



# Great Dinners for Much Less Than You Think!

## Awesome Slow Cooker Pot Roast

\$12.49—Serves 4  
\$3.12 per person

### Ingredients:

- 1-10.75 oz can condensed cream of mushroom soup
- 1oz package dry onion soup mix
- 3/4cup water
- 1 (2.5 - 3 pound) beef pot roast
- Broccoli
- Noodles

### Preparation:

In a slow cooker, mix cream of mushroom soup, dry onion soup mix and water. Place pot roast in slow cooker and coat with soup mixture.

Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours.

Serve over noodles with broccoli as a side.

*Prices valid 1/5—1/11*

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

## Greek Fish Fillets

\$9.90—Serves 6  
\$2.48 per person

### Ingredients:

- 1.5 lbs Tilapia fillets
- 1 medium red onion thinly sliced
- 1.5 teaspoons dried dill
- 2 tablespoons chopped fresh parsley
- Juice of 1 lemon
- 1 tomato, chopped
- salt and pepper
- 1/2 cup feta cheese
- Snow Peas
- Green Giant Veggies

### Preparation:

Preheat oven to 350. Place the fish in an oiled casserole dish.

Top the fillets with the onion rounds and sprinkle them with the dill, pepper, parsley, lemon juice, chopped tomato, and feta cheese.

Bake for 20 minutes or until the fish flakes easily. Serve with sides.

\*\*Baking time will depend on the thickness of the fish fillets.

## Baked Pork Chops and Apples

\$9.45—Serves 4  
\$2.36 per person

### Ingredients:

- 2 tablespoons butter
- 4 pork chops
- 4 apples
- 1/4 cup brown sugar
- 1/2 teaspoons cinnamon
- Green Giant Veggies
- Side Salad

### Preparation:

Preheat oven to 350. Peel, core, and slice apples. Melt butter in skillet; brown pork chops on both sides. Spray baking dish with non-stick spray. Put apples in baking dish. Mix brown sugar and cinnamon and sprinkle over apples.

Place pork chops on top of apples. Cover with foil and bake 1 hour or until pork is done.

Serve with prepared sides.

## Crispy Italian Baked Chicken

\$9.80—Serves 4  
\$2.45 per person

### Ingredients:

- 2/3 cup Mashed Potato flakes
- 1/3 cup grated Parmesan cheese
- 1 teaspoon garlic salt
- 3 lbs. chicken pieces
- 1/3 cup Italian dressing
- Salad
- Potatoes

### Preparation:

Preheat oven to 400. Spray a rimmed baking sheet with cooking spray.

Combine potato flakes, Parmesan cheese, and garlic salt in a bowl; mix well. Put Italian dressing in separate shallow bowl. Dip chicken into dressing and then roll in dry mixture to coat well. Place chicken in prepared pan.

Bake 45-50 minutes or until chicken is done.

Enjoy with sides.