

FOOD

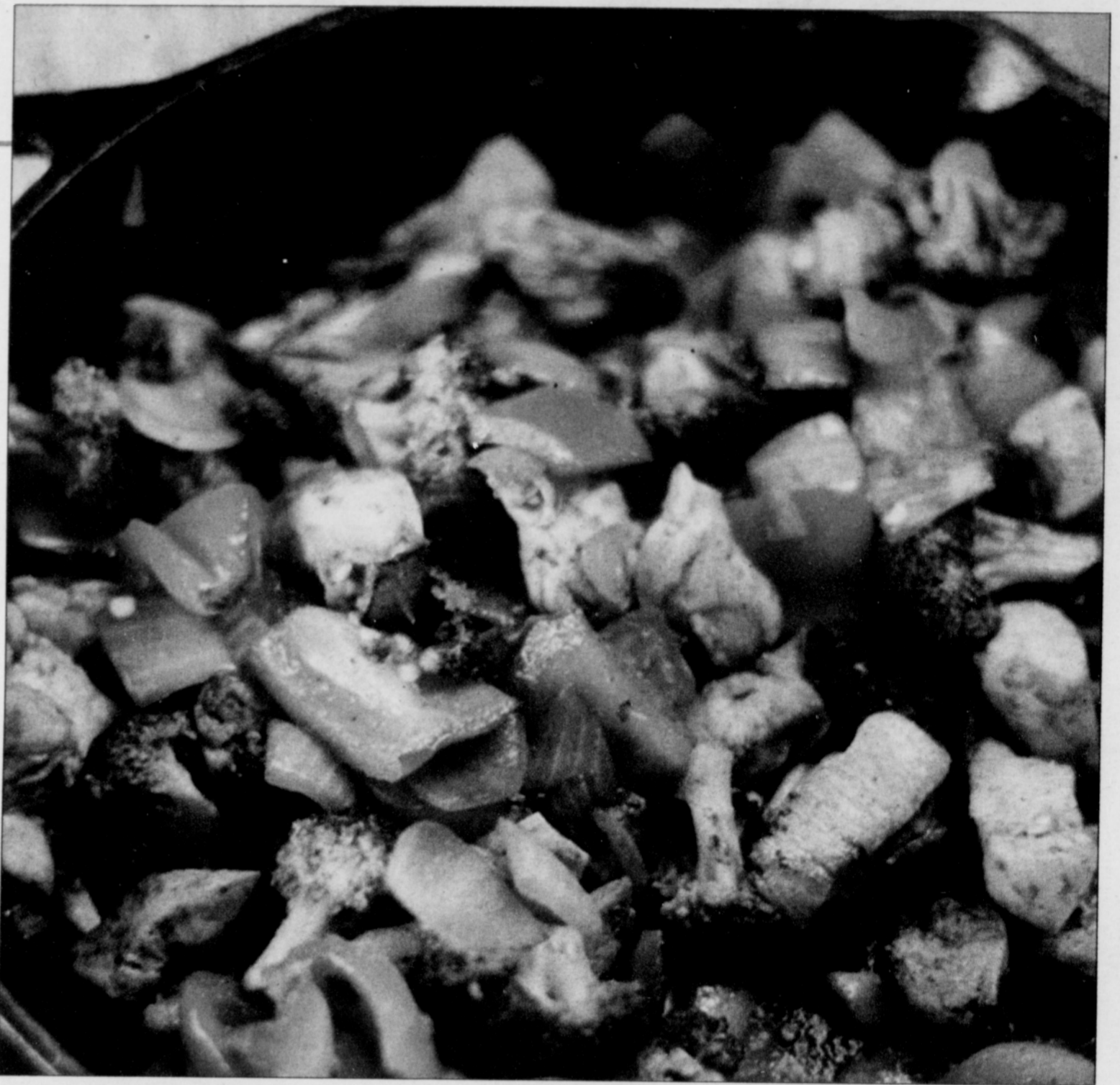
One Pot Stir Fry: Paleo Chicken Curry

Ingredients:

