



Great Dinners for Much Less Than You Think!

Chicken Bacon Delights

\$12.95—Serves 4
\$3.24 per person

Ingredients:

- 4 oz. dried beef
- 4 boneless, skinless chicken breast halves
- 4 strips of bacon
- 1 can (10.5 oz.) cream of mushroom soup, undiluted
- 1 cup sour cream
- Rice
- Broccoli

Preparation:

Preheat oven to 325. Place dried beef in the bottom of a baking pan. Wrap bacon in a spiral fashion around the chicken; place on top of dried beef. Mix soup and sour cream; spoon over chicken.

Bake uncovered for 1 1/4 hours or until done. Serve with sides.

Prices valid 6/8-6/14

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

Swedish Spareribs

\$11.25—Serves 4
\$2.81 per person

Ingredients:

- 1/2 teaspoon ground black pepper
- 1 tablespoons white sugar
- 2 teaspoons salt
- 1 tablespoons ground allspice
- 2 pounds country style pork ribs
- 1/4 cup butter or olive oil
- 1 (10.5 ounce) can beef broth
- Potatoes
- Salad

Preparation:

In a small bowl, mix together the pepper, sugar, salt and allspice. Sprinkle the spice mixture generously over each rib.

Heat butter or oil in a large skillet over medium-high heat, but be careful not to burn. Brown ribs on all sides in the butter. Pour in the beef broth, cover, and reduce heat to low. Simmer for about 1 1/2 hours, or until ribs are fork tender. Do not remove the lid from the skillet during cooking. Enjoy with potatoes cooked as desired and a green side salad.

Lemon Pepper Catfish

\$11.50—Serves 4
\$2.88 per person

Ingredients:

- 1 1/2 cups all-purpose flour
- 1/2 cup cornmeal
- 1 tablespoon lemon pepper
- 4 eggs
- 4 (6 oz.) filets catfish
- 1/4 cup margarine
- Corn
- Honeydew Melon

Preparation:

Combine flour, cornmeal and lemon pepper spice; set aside. In a separate bowl, lightly beat eggs.

In a large frying pan, melt margarine over medium-high heat.

Working one at a time, dip filets in egg and dredge in flour until well coated. Cook in hot margarine, turning once, until brown on both sides and fish flakes easily with a fork. Drain briefly on paper towels and serve. Enjoy with fresh sides.

Sausage, Pepper & Onions

\$10.80—Serves 4
\$2.70 per person

Ingredients:

- 1 lb. sweet and/or hot Italian sausage links, diagonally sliced
- 1 Tbsp. olive oil
- 2 large green or red bell peppers, sliced
- 1 large onion, thinly sliced
- 1 clove garlic, finely chopped
- 1 jar (1 lb. 10 oz.) Pasta Sauce
- Pasta
- Cantaloupe

Preparation:

Brown sausage in 12-inch nonstick skillet over medium-high heat, about 5 minutes. Remove sausage from skillet and set aside.

Heat oil in skillet over med-high heat & cook peppers, onion & garlic, stirring occasionally, until vegetables are tender.

Stir in sauce & bring to a boil. Return sausage to skillet. Reduce heat to low & simmer covered, stirring occasionally, 10 minutes or until sausage is done. Enjoy with sides.