

## Broke College Students' Recipes

BY RICHARD MAHLE

**C**OMET'S CUPBOARD IS a great resource Concordia offers for students to get groceries for free. The cupboard has dairy, butter, meat, canned goods, and other non-perishables. For this recipe I grabbed milk, butter, noodles, crushed tomatoes, vegetable oil, and ground elk. When considering the price of groceries in today's day and age it is a real blessing to be able to go somewhere and get enough groceries that will cover a few meals throughout the week.

This recipe is an elk alfredo. I decided to shred up some extra cheese that has been sitting in my fridge for this recipe. I used a white cheddar block which costs \$3 at target. Cheese is not necessary for the dish. If you do not add it then it becomes a simple elk with pink sauce.

### Ingredients:

- 1 can of crushed or diced tomatoes
- ½ - 1 box of spaghetti
- ⅔ cups of milk
- 1 ½ cup minimum Cheese (optional)
- ⅓ + ¼ cup butter for sauce
- ¼ cup butter for tomatoes
- 1 lb ground elk (can use any ground meat.)
- Water

### Sauce:

- Melt butter in a medium saucepan over low heat. Stir in milk and simmer for 5 minutes.
- Add cheese (optional). Whisk continuously until heated thoroughly.
- Tip: Use Parmesan Cheese or Gruyère cheese for better flavor.

### Instructions:

- Boil 2-3 cups of salted water, then add noodles
- Strain noodles. Add a dash of pasta water to alfredo sauce to add to its flavor
- Begin melting 1/4 cup of butter, then add tomatoes on low-medium heat
- Once tomato juices have simmered, add the 1 lb of ground Elk and increase to medium heat.
- Once the meat is 70% cooked, add noodles to the meat.
- Once the meat is cooked, add the Alfredo sauce, and serve.

## TV Review: She-Hulk: Attorney at Law A New Marvel Hit or a Disaster in the Making?

BY FAITH FITZHUGH

**S**HE-HULK IS A NEW Disney+ series that exists in the Marvel Universe Franchise. If you don't know what Marvel is or haven't seen anything marvel related, I weep for you. She-Hulk is Bruce Banner's cousin, Jennifer Walters. The series begins with them catching up, and talking in the car when suddenly a huge spaceship causes them to flip off the road. They crash and Bruce starts bleeding. A quick backstory: Bruce did experiments on himself before the events of Endgame, the final big boss battle movie to the main saga, and he ended up merging with the Hulk, so now he is always Bruce but stuck in Hulk form. I could go on about how much this upsets me but let's continue with She-Hulk.

Jennifer gets some of Bruce's blood in her system, causing her to "Hulk-up" and go a little berserk. Jen wakes up in Bruce's island paradise/laboratory given to him by Tony Stark. They learn that, unlike Bruce, Jen doesn't have an alter ego when she goes Hulk. Jen has conflicts with her newly found power and the expectations to be a hero, and her professional life of being a lawyer. Bruce tells her there is no way to reverse what's been done. Bruce warns her that with her new powers bad guys are going to come for her, so she may as well be a superhero, and use her powers for the greater good. Nevertheless, he states she can't go until she learns how to control her anger and new powers. So she passes all of his tests with flying colors and after they have a "little scuffle," Bruce respects that she still wants to be a lawyer. During a court case, a bad guy crashes in, causing Jen to Hulk-up, garnering her the name She-Hulk by the public, and ends up getting fired. After searching for a new job, Jen gets hired by GLK&H law firm, but she must be in She-Hulk form at all times for work. I won't spoil it anymore, but I'll give my points and opinions about it so far.

Now I understand the hate the series is getting all over social media. The plot is going nowhere, the CGI is terrible, and why a lawyer? I get it. I agree the CGI is a little disturbing at times, and some plot points are a little ridiculous. However,

I am enjoying the girl power and humane characteristics they have done with this series. I like the aspect that Jen doesn't want to be a hero, she just wants to be respected for who she is and her career as a lawyer. In the MCU, so far, we haven't gotten to see much of the humanistic side that isn't all heroic and action all the time. Yes, I agree, some parts are a little cheesy and over-the-top, but most of the plot points are tied together. Honestly, it is messy, but I think that's the point, to show that life isn't easy. I guess I'm a sucker for cheesy and stupid jokes done right. I give the series a 6 out of 10, so far. I recommend giving it a try, maybe if you have some time to waste or want a good laugh, check out She-Hulk on Disney+.

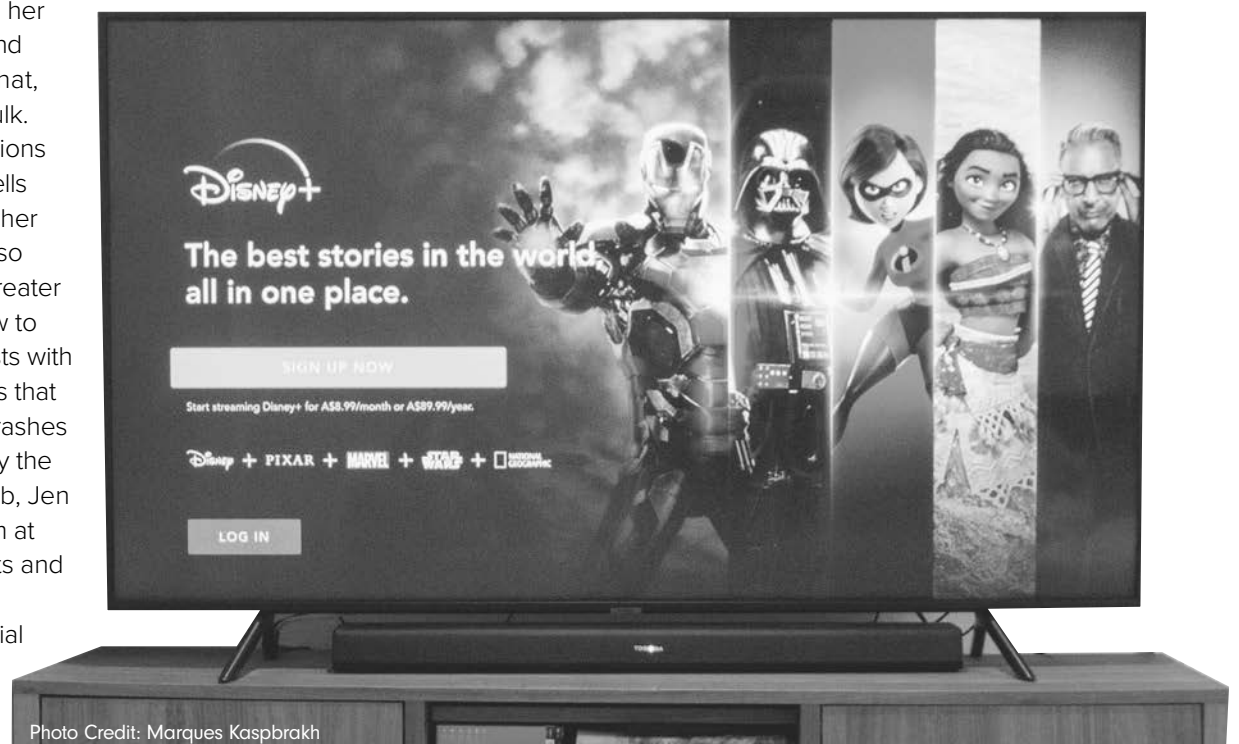


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