



# THE PENDULUM

March 26-29, 2025



## What's in the Box?

- **Top Sirloin Steaks**
- **Pork Tenderloin**
- **Mild Italian Sausage**

*"The first wealth is health."  
- Ralph Waldo Emerson*

## Creamy Italian Sausage Pasta

### Ingredients:

- 1 Pound Ground Mild Italian Sausage
- 1 Pound Penne Pasta
- 1 Tablespoon Olive Oil
- 1/2 Yellow Onion, minced
- 2 Cloves Garlic, minced
- 1/2 Teaspoon Red Pepper Flakes
- 1/2 Teaspoon Salt
- 2 Cups Heavy Cream
- 5 Ounces Baby Spinach
- 1 Cup Shredded Parmesan Cheese



### Instructions:

Cook the penne pasta in a large pot of salted boiling water according to package directions. While the pasta is cooking, heat the olive oil in a large skillet over medium-high heat. Cook the Italian sausage along with the onion, garlic, red pepper flakes, and salt. Drain excess fat from the skillet if necessary and return the meat mixture to the pan. Turn the heat to low and add the cream to the skillet. Bring to a simmer and add in the spinach. Cook, stirring for about 3 minutes until the spinach is wilted. Stir in the parmesan cheese until melted. Stir the pasta into the sauce. Serve immediately.

# Beef & Broccoli

## Ingredients:

- 3 Tablespoons cornstarch, divided
- 1 pound top sirloin steak, cut into thin 1-inch pieces
- 1/2 cup soy sauce
- 3 Tablespoons packed light brown sugar
- 1 Tablespoon minced garlic
- 2 teaspoons grated fresh ginger
- 2 Tablespoons vegetable oil, divided
- 4 cups small broccoli florets
- 1/2 cup sliced white onions



## Instructions:

1. In a large bowl, whisk together 2 tablespoons cornstarch with 3 tablespoons water. Add the beef to the bowl and toss to combine.
2. In a separate small bowl, whisk together the remaining 1 tablespoon cornstarch with the soy sauce, brown sugar, garlic and ginger. Set the sauce aside.
3. Heat a large nonstick sauté pan over medium heat. Add 1 tablespoon of the vegetable oil and once it is hot, add the beef and cook, stirring constantly until the beef is almost cooked through. Using a slotted spoon, transfer the beef to a plate and set it aside.
4. Add the remaining 1 tablespoon of vegetable oil to the pan and once it is hot, add the broccoli florets and sliced onions and cook, stirring occasionally, until the broccoli is tender, about 4-8 minutes.
5. Return the beef to the pan then add the prepared sauce. Bring the mixture to a boil and cook, stirring, for 1 minute or until the sauce thickens slightly. Serve with rice or noodles.