



Fall 2014

MagicKitchen.com's Seasonal Newsletter for the best in Delicious Home-style Meals, Delivered.

President's Table

Watch just about any reality cooking show on TV, and there's bound to be some excitement in the kitchen. A secret ingredient, an award-winning dish, a creative solution for adapting a recipe, and racing against the clock to meet a deadline. It's all part of the process of making great food. And that's exactly what the expert chefs at MagicKitchen.com have been doing.

Over the last few months our team of chefs have invested thousands of hours in the test kitchen. They've sampled countless dishes and iterations of their creations, and fine-tuned the best recipes with the precise ingredients to make more mouth-watering meals.

We're pleased to announce 11 new meal options that promise to tantalize your taste buds with healthy ingredients and the rich flavors that are a trademark of MagicKitchen.com meals.

Our newest meal options will include Lemon Risotto, Chile con Carne, Stuffed Peppers with Marinara, Magic Meatloaf, Lemon Rosemary Pork, Beef Pot Roast with Mushroom Gravy, Crab Stuffed Sole, Savory Beef Stew, Beef Stroganoff, and new Crab Cakes. We've even adapted several of these new creations for the MK Meals Special Diets Menu. All of these new meals will be available between now and the end of October. Watch the website for current information.

You probably already have a few favorite MagicKitchen.com meals you enjoy, but why not try one of our newest meals on the menu. Then let us know what you think. We're confident that our chefs have created more tasty meals you'll soon add to your list of favorites.

Happy Dining!

Michelle Tayler
President

Greg Miller
CEO



*O' pumpkin pie,
your time has come
'round again and I am
autumnrically happy!*

~Terri Guillemets

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Things We Love to Do in the Fall

When summer begins winding to a close, there are some telltale signs fall is on the way. Leaves begin to change color. High school football fans pack the grandstands in big cities and small towns across the country. And cooler temperatures initiate a blast of color as trees begin to shed their leaves. Fall is a great time to:

Take a hot bath – When the weather starts to give you the chills, a hot bath is the perfect remedy. It's relaxing, helps clear your sinus passages, improves circulation, reduces stress, and can help you sleep better at night.

Eat warm meals – Take a look outside when it's cold and the sky is gray, and you'll know it's the perfect time for a hot and tasty meal like MagicKitchen.com's Old-Fashioned Beef Stew. This signature dish is a home-cooked classic made with savory, tender beef, potatoes, carrots and celery, our special blend of seasonings, and a thick, hearty and delicious beef stock gravy. And it's just one of many hot meals perfect for a cool, fall day.

Sit by the fire – Enjoying the ambience of a warm fire that casts a shadow of dancing flames across the room is another way to celebrate the season. Build a fire in your fireplace, stoke the wood stove, or flip the switch to your natural gas fireplace. Then sit back and enjoy one of MagicKitchen.com's popular desserts like the Double Fudge Brownie, Dutch Apple Pie, Panna Cotta chilled Italian custard.

Go for a hike – It's our business to make tasty, healthy meals. A healthy diet is important part of a healthy lifestyle, but you also need regular exercise. And fall is the perfect opportunity to get outside, go for a hike, and see the leaves changing colors. You'll work up an appetite and be ready to head home for one of your favorite MagicKitchen.com meals.

Enjoy garden-fresh produce – Eating more fruits and vegetables is one of the best things you can do for your health. In fact, half your plate should be filled with fruits and vegetables at every meal. MagicKitchen.com meals are all made with fresh ingredients. And you can add more garden-fresh foods to your diet by shopping at local farmers markets for in-season foods like cauliflower, broccoli, sweet potatoes, and squash, and apples. Check out LocalHarvest.org to find a farmer's market in your area.



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Back to School: Tasty Choices for College Students

If you're concerned your college student may be nutritionally challenged or needs a little more nourishment to make it through the semester, you don't have to worry. Some college students try to get by on coffee, donuts, very little sleep, and the occasional meal. But it doesn't have to be that way.

