



Slow Cooker Shredded Beef Rice Bowls

Yield: 4 servings + beef for tomorrow

⌚ Prep Time: 10 minutes ⌚ Cook Time: 6 hours

Ingredients:

For the Beef:

2½-3 pounds boneless beef chuck roast,
fat trimmed if desired
1 small Yellow Onion, thinly sliced
4 cloves Garlic, minced
¾ tablespoon Ginger, freshly grated
½ cup Low-Sodium Soy Sauce
2 ½ tablespoons Brown Sugar
2 tablespoons Rice Vinegar
1 tablespoon Toasted Sesame Oil
1 tablespoon Gochujang*
2 teaspoons Cornstarch (optional for thickening)

For the Rice Bowl

2 Cups cooked Jasmine Rice
¼ cup Seasoned Rice Vinegar
pinch of Sugar
pinch of Salt

Suggested Toppings:

Cucumber, thinly sliced; shelled edamame (best lightly toasted in sesame oil and salted; avocado, cubed; green onions, thinly sliced; sesame seeds; crispy onions; lime wedges; shredded carrots; Kimchi; bean sprouts

Instructions

Place the beef in a 5- to 6-quart slow cooker. Scatter the onion over the top. In a small bowl or measuring cup, whisk together the garlic, ginger, soy sauce, brown sugar, rice vinegar, sesame oil, and Gochujang, until smooth and the sugar has completely dissolved. Measure out ¼ cup of the sauce. Set aside.

Pour remaining sauce over the beef.

Cover and cook on low for 8-10 hours or high for 5-7 hours, or until the beef is fork tender.

Remove the beef to a cutting board and finish shredding.

Add the reserved ¼ cup sauce to the slow cooker.

If desired, turn the slow cooker to high. Whisk 2 teaspoons of cornstarch with 2 teaspoons of water, stir into the sauce, cover, and cook on high for 5-10 minutes, or until slightly thickened

TO ASSEMBLE THE BOWL

Toss cucumbers with rice vinegar, sugar, and salt. Spritz avocado with lime and salt. Assemble rice, beef, cucumbers, avocado, edamame, green onions and crispy onions. Finish with sesame seeds and lime - or let everyone build their own.

Return the beef to the sauce and stir to coat thoroughly. Set aside ½ of meat mixture (roughly 2 ½ cups) for tomorrow's dinner!

To assemble the bowl:

In a large bowl combine the cucumbers, a splash of rice vinegar and a pinch or two of sugar and salt and toss to combine.

Cube the avocado and spritz it with lime and salt.

Assemble bowls with fluffy rice, shredded beef, cucumbers, avocado, edamame, green onions, crispy onions. Finish with sesame seeds and a squeeze of lime.

Or put your ingredients out on the table and allow everyone to assemble their own!

*Gochujang: A fermented chili paste that adds a warm, slightly spicy flavor without overpowering the dish. Find it in most well-stocked grocery stores, or substitute chili garlic sauce or sriracha.



DELUXE MULTICOOKER

A versatile all-in-one cooker with 16 pre-programmed settings for pressure cooking, slow cooking, rice, sous vide, yogurt, and more—even cook meat from frozen!



RAPID PREP MANDOLINE

Safely slice, dice, julienne, and more in seconds with 8 thickness settings and hands safely away from the blade.



COATED UTILITY KNIFE

A lightweight, dishwasher-safe utility knife for everyday slicing and prep, with a comfortable grip and protective sheath for easy storage.



9" x 13" COMPOSITE CUTTING BOARD

A knife-friendly wood composite cutting board that's dishwasher-safe and easy to maintain. Use the grooved side for juicy foods or the flat side for everyday prep, with nonslip feet and handy measurement markings.



Crunchy Korean Tacos

Yield: 4 servings

⌚ Prep Time: 10 minutes ⌚ Cook Time: 20 minutes

Ingredients

Korean Beef reheated 15 minutes
Sriracha mayo
sliced jalapenos
diced cucumbers
diced avocado
green onion
sesame seeds, toasted
Coconut Lime rice
Romaine Lettuce, leaves separated

Directions

Prepare jasmine rice according to package directions substituting Coconut Milk for the water. Squeeze in half a lime after cooking and toss to thoroughly mix.

