



# THE PENDULUM

APRIL 26-29, 2023



*Feliz Cinco de Mayo!*

## What's in the Box?

### The Cinco de Mayo Box

- **Pork Carnitas**
- **Ground Beef**
- **Skirt Steak**
- **Al Pastor Sausage**

## Simple Skirt Steak

### Ingredients:

1 lb. Skirt steak  
1 tsp. Kosher salt  
1/2 tsp black pepper  
2 tbsp. Olive oil

### Instructions:

Thoroughly pat steaks dry with paper towels on each side. The surface should be very dry to help brown the surface of the meat. Generously season each side of the steaks with salt and pepper. Heat a large 12-inch cast iron skillet over high heat for 3 minutes. Once hot, add the olive oil. Use tongs to carefully add the steak to the pan, then press down firmly on the surface a few times for more contact. Sear the first side until browned, about 2 to 4 minutes, depending on the thickness of the meat. Flip and cook another 2 to 4 minutes. For medium rare doneness, cook steak until it reaches an internal temperature of 130°F. Work in two batches if needed. Transfer steak to a cutting board, loosely cover with foil, and allow to rest for 10 minutes before slicing. Hold the carving knife at a 45-degree angle, and then slice the steak across the grain, about 1/4-inch thick slices. Transfer skirt steak to a serving plate.



# Mexican Casserole

## Ingredients

1 lb. ground beef  
1/2 medium yellow onion, *diced*  
2 cloves garlic, *minced*  
2 (1 oz.) packets taco seasoning  
4 tablespoons tomato paste  
2 (10 oz.) cans Rotel, *drained*  
1 (15 oz.) can whole kernel corn, *drained*  
1 (15 oz.) can black beans, *drained*  
1 tablespoon chili powder  
1 (16 oz.) can refried beans  
12 corn tortillas  
2 cups (8 oz.) Monterey Jack cheese, *shredded*  
2 cups (8 oz.) cheddar cheese, *shredded*  
Salt and pepper, *to taste*



## Instructions

Over medium-high heat in a Dutch oven, brown the ground beef until cooked. Remove beef and set aside. Drain any fat from the pot. Saute onions in some oil until soft. Add garlic and saute for another 30 seconds. Add beef back to the pan and add taco seasoning, tomato paste and water according to the taco seasoning packet instructions. Simmer until the water has cooked down. Add Rotel, corn, black beans, chili powder, salt and pepper to taste and stir to combine. Simmer for 5 minutes until the beef mixture has cooked down a little and flavors are well combined. Do a taste test and adjust seasonings as needed. Combine the shredded Monterey Jack and cheddar cheese and mix well. Line the bottom of a 9×13 casserole dish with 6 tortillas, overlapping them to cover the entire surface. Spread half the refried beans on top of the tortillas, add 1/2 the beef mixture and top with 1/2 of the mixed cheese. Repeat 6 tortillas -> 1/2 refried beans -> 1/2 meat mixture -> 1/2 cheese layers one more time. Bake uncovered at 350°F for 30 minutes or until the cheese top has melted. Let it stand for 10 minutes before garnishing with your favorite toppings. Dish and serve warm.