





Beef Filets With Ancient Grain & Kale Salad

The most tender of them all, the Filet, is served beside a salad of faro, kale, dried cranberries and almonds.

INGREDIENTS

- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)
- 2 beef Tenderloin Steaks, cut 1 inch thick (about 6 ounces each)



			
40 Min	2	42 Cal	47g
	Servings		Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Salt
Salt
Salt
Salt
Salt
Salt
Salt
Salt
Salt

Salt

Salt

Salt

Salt

Salt

Salt

Salt

Salt

Salt

Salt

Salt

Salt

Salt

Salt

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

3 cloves garlic, minced, divided

[illegible]

[illegible]

1 cup reduced-sodium beef broth

[illegible]

1/2 cup pearlized farro - Quick (pearled) barley or long-grain

brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup

reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain
brown rice may be substituted for farro. Cook according to
package directions using 1/2 cup preferred grain and 1 cup
reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain
brown rice may be substituted for farro. Cook according to
package directions using 1/2 cup preferred grain and 1 cup
reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain
brown rice may be substituted for farro. Cook according to
package directions using 1/2 cup preferred grain and 1 cup
reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain
brown rice may be substituted for farro. Cook according to
package directions using 1/2 cup preferred grain and 1 cup
reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain
brown rice may be substituted for farro. Cook according to
package directions using 1/2 cup preferred grain and 1 cup
reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain
brown rice may be substituted for farro. Cook according to
package directions using 1/2 cup preferred grain and 1 cup
reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain
brown rice may be substituted for farro. Cook according to
package directions using 1/2 cup preferred grain and 1 cup
reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain
brown rice may be substituted for farro. Cook according to
package directions using 1/2 cup preferred grain and 1 cup
reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain
brown rice may be substituted for farro. Cook according to
package directions using 1/2 cup preferred grain and 1 cup
reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain

brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup

reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain

brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup

reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain

brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup

reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain

brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup

reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries.
Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain

brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1/2 cup pearlized farro - Quick (pearled) barley or long-grain brown rice may be substituted for farro. Cook according to package directions using 1/2 cup preferred grain and 1 cup reduced-sodium beef broth. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.

Season with salt, as desired.

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

1 cup thinly sliced kale

[illegible]

1 cup thinly sliced kale

1/4 cup dried sweetened cranberries or cherries

[illegible]

1/4 cup dried sweetened cranberries or cherries

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice
2 teaspoons fresh lemon juice

COOKING

1. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
2. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
3. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
4. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
5. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
6. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
7. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
8. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
9. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
10. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
11. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
12. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
13. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
14. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
15. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

16. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
17. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
18. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
19. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
20. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
21. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
22. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
23. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
24. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
25. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
26. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
27. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
28. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
29. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
30. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
31. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
32. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
33. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
34. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
35. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
36. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

37. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
38. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
39. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
40. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
41. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
42. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
43. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
44. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
45. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
46. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
47. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
48. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
49. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
50. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
51. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
52. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
53. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
54. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
55. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
56. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
57. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

58. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
59. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
60. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
61. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
62. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
63. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
64. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
65. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
66. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
67. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
68. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
69. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
70. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
71. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
72. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
73. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
74. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
75. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
76. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
77. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
78. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

79. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
80. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
81. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
82. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
83. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
84. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
85. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
86. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
87. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
88. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
89. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
90. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
91. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
92. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
93. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
94. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
95. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
96. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
97. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
98. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
99. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

100. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
101. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
102. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
103. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
104. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
105. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
106. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
107. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
108. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
109. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
110. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
111. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
112. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
113. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
114. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
115. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
116. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
117. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
118. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
119. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
120. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

121. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
122. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
123. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
124. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
125. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
126. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
127. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
128. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
129. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
130. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
131. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
132. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
133. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
134. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
135. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
136. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
137. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
138. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
139. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
140. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.
141. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

142. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

143. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

144. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

145. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

146. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

147. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

148. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

149. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

150. Combine 1 clove garlic and 1/4 teaspoon pepper; press evenly onto beef steaks.

151. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

152. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

153. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

154. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

155. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

156. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

157. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

158. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

159. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

160. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

161. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

162. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

163. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

164. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

165. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

166. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

167. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

168. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

169. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

170. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

171. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

172. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

173. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

174. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

175. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

176. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

177. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed.

Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

178. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

179. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

180. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

181. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

182. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

183. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

184. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

185. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

186. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

187. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

188. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

189. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

190. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

191. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

192. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

193. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

194. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

195. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

196. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

197. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

198. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

199. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

200. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

201. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

202. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

203. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

204. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

205. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

206. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

207. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

208. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed.

Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

209. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

210. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

211. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

212. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

213. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

214. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

215. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

216. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

217. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

218. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

219. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

220. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

221. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

222. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

223. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

224. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

225. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

226. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

227. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

228. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

229. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

230. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

231. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

232. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

233. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

234. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

235. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

236. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

237. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

238. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

239. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed.

Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

240. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

241. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

242. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

243. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

244. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

245. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

246. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

247. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

248. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

249. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

250. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

251. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

252. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

253. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

254. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

255. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

256. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

257. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

258. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

259. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

260. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

261. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

262. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

263. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

264. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

265. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

266. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

267. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

268. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

269. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

270. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed.

Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

271. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

272. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

273. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

274. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

275. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

276. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

277. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

278. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

279. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

280. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice.
Season with salt, as desired.

281. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

282. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

283. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

284. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

285. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

286. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

287. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

288. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

289. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

290. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

291. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

292. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

293. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

294. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

295. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

296. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

297. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

298. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

299. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

300. Combine beef broth, farro, remaining 2 cloves garlic and remaining 1/8 teaspoon pepper in small saucepan. Bring to a boil; reduce heat to low. Cover and simmer 15 to 20 minutes or until most broth has been absorbed. Remove from heat. Stir in kale and cranberries. Cover; let stand 5 minutes. Stir in almonds and lemon juice. Season with salt, as desired.

301. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

302. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

303. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

304. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

305. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

306. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

307. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

308. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

309. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

310. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

311. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

312. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

313. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

314. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

315. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

316. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

317. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16

minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

318. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

319. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

320. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

321. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

322. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

323. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

324. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

325. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

326. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

327. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

328. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

329. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

330. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

331. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

332. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

333. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

334. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

335. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

336. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

337. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

338. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

339. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

340. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

341. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

342. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

343. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

344. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

345. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

346. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

347. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

348. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

349. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

350. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

351. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

352. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

353. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

354. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

355. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

356. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

357. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

358. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

359. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

360. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

361. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

362. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

363. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

364. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16

minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

365. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

366. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

367. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

368. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

369. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

370. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

371. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

372. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

373. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

374. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

375. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

376. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

377. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

378. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

379. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

380. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

381. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

382. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

383. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

384. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

385. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

386. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

387. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

388. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

389. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

390. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

391. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

392. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

393. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

394. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

395. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

396. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

397. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

398. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

399. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

400. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

401. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

402. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

403. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

404. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

405. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

406. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

407. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

408. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

409. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

410. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

411. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16

minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

412. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

413. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

414. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

415. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

416. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

417. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

418. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

419. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

420. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

421. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

422. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

423. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

424. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

425. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

426. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

427. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

428. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

429. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

430. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

431. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

432. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

433. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

434. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

435. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

436. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

437. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

438. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

439. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

440. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

441. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

442. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

443. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
444. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
445. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
446. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
447. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
448. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
449. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
450. Meanwhile, place steaks on rack in broiler pan so surface of steaks is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
451. Season steaks with salt. Serve with farro mixture.
452. Season steaks with salt. Serve with farro mixture.
453. Season steaks with salt. Serve with farro mixture.
454. Season steaks with salt. Serve with farro mixture.
455. Season steaks with salt. Serve with farro mixture.
456. Season steaks with salt. Serve with farro mixture.
457. Season steaks with salt. Serve with farro mixture.
458. Season steaks with salt. Serve with farro mixture.
459. Season steaks with salt. Serve with farro mixture.
460. Season steaks with salt. Serve with farro mixture.