Put everything in bowls and allow everyone to create their own using romaine lettuce as your taco shell. Layer rice, then beef and add your extras. Top with Sriracha Mayo and enjoy!

Welcome Home

Real Life.
Real Connection.
Real Good.

Cook Once, Eat Twice



ONE INGREDIENT
TWO DINNERS
LESS WORK

October 2026



Everyday Chicken

Yield: 4 servings + chicken for tomorrow



Prep Time: 10 minutes



Cook Time: 6 hours

Ingredients

2-2½lb chicken breast, about 4 large chicken breasts, sliced in half lengthwise
1 tablespoon extra virgin olive oil
2 teaspoons brown sugar
1 tablespoon smoked paprika
1 ½ teaspoons garlic powder
1 ½ teaspoons onion powder
1 teaspoon Italian seasoning
1 ½ teaspoon kosher salt
1 teaspoon black pepper
1 tablespoon cornstarch

Directions:

Preheat oven to 425°F.

In a small bowl, mix together all the seasonings.

Pat the chicken dry with a paper towel. Trim away any excess skin or sinew. Using a chef's knife, (and a HalfSlice if you have one) slice the chicken breast in half lengthwise so they are thin fillets. Do your best to cut them to an even thickness, about 1/2-inch. Drizzle the chicken with 1 tablespoon olive oil and sprinkle on the seasoning mixture, tossing the chicken until it is evenly coated.

Place the chicken pieces on the prepared baking sheet, with at least 1 inch between each piece. Bake for 9 minutes, flip the fillets and bake an additional 4-6 minutes, until the internal temperature reaches 165°F. The chicken is done when it is golden brown and reaches an internal temperature of 165°F.

Let chicken rest for 5 minutes. Set aside half your chicken for tomorrow. Store in an airtight container in the refrigerator up to 3 days.

Slice the rest and serve on a bed of easy Rice Pilaf and roasted Brussel Sprouts



HALF SHEET PAN

A professional-grade sheet pan made from heavy-gauge aluminized steel for even heating and lasting durability. Its nonstick coating, high sides, and reinforced rim make it perfect for everything from baking to family dinners.



OIL AND VINEGAR DISPENSER

A sleek glass dispenser that stores, measures, and pours oil or vinegar with the push of a button—no measuring spoon needed!



Cheesy Broccoli Bake

Yield: 6 servings



Prep Time: 5 minutes



Cook Time: 25 minutes

Ingredients

3 tablespoons extra virgin olive oil
1/2 medium yellow onion, diced finely
1 pound boneless skinless chicken breasts, cut into bite sized pieces
OR yesterday's chicken cut into bite sized pieces
2 cloves of garlic, minced
salt and pepper to taste
1 cup extra long grain white rice, uncooked
2 1/2 cups low-sodium chicken broth
2 1/2 cups broccoli florets, cut into bite sized pieces
2 cups extra sharp cheddar cheese, shredded

Directions:

1. In a large skillet, sauté onions in a small amount of olive oil using medium heat.
2. Once onions are translucent, increase the heat to medium high. Add chicken to the pan. Sauté until browned and cooked through. If using left over chicken, add to pan and heat through.
3. Push chicken to one side of the pan and add additional tablespoon of olive oil to other side.
4. Add the uncooked rice in the olive oil and sauté it for a couple of minutes.
5. Add the chicken broth to the pan and bring the mixture to a boil, stirring occasionally. Lower the heat to a simmer and cover.
6. Cook chicken and rice mixture covered for about 12 minutes.
7. Add the broccoli over the chicken and rice mixture and stir to combine.
8. Continue to cook covered another 8 minutes on low, or until broccoli and rice are both tender.
9. Remove from heat. Stir in half of the cheese.
10. Sprinkle remaining cheese on top and cover with a lid. Allow to sit for 1-2 minutes or until the cheese has melted.



12" (30-CM) BRILLIANCE WEEKNIGHT SKILLET

A roomy 4-qt. nonstick skillet with high sides for family-sized meals. Great for searing, sautéing, pasta, and veggies—and it goes from stovetop to oven!



ADJUSTABLE COARSE GRATER

A sharp, versatile grater for cheese, veggies, fruit, chocolate, and more. Use it standing or over a bowl, then fold it flat for easy storage. Dishwasher-safe, too!

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That's Club BMG.

