



THE PENDULUM

February 26–March 1, 2025



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
 ¼ 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
1 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.

