



Family Fav Meat Loaf

\$9.48—Serves 4
\$2.37 per person

Ingredients:

- 1 envelope onion soup mix
- 2 lbs. chopped chuck
- 3/4 cup bread crumbs
- 2 eggs
- 3/4 cup water
- 2/3 cup chopped bell pepper
- 1/3 cup ketchup
- Baby Carrots

Preparation:

Preheat oven to 350.

Combine all ingredients and shape into a 13" X 9" baking pan.

Bake uncovered for 1 hour or until done. Let stand 5 - 10 minutes before serving.

Prepare baby carrots as desired.

Great Dinners for Much Less Than You Think!

Garlic Roasted Chicken Leg Quarters

\$9.24—Serves 4
\$2.31 per person

Ingredients:

- 4 cloves garlic, finely minced
- 1 teaspoon dried leaf oregano
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- 1/4 teaspoon ground cumin
- Dash freshly ground black pepper
- 2 tablespoons olive oil
- 4 chicken leg quarters
- 1/2 cup chicken broth
- Butternut squash

Preparation

Heat oven to 425. Combine garlic, oregano, salt, chili powder, cumin & black pepper. Add olive oil & mix. Mash with a fork to make a paste consistent.

Wash chicken leg quarters and pat dry. Snip off any excess skin. Arrange the chicken pieces in a baking dish & pat the garlic mixture over each quarter. Pour 1/2 cup of chicken broth into the baking dish. Bake for 40 to 50 minutes, or until juices run clear.

BBQ Style Spare Ribs

\$8.85—Serves 4
\$2.21 per person

Ingredients:

- 2 lb. boneless country style spare ribs
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 teaspoons black pepper
- 1 (12 oz.) bottle barbecue sauce
- Baked Potatoes

Preparation

Preheat oven to 325.

In a large pot, combine salt, pepper, and garlic powder in about 2 quarts of water. Add ribs. Boil until tender. Remove and place in a large baking dish.

Take 1/2 cup of the rib water and pour into pan. Cover ribs with barbecue sauce.

Cover with foil and bake for 2 hours enjoy with baked potatoes.

Prices valid 9/28-10/4

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

Crock Pot French Dip

\$10.98—Serves 4
\$2.75 per person

Ingredients:

- 3 lb. beef roast
- 1 (10.5 oz) can beef broth
- 1 (10.5 oz) can condensed French onion soup
- 1 (12 oz) can or bottle beer
- French rolls
- 2 tablespoons butter
- Garlic powder
- 4 slices Swiss Cheese

Preparation:

Trim excess fat from the rump roast & place in a slow cooker. Add the broth, onion soup & beer. Cook on low for 7 hours.

Preheat oven to 350 degrees F. Split French rolls, spread with butter. Sprinkle with garlic powder. Bake 10 minutes or until heated and slightly browned.

Slice meat on the diagonal and place on rolls. Top with 1 slice of cheese. Serve the sauce for dipping.