



Great Dinners for Much Less Than You Think!

Crock Pot Country Ribs

\$9.98—Serves 4

\$2.49 per person

Ingredients:

- 3 - 4 lb Country Style Pork Ribs
- 4 cups Sweet Baby Ray's BBQ Sauce
- 1 large onion, sliced
- Salt & pepper to taste
- Applesauce
- 1 lb. Asparagus

Preparation:

Heat oil in a large skillet over medium-high heat. Brown pork in a skillet.

Place onions on bottom of crock pot. Place ribs in crock pot and cover with sauce.

Cook on low 8 - 10 hours. Or cook on high for 2 hours and then turn to low and cook for 6 hours.

Enjoy with sides!

Easy Chicken Parmesan

\$11.46—Serves 4

\$2.87 per person

Ingredients:

- 1/4 cup grated Parmesan Cheese
- 2 cups Prego Traditional Italian Sauce
- 1 tablespoon olive oil
- 1 lb. boneless, skinless chicken breasts
- 1.5 cups Crystal Farms shredded mozzarella cheese
- Side Salad
- Pasta of your choice

Preparation:

Stir 3 tablespoons of Parmesan cheese into the pasta sauce in a small bowl.

Heat oil in large skillet over medium-high heat. Add chicken and cook 10 - 15 minutes or until it is well browned on both sides.

Pour the sauce mixture over the chicken, turning to coat. Reduce heat to medium. Cover and cook for 10 minutes or until chicken is done.

Top with mozzarella cheese and remaining Parmesan cheese. Let stand 5 minutes or until cheese is melted.

Enjoy with salad and pasta!

Tomato Spinach Flounder

\$14.97—Serves 4

\$3.74 per person

Ingredients:

- 2 tablespoons olive oil
- 4 large tomatoes, chopped
- 1 lb. fresh spinach
- 1.5 lb. flounder fillets
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- Salt and pepper to taste
- Baked Potatoes
- Cantaloupe

Preparation:

In a large skillet over medium heat, sauté the chopped tomatoes in olive oil. Season with basil and oregano.

When tomatoes are hot, cover with spinach. Place fish fillets on top of spinach. Cover and cook until fish is done.

Serve with recommended sides.

Cubed Beef in Mushroom Sauce

\$10.83—Serves 4

\$2.71 per person

Ingredients:

- 1 lb beef cubes
- 1 small onion, chopped
- 1 clove garlic
- 1 can beef gravy
- 1/2 lb small mushrooms, left whole
- 1/4 teaspoon basil
- 1/4 cup red wine
- Seasoned Flour
- Egg Noodles
- 1 lb. broccoli

Preparation:

Dredge meat in seasoned flour. Heat oil in a large skillet. Add beef cubes and brown about 6 minutes.

Add onions, garlic, and mushrooms and cook for 4 minutes. Add remaining ingredients and cook over low heat for 50 minutes.

Serve over hot noodles with broccoli.

Prices valid 9/22-9/28

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