



Great Dinners for Much Less Than You Think!

Crock Pot Country Style Ribs

\$9.50—Serves 4

\$2.38 per person

Ingredients:

- 3 lb. country style ribs
- 1/4 cup chopped onion
- 1/2 cup chopped celery
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bottle of your favorite bbq sauce
- Potatoes
- Cantaloupe

Preparation:

Season ribs with salt and pepper. Brown ribs in oil. Place onions and celery in crock pot. Add browned pork ribs. Pour barbecue sauce on ribs and cook in a Crock Pot on low for 7-8 hours.

Enjoy with sides

Prices valid 8/4-8/10

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

Hamburger Skillet Dinner

\$10.23—Serves 4

\$2.58 per person

Sauce Ingredients:

- 1 lb lean ground beef
- 1 cup chopped onion
- 1 garlic clove, minced
- 1 medium zucchini, sliced
- 1 cup chopped fresh mushrooms
- 1 cup water
- 2 cups spaghetti sauce
- 1/2 teaspoon dried basil
- 1/2 teaspoon sugar
- 1/4 teaspoon oregano
- 6 oz uncooked spaghetti, broken into 2 inch lengths
- 1/2 cup grated cheddar cheese
- Iceberg salad with Fresh Tomatoes

Preparation:

Cook ground beef, onion and garlic in large non-stick frying pan 3-5 min. Add zucchini and mushrooms. Cook for 6-7 min, stirring occasionally, until beef is no longer pink. Drain.

Add water, sauce, basil, sugar & oregano. Heat until boiling. Add pasta & reduce heat. Cover & simmer for 25 min or until pasta is tender but firm and liquid is mostly absorbed. Add mozzarella cheese and stir until melted. Enjoy with side salad.

Sausage Potato Casserole

\$8.69—Serves 4

\$2.17 per person

Ingredients:

- 1 pound bulk pork sausage
- 1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
- 3/4 cup milk
- 1/4 cup chopped onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups thinly sliced peeled potatoes
- 1 cup shredded Cheddar cheese
- Fresh Express Salad

Preparation:

In a skillet, cook sausage over med. heat until no longer pink; drain. In a bowl, combine the soup, milk, onion, salt & pepper. In an ungreased 11 x 7 x 2-in baking dish, layer half the potatoes, soup mixture & sausage; repeat.

Cover and bake at 350 for 1-1/2 hours or until the potatoes are tender. Uncover and sprinkle with cheese. Bake 5 minutes longer or until cheese is melted. Enjoy with salad.

Grilled Chicken w/ Lemon & Oregano

\$9.89—Serves 4

\$2.47 per person

Ingredients:

- 1 tablespoon grated lemon zest
- Juice from 1 lemon
- 1 tablespoon dried oregano
- 2 tablespoons olive oil
- 1 teaspoons salt
- 1/2 teaspoon pepper
- 2 chicken halves
- 1 lb. broccoli
- 1 lb. deli salad

Preparation:

Place all ingredients (except chicken) in plastic zipper bag. Shake well. Place chicken in bag; shake to coat. Let marinate at room temp 30 min, turning occasionally.

Preheat grill to med; lightly oil grates. Place chicken, skin side up, on grill. Cover & cook, until cooked through, 20 min. Turn chicken over; cover & cook until browned, 13 min.

Transfer chicken to a cutting board. Tent with foil; let rest 10 min. Cut chicken pieces in half to serve. Enjoy with sides.