



Great Dinners for Much Less Than You Think!

Skillet Ragout

\$7.99—Serves 4

\$2.00 per person

Ingredients:

- 1 tablespoon olive oil
- 1 lb. Karns loose sausage
- 1 cup thinly sliced onion
- 2 teaspoons minced garlic
- 1 teaspoon oregano
- 1 teaspoon crushed red pepper
- 1 (28 oz.) can Furmano's chunky crushed tomatoes
- 1/3 cup Progresso chicken broth
- Cooked pasta
- Fresh Express Salad

Preparation:

In skillet with oil, cook pork with onion, fennel seed, garlic, oregano, and crushed red pepper. Stir in tomatoes and chicken broth. Serve over pasta.

Enjoy with a side salad.

Garlic Swiss Steak

\$11.19—Serves 4

\$2.80 per person

Ingredients:

- 1.5 lb round steak
- 1/3 cup flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons oil
- 1 can stewed tomatoes
- 1 onion, chopped
- 1 tablespoon green chili pepper flakes
- 2 tablespoons garlic
- Baking Potatoes

Preparation:

Cut steak in serving pieces. Combine flour, salt and pepper; sprinkle on steak and pound into the steak on both sides.

Brown steak in oil. Transfer to greased casserole.

Combine tomatoes, onion, green pepper and garlic; pour over steak. Cover and bake at 350 for 1.5 hours. Enjoy with potatoes.

Caribbean Pork Butt Roast

\$9.58—Serves 4

\$2.40 per person

Ingredients:

- 6 lb butt pork roast
- 4 garlic cloves, smashed
- 2 teaspoons dried oregano
- 1 teaspoon fresh ground pepper
- 1 tablespoon flour
- 1 tablespoon olive oil
- 1 medium onion
- 1 teaspoon salt
- 1 teaspoon allspice, ground
- North Carolina Yams

Preparation:

Cut small marinating slits all over the roast. Combine half of the garlic, oregano, pepper flour and olive oil. Rub all over the roast.

In food processor, puree remaining half of garlic, onion, salt & allspice. Rub mixture over roast. Cover & chill for 10 hours.

Place roast, fat side up, on a rack in a shallow roasting pan. Bake at 325 for about 3 1/2 hours. Enjoy with yams prepared as desired.

Oven Fried Chicken

\$8.61—Serves 4

\$2.15 per person

Ingredients:

- 3 teaspoons whole grain mustard
- 3/4 cup melted butter
- 2 garlic cloves, crushed
- 2 cups fine breadcrumbs
- salt and pepper
- 2 tablespoons finely chopped parsley
- 1 1/2 teaspoons oregano
- 1/2 cup grated parmesan cheese
- 2 lb. chicken leg quarters
- Fresh Green Beans

Preparation:

Preheat oven to 350°F. Combine butter, garlic, and mustard in a shallow bowl.

In a plastic bag, combine remaining ingredients except chicken.

Dip chicken pieces in butter mixture then place in plastic bag of breadcrumbs and shake until well coated.

Place chicken pieces in greased baking dish and bake for 1 hour or until done. Serve with freshly prepared green beans.

Prices valid 9/29-10/5

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