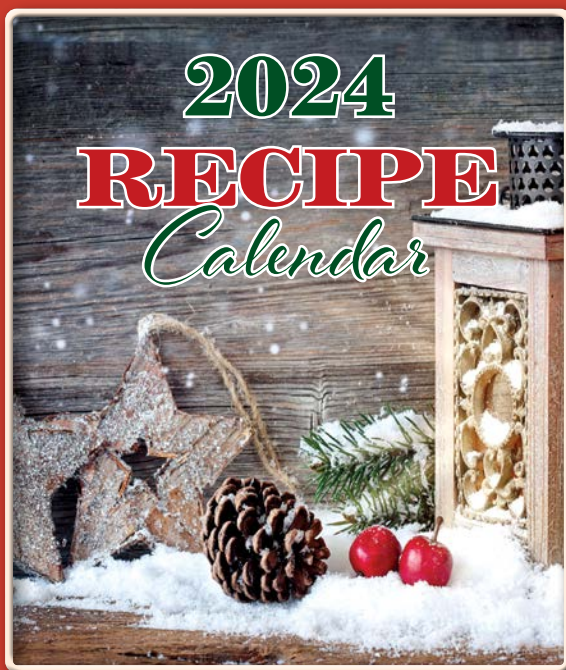




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Front

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Vegetable Beef Ragu

JANUARY 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
	1 NEW YEAR'S DAY	2	3	4	5	6
7	8	9	10	11	12	13
14	15 MLK. JR. DAY	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

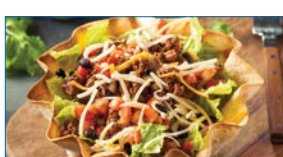
Vegetable Beef Ragu

Ingredients:

- 1-1/2 lbs. beef top sirloin
- 1 medium onion
- 1 eggplant
- 1 red bell pepper
- 1 tomato
- 2 medium carrots
- 2 Tbsp. all-purpose flour
- 1-1/2 cups beef stock
- 4 Tbsp. olive 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 flour, and cook for 3 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, stirring occasionally. Add salt and pepper to taste. Garnish with parsley before serving.



Beef Taco Salad Bowl

JULY 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4 INDEPENDENCE DAY	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Beef Taco Salad Bowl

Ingredients:

- 6 (8-inch) flour tortillas
- 1 lb. lean ground beef
- 1 packet taco mix
- 1 large onion (diced)
- 3 large garlic cloves (minced)
- 2 romaine lettuce hearts (chopped)
- 2 large tomatoes (chopped)
- 1 - 15 oz. can black beans (drained & rinsed)
- 1 cup Mexican shredded cheese blend
- 1/2 cup chopped cilantro
- Avocado or sour cream (optional)
- Taco sauce or salsa to serve



Instructions: Drain 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 skillet over medium-high heat. Add the onion and garlic and cook for 3 minutes. Add the ground beef and cook until browned. Add taco seasoning mix and prepare as directed on packet. To arrange a salad bowl, layer the lettuce, beef mixture, tomatoes, black beans, cheese and cilantro. Serve with avocado, sour cream, and salsa.



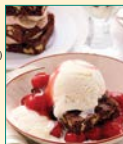
Brownies A La Mode

FEBRUARY 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 VALENTINE'S DAY	15	16	17
18	19 PRESIDENT'S DAY	20	21	22	23	24
25	26	27	28	29		

Brownies A La Mode

Ingredients:

- 4 eggs
- 2 cups sugar
- pinch of salt
- 4 squares unwoven chocolate (melted)
- 3/4 cup butter (melted)
- 1 tsp. vanilla
- 1 cup flour (sifted)
- 1 cup semi-sweet chocolate chunks
- 1 cup toasted chopped walnuts
- Vanilla ice cream
- 1 - 21 oz. can cherry pie filling



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.



Pasta Carbonara

AUGUST 2024						
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	19	20	21	22	23	24
25	26	27	28	29	30	31

Pasta Carbonara

Ingredients:

- 1 - 16 oz. box thin spaghetti
- 3 large eggs
- 1 cup grated Parmesan cheese
- 1/2 lb. bacon strips (diced)
- 1/2 cup diced onion
- 4 garlic cloves (minced)
- 2 tsp. chopped fresh chives (garnish)



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 bacon on medium heat until crisp. Reduce heat. Add onion and garlic and sauté until fragrant. Add half of reserved pasta water to pan. Fold in pasta, and gently toss to combine. Pour the egg mixture into the hot pasta. Stir noodles quickly until the eggs thicken. Thin out sauce with remaining pasta water if needed. Add salt and pepper to taste.