461. Season steaks with salt. Serve with farro mixture.

462. Season steaks with salt. Serve with farro mixture.

463. Season steaks with salt. Serve with farro mixture.

464. Season steaks with salt. Serve with farro mixture.

465. Season steaks with salt. Serve with farro mixture.

466. Season steaks with salt. Serve with farro mixture.

467. Season steaks with salt. Serve with farro mixture.

468. Season steaks with salt. Serve with farro mixture.

469. Season steaks with salt. Serve with farro mixture.

470. Season steaks with salt. Serve with farro mixture.

471. Season steaks with salt. Serve with farro mixture.

472. Season steaks with salt. Serve with farro mixture.

473. Season steaks with salt. Serve with farro mixture.

474. Season steaks with salt. Serve with farro mixture.

475. Season steaks with salt. Serve with farro mixture.

476. Season steaks with salt. Serve with farro mixture.

477. Season steaks with salt. Serve with farro mixture.

478. Season steaks with salt. Serve with farro mixture.

479. Season steaks with salt. Serve with farro mixture.

480. Season steaks with salt. Serve with farro mixture.

481. Season steaks with salt. Serve with farro mixture.

482. Season steaks with salt. Serve with farro mixture.

483. Season steaks with salt. Serve with farro mixture.

484. Season steaks with salt. Serve with farro mixture.

485. Season steaks with salt. Serve with farro mixture.

486. Season steaks with salt. Serve with farro mixture.

487. Season steaks with salt. Serve with farro mixture.

488. Season steaks with salt. Serve with farro mixture.

489. Season steaks with salt. Serve with farro mixture.

490. Season steaks with salt. Serve with farro mixture.

491. Season steaks with salt. Serve with farro mixture.

492. Season steaks with salt. Serve with farro mixture.

493. Season steaks with salt. Serve with farro mixture.

494. Season steaks with salt. Serve with farro mixture.

495. Season steaks with salt. Serve with farro mixture.

496. Season steaks with salt. Serve with farro mixture.

497. Season steaks with salt. Serve with farro mixture.

498. Season steaks with salt. Serve with farro mixture.

499. Season steaks with salt. Serve with farro mixture.

500. Season steaks with salt. Serve with farro mixture.

501. Season steaks with salt. Serve with farro mixture.

502. Season steaks with salt. Serve with farro mixture.

503. Season steaks with salt. Serve with farro mixture.

504. Season steaks with salt. Serve with farro mixture.

505. Season steaks with salt. Serve with farro mixture.

506. Season steaks with salt. Serve with farro mixture.

507. Season steaks with salt. Serve with farro mixture.

508. Season steaks with salt. Serve with farro mixture.

509. Season steaks with salt. Serve with farro mixture.

510. Season steaks with salt. Serve with farro mixture.

511. Season steaks with salt. Serve with farro mixture.

512. Season steaks with salt. Serve with farro mixture.

513. Season steaks with salt. Serve with farro mixture.

514. Season steaks with salt. Serve with farro mixture.

515. Season steaks with salt. Serve with farro mixture.

516. Season steaks with salt. Serve with farro mixture.

517. Season steaks with salt. Serve with farro mixture.

518. Season steaks with salt. Serve with farro mixture.

519. Season steaks with salt. Serve with farro mixture.

520. Season steaks with salt. Serve with farro mixture.

521. Season steaks with salt. Serve with farro mixture.

522. Season steaks with salt. Serve with farro mixture.

523. Season steaks with salt. Serve with farro mixture.

524. Season steaks with salt. Serve with farro mixture.

525. Season steaks with salt. Serve with farro mixture.

526. Season steaks with salt. Serve with farro mixture.

527. Season steaks with salt. Serve with farro mixture.

528. Season steaks with salt. Serve with farro mixture.

529. Season steaks with salt. Serve with farro mixture.

530. Season steaks with salt. Serve with farro mixture.

531. Season steaks with salt. Serve with farro mixture.

