



# Great Dinners for Much Less Than You Think!

## Crock Pot all Day Roast

\$10.18—Serves 4

\$2.55 per person

### Ingredients:

- 2-3lb pot roast
- 4 medium potatoes, quartered
- 16 ounces baby carrots
- 10 3/4 ounces condensed golden mushroom soup
- 1/2 teaspoon dried tarragon

### Preparation:

In a large nonstick skillet, brown meat on all sides. Place potatoes and carrots in slow cooker. Place browned meat on top of vegetables.

In a small bowl, mix together soup and tarragon or basil. Pour over meat and vegetables. Cover and cook on low 10-12 hours or 5-6 hours on high, until meat and vegetables are tender.

*Prices valid 10/20-10/26*

*\*Basic pantry ingredients such as salt are not included in the cost.\**

## Microwave Crabmeat Mornay

\$13.99—Serves 4

\$3.50 per person

### Ingredients:

- 1/2 cup butter
- 1/2 lb. fresh mushrooms sliced
- 1 small bunch green onions finely chopped
- 1/2 cup chopped parsley
- 2 tablespoons flour
- 1.5 cup light cream
- 1/2 lb. grated Swiss Cheese
- 1 tablespoon white wine
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 lb. crabmeat (picked clean)
- Seasoned bread crumbs
- 1 lb. broccoli & Leaf lettuce salad

### Preparation:

Melt butter for 1 min in a 2 qt. glass dish in microwave. Add mushrooms, onions, & parsley; cook on HIGH for 4 minutes; stirring halfway.

Blend in flour and cream. Cook on HIGH for 3 min until mixture thickens. Stir in cheese & cook on HIGH until cheese is melted.

Add wine, salt & pepper. Fold in crab. Spoon into individual dishes, sprinkle with bread crumbs. Before serving, place in microwave & cook on HIGH until heated. Enjoy with sides.

## Onion Baked Chicken

\$9.80—Serves 4

\$2.45 per person

### Ingredients:

- 2 lbs. chicken parts
- 1 tablespoon oil
- 1 tablespoon onion powder
- 1.5 teaspoons Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1 lb. Brussel Sprouts
- Baked Potatoes

### Preparation:

Brush chicken with oil. Mix seasoning in a small bowl. Coat chicken evenly with seasoning mixture. Place chicken in shallow baking pan.

Bake in preheated 375 oven 45 -50 minutes or until chicken is cooked through.

Enjoy with prepared sides.

## Buttery Shrimp & Pasta

\$11.49—Serves 4

\$2.87 per person

### Ingredients:

- 8 ounces pasta, cooked and drained
- 1/4 cup butter
- 1 1/2 lbs shrimp, peeled and deveined
- 1 tablespoon minced garlic
- 2 cups half and half
- 1 teaspoon dried basil
- 1/4 cup parmesan cheese
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper flakes, optional
- Romaine Salad

### Preparation:

Prepare pasta according to package instructions; set aside. In large skillet, heat butter; add shrimp and garlic.

Sauté 4 minutes, remove shrimp from skillet. Add half and half. Bring to a boil; reduce heat and simmer for 15 minutes, stirring frequently.

Add shrimp, basil, cheese, pepper and pepper flakes. Pour sauce into a bowl; add pasta and toss well. Enjoy with side salad.