Chili Garlic Shrimp

MARCH 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10 ST. MARY'S DAY	11	12	13	14	15	16
17 ST. MARY'S DAY	18	19	20	21	22	23
24/31 EASTER MONDAY	25	26	27	28	29	30

Chili Garlic Shrimp

Ingredients:

- 1 lb. large shrimp (shelled & deveined)
- 1/2 tsp. sea salt
- 1/2 tsp. black pepper
- 1/4 tsp. paprika
- 1/2 tsp. brown sugar
- 3 Tbsp. olive oil
- 4 cloves garlic (minced)
- 3 Tbsp. butter (melted)
- 1/2 tsp. Sriracha hot chili sauce
- 1 Tbsp. fresh lemon juice
- 1/4 cup fresh chopped parsley



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 heat. Add 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, chili sauce, lemon juice, parsley, and toss well. Remove and serve immediately.



Grilled Peach Chicken Salad

SEPTEMBER 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5	6
8	9	10	11 LABOR DAY	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Grilled Peach Chicken Salad

Ingredients:

- 6 cups spring mix salad
- 2 chicken breasts (skinless & boneless)
- 2 large peaches (pitted & halved)
- 1/2 cup raspberries
- 1/2 cup walnuts (toasted)
- 1/4 cup goat cheese (cubed)
- Dressing:**
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. mixed onion
- 1 tsp. minced garlic
- 1 tsp. Dijon mustard
- 1 tsp. maple syrup
- 5 Tbsp. olive oil



Instructions: In a bowl, whisk together all the dressing ingredients. Brush 2-3 tablespoons of the dressing over the peaches and chicken. Marinate for 10 minutes. Grill the chicken breasts on medium-high heat on each side for 5-7 minutes, or until the chicken is no longer pink. Grill peaches flesh side down for 3-4 minutes to get grill marks. In a large bowl, toss salad with dressing and top with sliced chicken, peaches, raspberries, walnuts, and goat cheese to serve.



Grilled Meatball Kebabs

APRIL 2024						
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	19	20
21	22 EASTER MONDAY	23	24	25	26	27
28	29	30				

Grilled Meatball Kebabs

Ingredients:

- 1 lb. lean ground beef
- 1/4 cup chopped fresh parsley
- 2 garlic cloves, minced
- 3 Tbsp. grated Parmesan cheese
- 1 Tbsp. plain dried bread crumbs
- 1 egg
- 1/4 tsp. Italian seasoning
- Salt and pepper to taste
- 2 medium onions, cut into sixths
- 2 medium zucchini (cut into 1" slices)
- 12 cherry tomatoes
- Italian salad dressing



Instructions: In a large bowl, combine the ground beef, parsley, garlic, cheese, bread crumbs, egg, Italian seasoning, and season with salt and pepper to taste. Mix until well combined. Shape beef mixture into 18, 1-inch meatballs (add more bread crumbs for firmness if needed). Thread skewers with meatballs, onions, zucchini, and tomatoes. Brush kebabs with Italian salad dressing, and grill until the meat is cooked thoroughly. Makes 6 kebabs.



Loaded Beef Enchiladas

OCTOBER 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
		1	2 COLUMBUS DAY	3	4	5
6	7	8	9	10	11 TRICK OR TREAT	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		

Loaded Beef Enchiladas

Ingredients:

- 1-1/2 lbs. ground beef
- 1/2 onion (diced)
- 1 cup chunky salsa
- 1 - 15 oz. can red enchilada sauce (divided)
- 8 - 8-inch flour tortillas
- 1 - 8 oz. pkg. shredded Mexican blend cheese
- Sour cream & chopped cilantro (to serve)



Instructions: Grease a 9" x 13" baking dish, and spread 1/4 cup of enchilada sauce to the bottom. In a large skillet, brown the onion and ground beef until the meat is crumbled and cooked. Drain excess fat. Add the salsa and 1-1/2 cups enchilada sauce. Put 4 Tbsp. of the meat mixture on center of each tortilla, and sprinkle with 1 Tbsp. of cheese. Roll each tortilla up tightly and place them in the dish. Spread the remaining enchilada sauce on top and sprinkle with cheese. Wrap the dish with foil and bake at 350° for 20 minutes. Serve warm.



