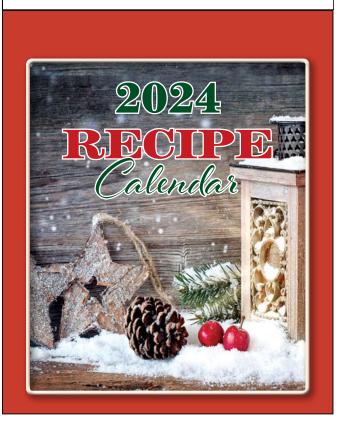
Peel and Stick Your Business Card



Attach Your Business Card Here



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

Front







Instructions: Cut meat and vegetables into small bite-size pieces. In a heated skillet, add 2 Tosp. oil and sauté the onions. Add eggplant, bell peppers, tomatese, carrots, and cook for 5 minutes. Stir in the flour, and cook for 3 minutes. Remove. In a pot, heat 2 Tosp, 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, stirring occasionally. Add salt and pepper to taste. Garnish with parsley before serving.





Front

6





Instructions: In small bowl, whisk eggs with cheese thoroughly. Set aside. Cook pasta until tender but firm. Drain well, reserving 1/2 cup pasta water. Meanwhile, in a large skillet, cook bason on medium heat until crisp. Reduce heat. Add onion and gartic and ssaule until flargant. Add half of reserved pasta water to pan. Fold in pasta, and gently toss to combine. Pour the egg mixture into the hot pasta. Sit noodles quickly until the eggs thicken. Thin out sauce with remaining pasta water if needed. Add salf and pepper to taste.



Brownies À La Mode

11 12 13 14 15 16 17 18 19 20 21 22 23 24

25 26 27 28 29

6 7 8 9 10



Instructions: Preheat oven to 325°. In a bowl, combine the eggs sugar, salt, and beat until well blended. Stir in the melted chocolate butter and vanilla. Add the flour, and mix until combined. Fold in

the chocolate chunks and walnuts. Pour mixture into a greased brownie pan. Bake for 30 minutes (do not overbake). Let cool. Serve

brownies with ice cream and cherry pie filling

Instructions: Rinse shrimp and pat dry. In a bowl, combine the shrimp with sea salt, black pepper, paprika, and brown sugar. Refrigerate for one hour. In a large skillet, heat the oil over high and 4dd the garlic, and cook for 10 seconds. Fold in the shrimp, and sear each side for 2-3 minutes until they are curled and pink. Add the butter, chill sauce, lemon juice, parsley, and toss well. Remove and serve immediately.











Creamy Tuscan Salmon



Mumpkin Harvest Soup

5 10 11 12 13 14 15 16

17 18 19 20 21 22

23



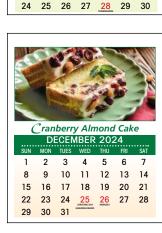
Dumpkin Harvest Soup

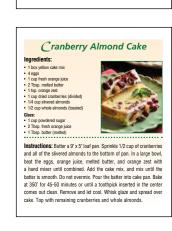
Instructions: Line a large baking tray with foil and coat with cooking spray. Coat all the vegetables with oil and place on the tray. Add sait and pepper. Rosat 4 400 for 45 min. or untill tender. Let cool for 10 min. Pe

cornstarch. Add to soup and stir well. Let cool slightly. In a ble add soup and blend until smooth. Add salt and pepper to taste.

















cream and peaches as pictured.