



## -Ingredients Card #2-

### **Pulled Beef Flat Bread**

#### **Ingredients:**

Meat:

5 lb. roast

Oil

2 tsp kosher salt

1 tsp black pepper

2 tsp paprika

5 cloves garlic, minced

2 bottles hard apple cider

1/4 cup pomegranate molasses

2 cups water

Pickled onions:

1 Red onion sliced into thin rings

1 cup cold water

2/3 cup apple cider vinegar

3 Tbsp kosher salt

2 Tbsp sugar

Pesto Sauce:

Basil

Olive Oil

Garlic

Western Sauce:

Mayonaise

BBQ sauce

Toppings:

Spinach

Pomegranate seeds

#### **Directions:**

Rub brisket with oil and season brisket all over with salt, pepper, garlic, and paprika. Place brisket in well greased crock pot and cover for 2 hours on high heat. Then turn the heat to low and add the pomegranate molasses, cider and water. Cook on low heat for 6-8 hours until meat is fork tender. Use 2 forks to gently pull the beef.

### **Sundried Tomato Chicken**

5 chicken legs

2 beef steak tomatoes

8 oz. Italian dressing

1/2 cup basil leaves

4 cloves garlic, minced

4 oz. sundried tomatoes in oil

#### **Directions**

Preheat oven to 350 degrees. Place the chicken in a single layer in a baking pan. Place remaining ingredients in a food processor & blend. Pour over chicken and bake uncovered for 1.5 hours.



## Spaghetti Squash

1 medium spaghetti squash  
1 yellow onion, diced  
5 beef steak tomatoes, diced  
4 cloves garlic, minced  
1/2 cup marinara sauce  
1 tsp. salt  
1/2 tsp. black pepper  
cayenne pepper to taste

### Directions

Cut spaghetti squash in half lengthwise. Lay it facedown on a baking tray. Bake at 350 degrees for 50 minutes. Sauté onion in oil. Add tomatoes & garlic and allow to cook until very soft. Add marinara sauce and spices and allow to simmer uncovered for 10 minutes. When squash is ready finished allow to cool. Using a fork scrape out the inside of squash into a bowl and mix in the sauce.

## Garlic Smashed Potatoes

2 lbs. yellow potatoes  
2 heads of garlic, peeled and separated into cloves  
Olive oil to cover  
1/2 tsp. salt  
1/4 tsp. black pepper  
3-4 tablespoons reserved garlic oil  
2 Tbsp soy sauce

### Directions

Place garlic in your smallest pot and cover with olive oil. Turn heat to low and simmer until garlic is fragrant and fork tender, about 10 minutes. Remove garlic from oil and reserve. Cover potatoes in cold water in a large pot and bring to a simmer. Cook until fork tender, around 45 minutes and drain potatoes. Preheat oven to 400 degrees and cover 2 baking sheets with parchment paper. Smash each potato with plate or pot and lay on baking sheets. Sprinkle with salt and drizzle with 3 –4 Tbsp of reserved garlic oil. Bake for 30 minutes or until brown and crispy. Drizzle with soy sauce and top with more reserved garlic oil.

# ENJOY!!!