532. Season steaks with salt. Serve with farro mixture.

533. Season steaks with salt. Serve with farro mixture.

534. Season steaks with salt. Serve with farro mixture.

535. Season steaks with salt. Serve with farro mixture.

536. Season steaks with salt. Serve with farro mixture.

537. Season steaks with salt. Serve with farro mixture.

538. Season steaks with salt. Serve with farro mixture.

539. Season steaks with salt. Serve with farro mixture.

540. Season steaks with salt. Serve with farro mixture.

541. Season steaks with salt. Serve with farro mixture.

542. Season steaks with salt. Serve with farro mixture.

543. Season steaks with salt. Serve with farro mixture.

544. Season steaks with salt. Serve with farro mixture.

545. Season steaks with salt. Serve with farro mixture.

546. Season steaks with salt. Serve with farro mixture.

547. Season steaks with salt. Serve with farro mixture.

548. Season steaks with salt. Serve with farro mixture.

549. Season steaks with salt. Serve with farro mixture.

550. Season steaks with salt. Serve with farro mixture.

551. Season steaks with salt. Serve with farro mixture.

552. Season steaks with salt. Serve with farro mixture.

553. Season steaks with salt. Serve with farro mixture.

554. Season steaks with salt. Serve with farro mixture.

555. Season steaks with salt. Serve with farro mixture.

556. Season steaks with salt. Serve with farro mixture.

557. Season steaks with salt. Serve with farro mixture.

558. Season steaks with salt. Serve with farro mixture.

559. Season steaks with salt. Serve with farro mixture.

560. Season steaks with salt. Serve with farro mixture.

561. Season steaks with salt. Serve with farro mixture.

562. Season steaks with salt. Serve with farro mixture.

563. Season steaks with salt. Serve with farro mixture.

564. Season steaks with salt. Serve with farro mixture.

565. Season steaks with salt. Serve with farro mixture.

566. Season steaks with salt. Serve with farro mixture.

567. Season steaks with salt. Serve with farro mixture.

568. Season steaks with salt. Serve with farro mixture.

569. Season steaks with salt. Serve with farro mixture.

570. Season steaks with salt. Serve with farro mixture.

571. Season steaks with salt. Serve with farro mixture.

572. Season steaks with salt. Serve with farro mixture.

573. Season steaks with salt. Serve with farro mixture.

574. Season steaks with salt. Serve with farro mixture.

575. Season steaks with salt. Serve with farro mixture.

576. Season steaks with salt. Serve with farro mixture.

577. Season steaks with salt. Serve with farro mixture.

578. Season steaks with salt. Serve with farro mixture.

579. Season steaks with salt. Serve with farro mixture.

580. Season steaks with salt. Serve with farro mixture.

581. Season steaks with salt. Serve with farro mixture.

582. Season steaks with salt. Serve with farro mixture.

583. Season steaks with salt. Serve with farro mixture.

584. Season steaks with salt. Serve with farro mixture.

585. Season steaks with salt. Serve with farro mixture.

586. Season steaks with salt. Serve with farro mixture.

587. Season steaks with salt. Serve with farro mixture.

588. Season steaks with salt. Serve with farro mixture.
589. Season steaks with salt. Serve with farro mixture.
590. Season steaks with salt. Serve with farro mixture.
591. Season steaks with salt. Serve with farro mixture.
592. Season steaks with salt. Serve with farro mixture.
593. Season steaks with salt. Serve with farro mixture.
594. Season steaks with salt. Serve with farro mixture.
595. Season steaks with salt. Serve with farro mixture.
596. Season steaks with salt. Serve with farro mixture.
597. Season steaks with salt. Serve with farro mixture.
598. Season steaks with salt. Serve with farro mixture.
599. Season steaks with salt. Serve with farro mixture.
600. Season steaks with salt. Serve with farro mixture.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	<div>GLUTEN FREE</div>	<div>ALL NATURAL</div>
2		14g	110mg		59g	47g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com