



Great Dinners for Much Less Than You Think!

Crunchy Baked Pork Chops

\$9.46—Serves 4
\$2.37 per person

Ingredients:

- 1 cup crushed Ritz crackers
- garlic salt to taste
- ground black pepper to taste
- 3 eggs, beaten
- 4 pork chops
- 1/2 cup butter
- 1 lb. cauliflower
- Iceberg lettuce salad

Preparation:

Preheat oven to 375. In a bowl combine crushed crackers, garlic salt & pepper; mix well. In another bowl beat eggs.

Dip pork chops in the egg batter followed by cracker mix. Place the pork in a casserole dish. Put chunks of the butter around the pork chops. Cover & bake for 45 min. Enjoy with sides.

Biscuit Taco Cups

\$12.79—Serves 4
\$3.20 per person

Ingredients:

- 1.5 lb chopped chuck
- 1 (15-oz.) can spicy chili beans, undrained
- 1 package (1.25 oz) taco seasoning mix
- 1/2 cup water
- 16.3 oz can refrigerated biscuits
- Shredded cheese, lettuce, chopped tomato, sour cream & salsa—if desired
- 1 lb. Deli Salad

Preparation:

Heat oven to 375. Brown beef over med-high heat until cooked. Drain. Add beans, taco mix & water; mix. Reduce heat to med; simmer 10 min. until beef mix is thickened.

Meanwhile, spray outside bottom & sides of 8 (6-oz.) custard cups with nonstick cooking spray. Separate dough into 8 biscuits. Roll each biscuit to form 4 1/2-inch rounds. Place over outside of sprayed cups to fit over bottom & part way down sides. Place cups, upside down, in ungreased 15x10x1in baking pan. Bake for 15 min or until deep golden brown. Remove pan from oven. Carefully remove biscuit cups from custard cups. Place biscuit cups, right side up, in same baking pan. Spoon beef mixture evenly into each cup. Top as desired serve with sides!

Italian Style Flounder

\$10.09—Serves 4
\$2.52 per person

Ingredients:

- 2 pounds flounder fillets
- 1/2 tablespoon butter
- salt and pepper to taste
- 1 tablespoon lemon juice
- 1/2 cup diced fresh tomato
- 2 teaspoons dried basil
- 1 teaspoon garlic powder
- Rice-A-Roni
- Green Giant Veggie Steamers

Preparation:

Preheat oven to 350. Arrange flounder in a baking dish. Dot with butter, season with salt, pepper & lemon juice. Top with tomato, basil & garlic powder.

Cover & bake 30 min. or until fish is easily flaked with a fork. Enjoy with sides.

Crock Pot Cheesy Chicken

\$9.70—Serves 4
\$2.43 per person

Ingredients:

- 2 boneless skinless chicken breasts
- 2 (10 1/2 ounce) cans condensed cream of chicken soup
- 1 (10 1/2 ounce) can condensed cheddar cheese soup
- 1/4 teaspoon garlic powder
- salt and pepper (optional)
- Noodles
- 1 lb. Broccoli

Preparation:

Place chicken breasts in the crock pot. Mix the undiluted soups together with the garlic powder and pour over chicken. Cover and cook on low 6-8 hours, until chicken is tender.

Serve with the delicious sauce over rice or noodles.

Prices valid 1/26—2/2

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