENDULUM

JUNE 22-25, 2022



"If summer had one defining scent, it'd definitely be the scent of barbeque." -Katie Lee

What's in the Box?

- **Beef Kebab Meat**
- **Ground Beef**
- **Chicken Thighs**
- **Smoked Carolina BBQ Sausage**
- **Housemade Coleslaw**

Grilled Beef Kebabs

INGREDIENTS

- 1 pound beef kebab meat
- 1 cup mushrooms
- 1 green bell pepper, cut into 1 inch pieces
- 1 red onion, cut into 1 inch pieces
- 2 teaspoons olive oil
- salt and pepper to taste
- 3 tablespoons butter
- 1 teaspoon minced garlic
- 1 tablespoon chopped parsley

INSTRUCTIONS

Heat a grill or indoor grill pan to medium high heat. Thread the beef, mushrooms, pepper and onion onto skewers. Brush the meat and vegetables with olive oil and season generously with salt and pepper. Place the kabobs onto the grill and cook for 4-5 minutes per side. Melt the butter in a small pan over medium low. Add the garlic and cook for 1 minute. Remove the pan from the heat and stir in the parsley and salt and pepper to taste. Brush the garlic butter all over the steak kabobs, then serve.



Slow Cooker Mediterranean Chicken and Vegetables

Ingredients:

1 tsp. ground turmeric
1 tsp. ground ginger
1 tsp. ground coriander
1 tsp. salt
1/4 tsp. ground cumin
1/4 tsp. cayenne pepper
1 lb. bone in chicken thighs, skin removed
1 (15 oz.) can chickpeas, drained
1 (14.5 oz.) can diced tomatoes, undrained
12 marinated artichoke hearts, drained
4 large carrots, chopped
4 large garlic cloves, halved
1 (3 inch) piece of cinnamon stick
1 tbsp. olive oil
1 large onion, halved and thinly sliced
1/2 lb. green beans, trimmed and halved
1 red bell pepper, cut into 1 inch pieces
1/4 cup coarsely chopped cilantro
3 cups water
2 cups couscous



Instructions:

Combine turmeric, ginger, coriander, salt, cumin, and cayenne pepper in a small cup. Rub mixture over chicken and let sit at least 30 minutes. Combine chickpeas, diced tomatoes, artichoke hearts, carrots, garlic, and cinnamon stick in the bottom of a 6- to 7-quart slow cooker. Heat olive oil in a large nonstick skillet over medium-high heat. Add chicken and brown, about 4 minutes per side. Transfer chicken to the slow cooker, bone-side-up. Add onion to the same skillet. Saute over medium-high heat until onions have taken on a yellow color from turmeric and are starting to brown on the edges, about 5 minutes. Transfer to the slow cooker. Cover the slow cooker and cook on Low for approximately 2 hours. Place green beans and bell pepper over chicken. Cover and cook approximately 3 hours more. Meanwhile, boil 3 cups of water in a saucepan. Add couscous and stir. Cover the pot and turn off the heat. Let sit until water is absorbed and couscous is tender, 5 to 10 minutes. Place hot couscous on each plate and top with chicken and vegetables. Spoon juices from the slow cooker over each serving.

Smoked Carolina BBQ Sausage with Slaw

One of my favorite things about this is how easy it is! Cook off the sausages and put on a bun. Top with our housemate coleslaw and dinner is served.