

The Frontside Features a Larger Calendar **New Backside with Easy to Read Instructions**





Cegetable	веет кади
gredients: 1-1/2 lbs. beef top sirloin medium onion legoplant I red bell pepper tomato medium carrots	Beer Ragu
? Tbsp. all-purpose flour 1-1/2 cups beef stock 17bsp. other oil 6 garlic cloves (minced) 1 Tbsp. chopped fresh parsley 2 bay leaves	

Instructions: Cut meat and vegetables into small bite-size pieces. In a heated skillet, add 2 Tbsp. oil and sauté the onions. Add eggplant, bell peppers, tomatoes, carrots, and cook for 5 minutes. Stir in the bell peppers, tomatoes, carrofs, and cook for 5 minutes. Stir in the flour, and cook for 5 minutes. Remove. In a pot, heat 2 Tbsp, oil with garlic. Add beef, and brown all sides. Add stock, vegetables, bay leaves, and bring to a boil. Reduce heat, and cook on simmer for 45 minutes or until beef is tender, string occasionally. Add salt and pepper to taste. Garnish with parsley before serving.

Front



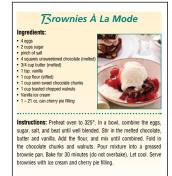
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Instructions: Draps tortilla over a sprayed tortilla shell mold, or over inverted oven-proof bowls. Bake at 425° for 10 minutes or until slightly browned. Remove. Heat 1 tsp. vegetable oil in a large skiller over medium-high heat. Add the enion and garlia and cook for 3 minutes. Add the ground beel and cook until browned. Add taco seasoning mix and prepare as directed on packet. To arrange a salad bowl, layer the letture, beel mixture, formatices, black beans, cheese and cilantro. Serve with avocado, sour cream, and salsa.

Back

Beef Taco Salad Bowl













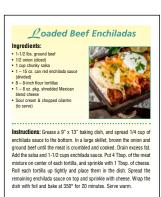














Creamy Tuscan Salmon									
ı	MAY 2024								
ı	SUN	MON	TUES	WED	THU	FRI	SAT		
				1	2	3	4		
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
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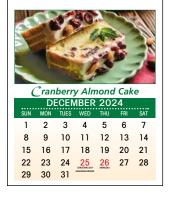


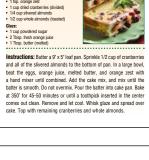


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10 11 12 13 14 15







Cranberry Almond Cake



