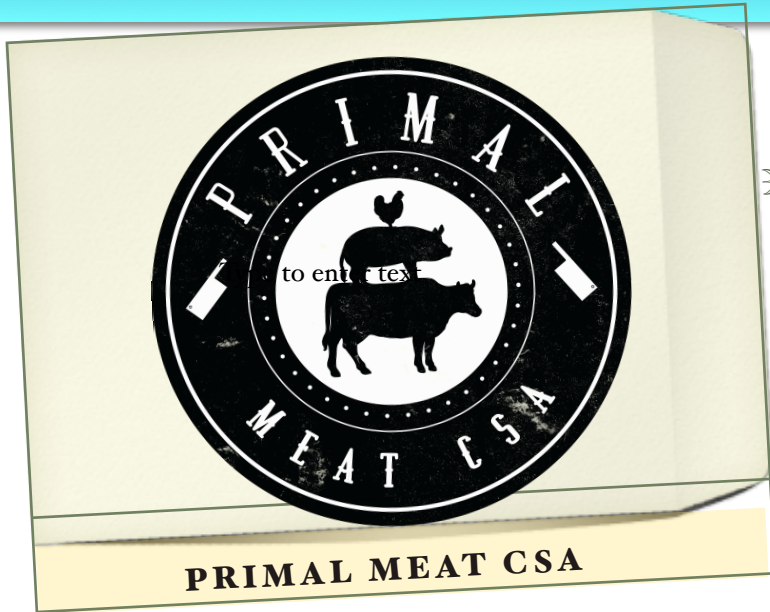




THE PENDULUM

JANUARY 17-20, 2024



What's in the Box?

- **Top Round**
- **Chicken Breast**
- **Garlic & Thyme Sausage**

"Live for each second without hesitation." -Elton John

Pendulum's Roast Beef

Ingredients:

2 lb. top round
 4 garlic cloves, minced
 ½ red onion, finely chopped
 Kosher salt
 Coarsely ground black pepper



Instructions:

Preheat the oven to 300 degrees. Coat the top round with garlic, onion, and liberal amounts of salt and pepper. Rub the seasoning into the meat and place on a roasting rack in a baking pan. Roast until the internal temperature reaches 125 degrees, about 45 minutes. Remove from the oven and set aside to rest for at least an hour before serving.

Lentil Soup with Sausage and Greens



Ingredients

- 1 tablespoons olive oil
- 1 lb. garlic & thyme sausage
- 1 large onion, chopped
- 3 medium carrots, peeled and chopped
- 3 stalks celery, chopped
- 3 cloves garlic, finely chopped
- 1 tablespoon chopped fresh rosemary (or 1 teaspoon dried)
- 1 bay leaf
- 2 tablespoons tomato paste
- 8 ounces (about 1 cup + 2 tablespoons) French green lentils, rinsed
- 4 cups chicken broth
- 4 cups roughly chopped Swiss chard, kale, spinach or other leafy green
- 1 tablespoon balsamic vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

Instructions

1. Cook the garlic & thyme sausage in the oven on 350 degrees for 15 minutes. Remove from the oven, slice, and set aside.
2. Add a tablespoon of oil to a dutch oven or heavy bottomed pot along with the onion, carrot and celery. Cook until slightly softened, 4-5 minutes. Stir in the garlic, rosemary, bay leaf and tomato paste and cook until fragrant, about 1 minute. Add the lentils, stock and 4 cups of water. Bring to a boil, then lower the heat and simmer with the lid slightly ajar until lentils are tender, about 30 minutes.
3. Stir in the greens, vinegar, salt, pepper, and sausage and cook until the greens are wilted and the sausage is heated through, 3-4 minutes. Adjust seasoning to taste.