



Great Dinners for Much Less Than You Think!

Crock Pot London Broil

\$12.49—Serves 4

\$3.12 per person

Ingredients:

- 2 lbs top round London broil
- 10.75 oz can cream of mushroom soup
- 10.75 oz can tomato soup
- 1.25 oz package dry onion soup mix
- Potatoes
- Zucchini

Preparation:

Place meat in the bottom of the slow cooker. In a bowl, mix together mushroom and tomato soup; pour mixture over beef. Sprinkle dry onion soup mix over top. Cover & cook on low for 8 to 10 hours.

Enjoy with sides prepared as desired.

Prices valid 12/1-12/7

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

White Chicken Chili

\$12.09—Serves 4

\$3.02 per person

Ingredients:

- 1 lb boneless skinless chicken breasts, cut into 1/2 inch cubes
- 1 medium onion, chopped
- 1 1/2 teaspoons garlic powder
- 1 tablespoon olive oil
- 15.5 oz dry northern white beans, rinsed & drained
- 14.5 oz can chicken broth
- 1 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 2–4 oz cans diced green chilies
- 1 cup sour cream
- 1/2 cup light cream
- Deli Salad and Green Leaf Salad

Preparation:

In a saucepan, sauté chicken, onion & garlic in oil until chicken is no longer pink. Add beans, chilies, seasonings & chicken broth. Bring to a boil. Reduce heat & simmer uncovered 30 min.

Remove from heat, stir in sour cream & cream. Serve with prepared sides.

Flounder Almandine

\$11.75—Serves 4

\$2.93 per person

Ingredients:

- 1.5 lb flounder fillet
- 3 tablespoons butter
- 2 tablespoons dry white wine
- 1 tablespoon lemon juice, fresh squeezed
- 1/4 teaspoon salt
- Pepper, freshly grated (to taste)
- 1/4 cup slivered almond
- 2 tablespoons fresh parsley, minced
- Baby Carrots
- Applesauce

Preparation:

Preheat oven to 450. Melt butter in shallow baking dish in oven. Remove baking dish from oven add the wine, lemon juice, salt & pepper.

Arrange fish in baking dish; flip to coat with butter mix. Bake in oven 10 min per side, 20 min total or until fish flakes with fork.

Remove fish from pan, stir almonds & parsley into butter mix, coat fish. Enjoy with sides.

Perfect Pork Tenderloin

\$10.87—Serves 4

\$2.72 per person

Ingredients:

- 2 garlic cloves, minced
- 2 teaspoons salt
- 1 teaspoon white pepper
- 1/2 teaspoon thyme
- 2 lbs pork tenderloins
- 2 tablespoons olive oil
- Fresh Express Cole Slaw
- Del Monte Veggies

Preparation:

Preheat oven to 350. Mix garlic, salt, pepper & thyme in a bowl. Rub mix over tenderloin & wrap in plastic. Refrigerate for 4 hours or overnight.

Heat olive oil over med. high heat. & brown pork on all sides, approximately 7 min total. Remove pork & place in 9x13x2 pan. Add enough water to come up to bottom edge of pork. Cover with foil and bake 45 to 50 min.

Boil the drippings & add a little cornstarch mixed with water to it for gravy. Season with salt & pepper. Serve with sides!