



### Slow Cooker London Broil

\$10.95—Serves 4  
\$2.74 per person

#### Ingredients:

- 2 lbs. London Broil
- 2 cups sliced baby carrots
- 3 potatoes, cubed
- 1 (10 3/4 ounce) can cream of mushroom soup
- 1 (10 3/4 ounce) can tomato soup
- 1 (1 1/4 ounce) package dry onion soup mix

#### Preparation:

Place meat and vegetables in slow cooker. In a medium bowl, mix together mushroom and tomato soup. Pour mixture over beef. Sprinkle dry onion soup mix over top.

Cover and cook on low for 8 to 10 hours.

*Prices valid 2/9-2/15*

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

### Broiled Trout with Rosemary, Lemon & Garlic

\$13.69—Serves 4  
\$3.42 per person

#### Ingredients:

- 1.5 lb steelhead fillet, with or without skin
- 1 clove garlic, chopped fine
- 1 1/2 tablespoons coarsely chopped fresh rosemary
- 1 lemon, zested
- 1/2 lemon, juice of
- 1/4 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 1 tablespoon olive oil
- Snow Peas
- Rice

#### Preparation:

Line a baking pan with foil and brushing with olive oil. Preheat broiler.

Mix all remaining ingredients except fish until well-blended. Place fish skin-side down on baking sheet; spread seasoning over fish.

Broil fish on 2nd rack away from heat for 5 min or less, just enough to sear flesh but not burn herbs. Lower fish to 4th rack and lower oven heat to 325 bake for 10 min, or until fish is cooked through in the thickest portion. Enjoy with sides.

# Great Dinners for Much Less Than You Think!

### Cheesy Chicken Legs

\$7.95—Serves 4  
\$1.99 per person

#### Ingredients:

- 4 chicken leg quarters
- 1/4 cup olive oil
- 1/2 cup dry bread crumbs
- 1/4 cup grated parmesan cheese
- 1/4 teaspoon each: salt, paprika, garlic powder, black pepper
- Asparagus
- Fresh Pineapple

#### Preparation:

Preheat the oven to 375. In a plastic bag, combine the bread crumbs, parmesan, salt, pepper, paprika and garlic powder.

Brush chicken with the olive oil, then drop singly, into the crumb mix in the Ziploc bag and shake well to coat.

Place chicken on an ungreased baking pan. Bake for 1 hour or until the chicken is 170° and the juices run clear. Enjoy with sides.

### Pork Tenderloin Burgundy

\$13.95—Serves 4  
\$3.49 per person

#### Ingredients:

- 2 lb. pork tenderloin
- 1/2 teaspoon each of salt, pepper, garlic powder
- 1 medium onion, sliced
- 1 stalk celery, chopped
- 2 cups red wine
- 1 envelope dry brown gravy mix
- Snow Peas
- Potatoes

#### Preparation:

Preheat oven to 350. Place pork in a 9X13 baking dish. Sprinkle spices with spices, top with onion & celery. Pour wine over pork.

Bake in oven for 45 minutes or until done.

Remove meat from baking pan & place on serving platter. Pour gravy mix into baking dish with wine & cooking juices and stir until thickened. Slice meat and cover with gravy. Enjoy with sides.