



Marinated Grilled Shrimp

\$13.95—Serves 4

\$3.49 per person

Ingredients:

- 3 cloves garlic, minced
- 1/3 cup olive oil
- 1/4 cup tomato sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1.5 lb. shrimp
- 1 lb. deli salad
- Fresh cantaloupe

Preparation:

In a bowl, stir together all ingredients except shrimp. Add shrimp and stir until evenly coated. Cover and refrigerate for 30 min. to 1 hour, stirring once or twice.

Preheat grill for med heat. Thread shrimp onto skewers. Discard the marinade.

Lightly oil the grill. Cook shrimp for 2 to 3 min per side or until opaque. Enjoy with sides.

Merlot Braised Beef Short Ribs

\$11.48—Serves 4

\$2.87 per person

Sauce Ingredients:

- 3 lb. beef short ribs
- salt & pepper
- 1 cup merlot
- 2 1/2 cups beef stock
- 1/4 cup flour
- 1 tablespoon brown sugar
- 2 tablespoons Dijon mustard
- 1 medium onion, halved and thinly sliced
- 2 garlic cloves, thinly sliced
- 4-5 sprigs fresh thyme
- 1 lb. Snow peas
- 1 lb. Cauliflower

Preparation:

Preheat oven to 450. Season short ribs with salt & pepper, place in single layer in a roasting pan. Roast for 30 minutes.

Place the wine, stock, flour, sugar & mustard in a pot & whisk until well combined. Mix in the onion, garlic & thyme. Bring to a boil, boil 2 minutes and then remove from the heat.

Once the short ribs roasted for 30 min, remove from oven & drain away the excess fat. Reduce the oven temperature to 325°F.

Pour the wine mixture over the ribs. Cover & bake for 2 hours or until the meat is very tender. Skim any fat from the surface of the ribs before serving. Enjoy with sides.

Ultimate Bacon Cheeseburger

\$14.47—Serves 4

\$3.62 per person

Ingredients:

- 2 lbs ground beef
- 3/4 cup bbq sauce, divided
- 8 slices bacon, cooked and diced
- 4 slices American cheese
- 4 kaiser rolls or hamburger buns
- 1 lb. Deli Salad
- Corn on the cob

Preparation:

Cook bacon and dice. Mix burger, bacon & half cup of barbecue sauce together—shape into 8 patties.

Top 4 of the patties each with 1 dollop bbq sauce and 1 cheese slices. Top each with second patty. Press edges of patties together; seal well with fork.

Grill patties over medium heat 8 minutes on each side or until cooked through. Place burger on rolls to serve. Enjoy with sides.

Prices valid 8/18-8/27

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

Zesty, Goopy Chicken Breast

\$11.18—Serves 4

\$2.80 per person

Ingredients:

- 4 boneless skinless chicken breast halves
- 3/4 cup ketchup
- 1/2 cup salsa (your choice hot or mild)
- 1/4 cup honey
- 1 1/2 tablespoons Dijon mustard
- 1 1/2 teaspoons chili powder
- 1 tablespoon cornstarch
- 1 tablespoon water
- Potatoes
- 1 lb. Green Beans

Preparation:

Place chicken in a 9x13 baking dish. Whisk remaining ingredients (except cornstarch) together.

Pour over the breasts. Coat both sides of the breasts with the sauce. Bake in 400°F oven for 30 min or until the chicken is done.

Remove breasts to serving platter. Combine cornstarch and water in a saucepan. Add sauce from the baking dish and mix well. Bring to a boil and allow to thicken, whisk constantly.

Pour over the chicken & serve. Enjoy with sides.