- 2 tbsp olive oil or other preferred oil
- 2 chicken breasts, diced
- 1 bell pepper, sliced into thin strips
- 1 onion, halved and then cut into strips
- 1 head broccoli, cut into bite sized pieces
- 4 cloves garlic or 1 shallot, diced
- 1 tbsp smoked paprika
- 1 tbsp red curry powder
- 2 tsp turmeric

Instructions:

1. In cast iron pan or heavy skillet, heat oil until shimmery.
2. Add chicken and brown evenly.
3. If you have a large pan, add veggies. If your pan is too small for everything to fit and not be too crowded, remove chicken and add veggies (but be sure to cook chicken completely).
4. Brown veggies and continue cooking chicken (or brown veggies and add chicken back when they are nice and browned). Add garlic or shallot when slightly browned so they don't burn.
5. When chicken and veggies are fully cooked and browned, add another tablespoon of olive oil and spices.
6. Combine well so spices evenly coat chicken and veg.
7. Serve hot on its own or over rice.



Jacks & Jills Social Club

YOU are invited to:
Our Masquerade Ball!

Sat. Nov. 29th, 2014
Time: 9pm - 2am

Billy Webb Elks Lodge
6 N. Tillamook,
Portland, Or. 97227
\$20.00 / Person

One Pot Mexican Skillet Pasta

This Mexican-inspired pasta dish can be made in one skillet in 30 minutes or less - perfect for a busy weeknight.

Ingredients:

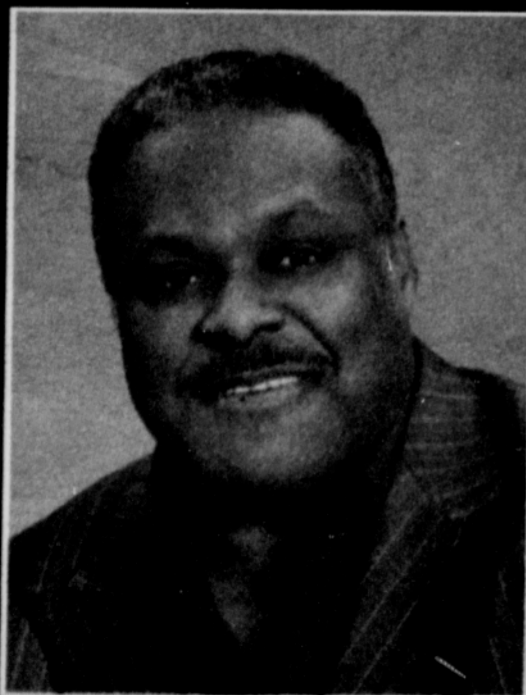
- 1 tbsp olive oil
- 1 lb ground turkey
- 1 oz (15-) can tomato sauce
- 2 cups salsa, homemade or store-bought
- 2 cups cooked elbows pasta
- 1 Roma tomato, diced
- 1 cup corn kernels
- 1 cup canned black beans, rinsed
- 1/2 cup shredded cheddar cheese
- 1 avocado, halved, seeded, peeled and diced
- 2 tbsp chopped fresh cilantro leaves

Instructions:

1. Start off with some ground turkey, but feel free to use ground beef or ground chicken depending on your preference, cooked in a non-stick frypan/skillet
2. Stir in some tomato sauce and fresh made salsa.



3. Once that heats through, toss in some corn, beans and tomatoes. Add in your favorite veggies too to customize. Give it a good stir.
4. Add plenty of grated cheese, allow it to melt on top.
5. Set aside to cool somewhat and serve.



Charles Washington

Former Publisher of the Portland Observer

*In memory of an outstanding and dedicated
member of Portland's Longest Standing
Minority Publication*

The Portland Observer

