



## Buttery Shrimp & Pasta

\$11.98—Serves 4

\$3.00 per person

### Ingredients:

- 1 lb. pasta, cooked and drained
- 1/4 cup butter
- 1 lb 26/30 ct shrimp peeled & deveined
- 1 tablespoon minced garlic
- 2 cups half and half
- 1/4 cup fresh basil
- 1/4 cup parmesan cheese
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper flakes, optional

### Preparation:

Prepare pasta according to package instructions.

In large skillet, heat butter; add shrimp and garlic. Sauté 4 minutes, remove shrimp from skillet.

Add half and half. Bring to a boil; reduce heat and simmer for 15 minutes, stirring frequently.

Add shrimp, basil, cheese, pepper and pepper flakes. Pour sauce into a bowl; add pasta and toss well. Enjoy with salad.

## Pork Tenderloin with Balsamic Cranberry Sauce

\$12.58—Serves 4

\$3.15 per person

### Ingredients:

- 3 tablespoons butter
- 1 pork tenderloins
- 1/2 cup chopped onion
- 1 tablespoon chopped fresh rosemary
- 1/2 cup chicken broth
- 1/3 cup canned whole cranberry sauce
- 1 tablespoon balsamic vinegar
- 1 lb. Broccoli
- Rice

### Preparation:

Preheat oven to 450°F. Melt 1 Tbsp. butter in ovenproof skillet over med-high heat.

Sprinkle pork with salt & pepper. Sear pork on all sides, about 2 min. Place skillet with pork in oven.

Roast pork until thermometer inserted registers 155 about 15 - 20 min.

Meanwhile, melt butter in skillet over med-high heat. Add onion & rosemary; sauté until onion softens. Add remaining ingredients & whisk until cranberry sauce melts

Transfer pork to cutting board and cover to keep warm. Scrape any juices from skillet into cranberry mix. Boil until sauce has reduced enough to coat spoon thickly. Slice pork & serve with sauce and sides.

# Great Dinners for Much Less Than You Think!

## Crock Pot Burger Veggie Soup

\$10.79—Serves 4

\$2.70 per person

### Ingredients:

- 1 lb burger
- 1 cup onion, chopped
- 1 (28 ounce) can whole tomatoes, chopped
- 3 cups potatoes, diced
- 1 (16 ounce) can green beans
- 2 teaspoons chili powder
- 2 dashes hot sauce
- 2 (10 1/2 ounce) cans condensed beef broth
- 1 cup celery, chopped
- 1 cup carrot, sliced
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce

### Preparation:

Brown meat with onion & celery; drain and put in crock pot. Stir in all other ingredients. Add 1 - 2 cups water. Cover & cook on low for 8 - 10 hours.

*Prices valid 12/15-12/21*

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

## Cheddar Garlic Oven Fried Chicken

\$10.50—Serves 4

\$2.63 per person

### Ingredients:

- 1/3 cup butter, melted
- 2 tablespoons minced garlic
- 1 teaspoon garlic powder
- 1/2 teaspoon seasoning salt
- 1/2 cup seasoned dry bread crumb
- 1/2 cup finely grated cheddar cheese
- 1/4 cup grated parmesan cheese
- 1/4 teaspoon ground black pepper
- 4 boneless skinless chicken breasts halves
- 1 lb. Asparagus
- Potatoes

### Preparation:

Preheat oven to 350. Butter an 11 x 7-inch pan.

In a bowl, combine butter, garlic, garlic powder & salt. In another bowl, combine breadcrumbs with 1/2 cup finely grated cheddar cheese, Parmesan cheese and coarse ground black pepper. Dip chicken in butter mixture; then in crumb mixture. Place in prepared pan and bake uncovered for 30-35 min. Enjoy with sides