



# THE PENDULUM

NOVEMBER 8-11, 2023



"Gratitude is riches. Complaint is poverty."  
— Doris Day

## What's in the Box?

- **Pork Stew Meat**
- **Italian Sausage**
- **Chicken Thighs**
- **Boneless Pork Chops**

## Creamy Sausage Tortellini Soup

### Ingredients:

1 pound Italian sausage  
1 cup carrots chopped  
1 small onion chopped  
3 cloves garlic minced  
1 Tablespoon Italian Seasoning  
1/4 cup flour  
6 cups chicken broth  
6 ounce can tomato paste  
1 cup heavy cream  
9 ounce package cheese tortellini  
3 cups kale chopped  
salt and pepper to taste

### Instructions:

In a large pot over medium high heat add the sausage. Cook and crumble until brown, remove and set aside on a plate. Add the carrots and onion and sauté until tender. Add in garlic and Italian seasoning and sauté for a minute more. Add in the flour to the vegetables and sausage and pour in chicken broth. Add in the tomato paste and stir. Add in heavy cream and tortellini and bring to a simmer for about 7 minutes until tortellini is cooked. Add in the kale right before serving and salt and pepper to taste.



# ***Chicken Street Tacos With Mango Slaw***

## Instructions:

1 lb. chicken thighs  
6-10 corn tortillas, street taco size, warmed  
1 avocados, sliced  
tomatillo salsa, optional  
extra limes for serving, optional

## *Marinade:*

1 orange, squeezed  
1 lime, squeezed  
6 cloves garlic, minced  
2 tsp ancho chili powder  
2 tsp onion powder  
2 tsp smoked paprika  
2 tsp salt  
2 tsp pepper

## *Mango Slaw:*

2 mangos, 1/2-inch diced  
1/2 small red onion, minced or very thinly sliced  
2 cups shredded red cabbage  
1 cup cilantro leaves  
2 limes, juiced  
salt to taste



## Instructions:

Mix all the marinade ingredients in a medium container fitted with a lid. Whisk or shake with lid on until fully incorporated. Add the chicken thighs and marinade at least 30 min or overnight if possible. Heat oven to 425° F. Place the marinated chicken on a cooling or baking rack set on top of a rimmed baking sheet lined with foil. Cook the chicken until the internal temperature reaches 165° F, about 20 minutes. In a large bowl mix the mangos, red onion, red cabbage, cilantro, the juice of two limes and salt to taste until combined. Slice the chicken. Assemble the tacos by adding the chicken to warm tortillas, topped with mango slaw, and sliced avocado. Serve with extra lime and tomatillo salsa if desired.

There are less than 20 Thanksgiving turkeys left.  
Don't miss out! [Click here](#) to make your reservation.