Creamy Tuscan Salmon

MAY 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
				1	2	3
5	6	7	8	9	10	11
12	13	14	15	16	17	18 MAY DAY
19	20	21	22	23	24	25
26	27 MEMORIAL DAY	28	29	30	31	

Creamy Tuscan Salmon

Ingredients:

- 1 lb. skin-on salmon fillets (3-4 fillets)
- 2 tsp. olive oil
- 1/2 cup butter (softened)
- 5 cloves garlic (minced)
- 1 small onion (chopped)
- 1 cup cherry tomatoes (cut in half)
- 1/3 cup vegetable broth
- 1-3/4 cups heavy cream
- 3 cups baby spinach leaves (chopped)
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste



Instructions: Season both sides of the salmon fillets with salt and pepper. Heat oil in a large pan, and sear 4-5 minutes per side (flesh side down first). Remove. In the same pan, add the butter, garlic, onions, tomatoes, and sauté for two minutes. Add the broth, heavy cream, spinach leaves, and bring to a gentle simmer. Fold in the cheese. Add the salmon back to the pan and spoon sauce generously over the fillets. Serve immediately.



Pumpkin Harvest Soup

NOVEMBER 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
					1	2
3 LABOR DAY	4	5	6	7	8	9
10	11 THANKSGIVING	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 FRIDAY THE 13TH	29	30

Pumpkin Harvest Soup

Ingredients:

- 3 lbs. sugar pie pumpkins (washed & cut into quarters)
- 1 lb. sweet potatoes (cut in half lengthways)
- 4 garlic cloves (peeled)
- 1 large onion (cut into large chunks)
- 4 cups vegetable or chicken stock
- 1 cup milk
- 3 Tbsp. butter
- 3 bay leaves
- 1 tsp. cornstarch
- 1/4 cup oil
- Salt & pepper to taste
- Coriander oil (optional/garnish)



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 salt and pepper. Roast at 400° for 45 min. or until tender. Let cool for 10 min. Peel off the pumpkin and potato skin. In a large pot, add the vegetables, stock, butter and bay leaves. Bring to boil then simmer for 10 min. Remove bay leaves. In a small bowl, combine the milk and cornstarch. Add to soup and stir well. Let cool slightly. In a blender, add soup and blend until smooth. Add salt and pepper to taste.



Sunny Peach Shortcake

JUNE 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 JUN 16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

Sunny Peach Shortcake

Ingredients:

- 1 - 18.25 oz. pkg. yellow cake mix
- 1 cup water
- 1/2 cup butter (softened)
- 3 eggs
- 3 large peaches (peeled and sliced)
- 2 Tbsp. granulated sugar
- 2 Tbsp. lime juice
- 1/2 pint heavy whipping cream
- 1/4 cup powdered sugar
- 1 tsp. vanilla



Instructions: Preheat oven to 350°. In a large bowl, combine the cake mix, water, butter, eggs, and mix on medium high for 3 minutes until blended. Flour butter evenly between two greased 9-inch cake pans, and bake for 25-30 minutes. Meanwhile, mix peaches with sugar, lime juice, and refrigerate. In a bowl, whip cream with mixer on high speed to soft peaks, add powdered sugar and vanilla, and continue whipping until stiff peaks form. Arrange cake with whipped cream and peaches as pictured.



Cranberry Almond Cake

DECEMBER 2024						
SUN	MON	TUES	WED	THU	FRI	SAT
						1
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 CHRISTMAS DAY	26 BOXING DAY	27	28
29	30	31				

Cranberry Almond Cake

Ingredients:

- 1 box yellow cake mix
- 4 eggs
- 1 cup fresh orange juice
- 2 Tbsp. melted butter
- 1 tsp. orange zest
- 1 cup dried cranberries (divided)
- 1/4 cup slivered almonds
- 1/2 cup whole almonds (toasted)



Instructions: Butter a 9" x 5" loaf pan. Sprinkle 1/2 cup of cranberries and all of the slivered almonds to the bottom of pan. In a large bowl, beat the eggs, orange juice, melted butter, and orange zest with a hand mixer until combined. Add the cake mix, and mix until the batter is smooth. Do not overmix. Pour the batter into cake pan. Bake at 350° for 45-50 minutes or until a toothpick inserted in the center comes out clean. Remove and let cool. Whisk glaze and spread over cake. Top with remaining cranberries and whole almonds.

2025						
JANUARY		FEBRUARY		MARCH		
S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
APRIL		MAY		JUNE		
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
JULY		AUGUST		SEPTEMBER		
S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
OCTOBER		NOVEMBER		DECEMBER		
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				