MagicKitchen.com offers a wide variety of dorm-room-friendly meals and snacks that can be prepared with a toaster or microwave in just minutes. Our Broccoli, Mushroom, and Zucchini Soup heats up in minutes and is loaded with vitamins, nutrients, and antioxidants that help strengthen the immune system and improve brain function. And our Corn Bread Blueberry Toaster Cakes are perfect for a quick-and-easy breakfast or late-night snack.

Give yourself some peace of mind, and your college student some healthy food options. Place an order for some of our healthy meals and snacks for your student. And we'll deliver faster than your student can jump out of bed for an early-morning class.



Yes, Chef!

Beef Fajitas

Ingredients:

- 1 Tablespoon olive oil
- 4-6 oz. Leftovers from one of our family sized beef roasts, sliced into strips
- 1 Red pepper stemmed, seeded, de-ribbed, sliced lengthwise into strips
- 1 Green Pepper stemmed, seeded, de-ribbed, sliced lengthwise into strips
- 1 brown onion, peeled and sliced with the grain, not against the grain as one would normally slice an onion.

Seasoning:

- 1 Tbsp Corn Starch
- 2 tsp Chili Powder
- 1 tsp Salt
- 1 tsp Paprika
- ½ tsp Sugar
- ½ tsp Onion Powder
- 1 tsp Cumin
- ¼ tsp Garlic Powder
- ¼ tsp Cayenne Pepper
- 6 Flour Tortillas

1. Mix seasoning ingredients together and set aside. You'll have about 3 and ½ Tbsp of mixture.
2. Heat oil in a large skillet over high heat. When it's very hot but not smoking, add peppers and onions. Sprinkle with 1 Tbsp seasoning mixture. Cook until just soft.
3. Add strips of beef and another 1 Tbsp seasoning mixture. Stir well until beef is heated through. Turn off the heat.
4. Wrap tortillas in a paper towel and heat in the microwave for 10 seconds.
5. Assemble! You may serve this with a homemade salsa or guacamole, or both!



Taste the Food. Tell Us What You Think.

Any good chef knows taste-testing is an essential ingredient to making great food. Every option on the MagicKitchen.com menu has been carefully crafted by our team of professional chefs, evaluated by nutritionists, and taste-tested in the kitchen. Your feedback is just as important, and that includes how the food tastes, speed of delivery, menu options, and your experience with our customer service team.

Tell us what you think at MagicKitchenReviews.com. Have a favorite meal, got an idea for a new recipe, or recommendation for improvement? Let us know. It's easy to submit a review. You'll be able to describe your experience with MagicKitchen.com and rate us based on a five-star rating system. If you haven't been totally satisfied, let us know. And if your taste buds are still salivating after enjoying one of our signature dishes, we want to hear about that too.

Go to MagicKitchenReviews.com to post a review, and help us spread the word. How are we doing when it comes to offering delicious and healthy meals, fast delivery, and high-quality customer service?

Make Thanksgiving Stress-Free with MagicKitchen.com Meals

Frozen or burned. It's not the ideal for a Thanksgiving Day turkey, but it happens. This national holiday celebrated with a feast can be a great time to reconnect with family and friends. But if you're in charge of all the details for the big meal, it's all too easy to forget to thaw the turkey or leave it in the oven too long. And if you can't make it home for Thanksgiving, eating a turkey dog on a bun from a quickie-mart grill just isn't the same.

Fortunately, if you're the designated cook or you have loved ones who can't make it to the big meal, we've got you covered. MagicKitchen.com meals include everything you need for a memorable turkey dinner with all the trimmings for a feast. Place an order to take the stress out of cooking in the kitchen on Thanksgiving, or send a meal package to your loved ones who are in the military, away at school, or just starting a new career. They'll be sure to gobble and enjoy. MagicKitchen.com has you covered for meals from 2 to 16.

