



# THE PENDULUM

FEBRUARY 15-18, 2023



## What's in the Box?

The Mardi Gras Box

- **Smoked Andouille Sausage**
- **Chicken Breast**
- **Ground Beef**
- **Boneless Pork Chops**

*"Laissez les bons temps rouler."*

## Red Beans and Rice

### Ingredients:

1 cup basmati rice  
 1 tablespoon vegetable oil  
 ¾ lb. smoked andouille sausage,  
 thinly sliced  
 1 medium sweet onion, *diced*  
 1 green bell pepper, *diced*  
 2 celery ribs, *diced*  
 2 tablespoons tomato paste  
 3 cloves garlic, *minced*  
 1 ½ teaspoons Cajun seasoning  
 3 15-ounce cans red beans,  
 drained and rinsed  
 3 cups chicken stock  
 1 teaspoon hot sauce  
 1 bay leaf  
 Kosher salt  
 Freshly ground black pepper  
 2 tablespoons chopped parsley

### Instructions:

In a large saucepan of 2 cups water, cook rice according to package instructions; set aside. Heat vegetable oil in a large stockpot or Dutch oven over medium heat. Working in batches, add sausage, and cook, stirring frequently, until sausage is lightly browned, about 3-4 minutes; set aside. Add onion, bell pepper and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in tomato paste, garlic and Cajun seasoning until fragrant, about 1 minute. Stir in red beans, chicken stock, hot sauce, bay leaf and sausage; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer for 15 minutes. Uncover; continue to simmer until reduced, an additional 15 minutes. Using a wooden spoon, mash beans until slightly thickened, if desired; season with salt and pepper, to taste. Serve immediately, topped with rice and garnished with parsley, if desired.



# *Cajun Chicken Pasta*

## Ingredients:

12 ounces penne pasta  
2 tablespoons butter  
1 tablespoon olive oil  
1 cup diced white onion  
1 red bell pepper, seeded and diced  
4 large cloves garlic, minced  
2 teaspoons Cajun seasoning  
1 teaspoon dried basil  
1 teaspoon paprika powder  
1 teaspoon ground black pepper  
teaspoon salt  
1/4 teaspoon cayenne pepper, more or less depending on taste  
1 pound chicken breast, cut into bite size pieces  
1 cup parmesan cheese, freshly shredded  
1 cup heavy cream  
4 ounces cream cheese, at room temperature  
1/4 cup chicken stock



## Instructions:

Cook the pasta, drain, rinse with cold and set aside. While the pasta is cooking, add the butter, olive oil and onion to a large pot over medium-high heat and cook for 3-4 minutes, or until the onion becomes translucent. Add the red bell pepper, garlic, Cajun seasoning, basil, paprika, ground black pepper, salt and cayenne pepper. Stir to combine and cook for 3 more minutes or until the bell pepper starts to become soft. Add the chicken and stir and cook for another 6-8 minutes or until the chicken is cooked through. Add the parmesan, heavy cream, cream cheese and chicken broth and stir and cook for 8-10 minutes or until the sauce starts to thicken and the cream cheese has fully melted. Add the cooked and drained pasta and stir to coat pasta with sauce. Cook for 2-3 minutes, then serve with freshly chopped parsley on top, if desired.