

Cook up
Success!

Enjoy these free
recipes on me.

Sincerely,



INGREDIENTS

- 1½ lb. boneless ribeye steak
- ½ small Asian or Bosc pear, peeled and coarsely grated
- ¼ cup soy sauce
- 2 Tbsp. brown sugar
- 2 Tbsp. toasted sesame oil
- 3 garlic cloves, minced
- 1 Tbsp. freshly grated ginger
- 1 Tbsp. gochujang (Korean red pepper paste)
- 2 Tbsp. vegetable oil, divided
- 2 green onions, thinly sliced
- 1 tsp. toasted sesame seeds

DIRECTIONS

Using a sharp knife, thinly slice steak into strips. Combine grated pear, soy sauce, brown sugar, sesame oil, garlic, ginger, and gochujang in a large resealable bag. Add steak, then marinate in refrigerator for at least 2 hours. Heat 1 Tbsp. vegetable oil in a large skillet over medium-high. Add half the marinated steak to the pan in a single layer and cook for 2-3 minutes per side. Transfer to a plate and repeat with remaining oil and steak. Discard leftover marinade. Serve immediately, topped with green onions and sesame seeds.

BROUGHT TO YOU BY:



Slow Cooker POT ROAST

INGREDIENTS

- 2 lbs. chuck roast
- 1 Tbsp. garlic and herb seasoning
- 1 Tbsp. avocado oil
- 1 Tbsp. butter
- ½ lb. carrots, peeled and cut into chunks
- 1 lb. gold potatoes, quartered
- ½ yellow onion, chopped
- 2 garlic cloves, minced
- ¼ cup cornstarch
- ¼ cup water
- 2 Tbsp. tomato paste
- 3 cups beef broth
- Sprigs of fresh rosemary and thyme

DIRECTIONS

Sprinkle roast with garlic and herb seasoning. In a large skillet, heat oil and butter on medium-high. Add roast and brown on both sides. Transfer to slow cooker. Add carrots, potatoes, onion, and garlic. In a large bowl, whisk the cornstarch and water until smooth. Stir in the tomato paste and beef broth, then pour mixture into a slow cooker. Cover and cook on low for 8-10 hours until meat is tender. Cut the roast into pieces for serving. Garnish with rosemary and thyme.

BROUGHT TO YOU BY:



Beef-Stuffed ZUCCHINI BOATS

INGREDIENTS

- 6-8 medium zucchinis
- 1 Tbsp. grapeseed oil
- ½ cup onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground beef
- 1 cup marinara sauce
- 1 Tbsp. Italian seasoning
- ¼ tsp. salt
- ¼ tsp. pepper
- ½ cup shredded Mozzarella cheese
- ½ cup shredded Parmesan cheese
- Fresh basil

DIRECTIONS

Preheat oven to 375° F. Slice zucchinis in half lengthwise and scoop out pulp with a spoon. Chop pulp and set aside. Lightly coat a baking pan with nonstick cooking spray, place zucchini slices in lines and set pan aside. Heat oil in nonstick skillet. Cook onion for 2-3 minutes. Add garlic and cook for 1 minute. Mix in beef and cook for 3-5 minutes. Stir in marinara sauce, zucchini pulp, Italian seasoning, salt, and pepper. Simmer for 8-10 minutes until beef is no longer pink. Divide mixture evenly into zucchini boats and sprinkle with Mozzarella cheese. Bake for 15-20 minutes or until cheese is fully melted and bubbly. Garnish with Parmesan cheese and chopped basil leaves.

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