



# THE PENDULUM

JULY 20-23, 2022



*"After a good dinner, one can forgive anybody, even one's own relatives." -Oscar Wilde*

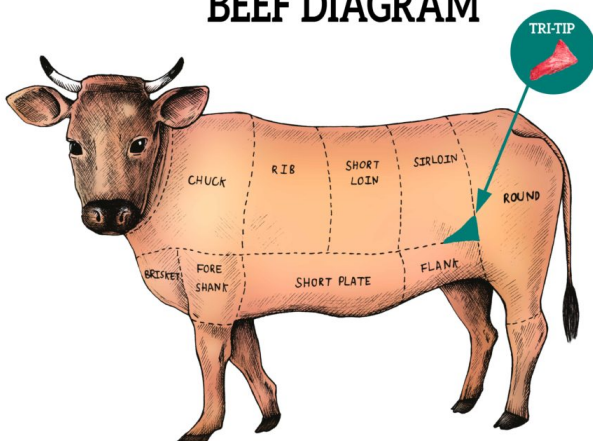
## What's in the Box?

- **Beef Tri Tip**
- **Pork Stir Fry Meat**
- **Banh Mi Sausage**
- **Ground Beef**

## Tri Tip

The tri tip is a portion of the sirloin that is the unofficial beef cut of California. Many think it was invented there, but some say it is a traditional and old style cut from Europe. Nevertheless, it is certainly linked to California because of its use there, specifically in carne asada and being served with chimichurri. It takes a marinade well and is best on the grill, cooked whole to a medium rare, and then sliced against the grain.

### BEEF DIAGRAM



# Unstuffed Peppers

## Ingredients:

1 pound lean ground beef  
2 green peppers *chopped*  
1 small onion *chopped*  
2 garlic cloves *minced*  
2 teaspoons oregano  
1 teaspoon salt  
½ teaspoon black pepper  
2 tablespoons tomato paste  
½ cup long grain rice *uncooked*  
15 ounce can diced tomatoes with their juices  
½ cup water  
½ cup shredded cheddar cheese  
¼ cup chopped parsley

## Instructions:

Heat the olive oil in a large pot over medium heat. Add the ground beef, green peppers, onions, garlic, oregano, salt and pepper. Cook until beef is browned, about 7-10 minutes. Add the tomato paste and saute until well combined and fragrant, about 2-3 minutes. Add the rice, diced tomatoes and water and stir to combine. Bring mixture to a boil, then reduce heat to low, cover and simmer for 20 minutes. Remove from heat but keep covered for an additional 5-10 minutes. Fluff the rice with a fork to separate. Serve in bowls garnished with shredded cheddar cheese and parsley.



# Pork Stir Fry

We love our pork stir fry meat for an easy dinner. Cook the pork over high heat in a bit of oil, we used sesame oil, until it's just cooked through, then toss in whatever vegetables you have on hand. Whisk up a simple sauce with flavors like ginger, garlic, and soy, then combine everything back in the pan to season. Serve with rice, noodles, or even lettuce wraps. Delicious! Need a little more guidance for a stir fry sauce? We like [this one](#).

