



Great Dinners for Much Less Than You Think!

Slow Cooker Pork Chops

\$11.71—Serves 4
\$2.93 per person

Ingredients:

- 1/2 cup all-purpose flour
- 1 teaspoon dry mustard
- 1 teaspoon seasoning salt
- 4 pork chops
- 2 tablespoons olive oil
- 10.5 oz can condensed chicken & rice soup
- Fresh Asparagus

Preparation

In a shallow dish, mix flour, dry mustard, and seasoned salt. Heat oil in a skillet over medium heat. Dredge chops in flour, then place in skillet, and brown both sides.

Place in chops into a slow cooker, and pour the chicken and rice soup over them. Cover, and cook on Low about 8 hours. Enjoy with a side of asparagus.

Zesty, Goopy Chicken Breasts

\$13.31—Serves 4
\$3.33 per person

Ingredients:

- 4 boneless skinless chicken breast halves
- 3/4 cup ketchup
- 1/2 cup salsa (your choice hot or mild)
- 1/4 cup honey
- 1 1/2 tablespoons Dijon mustard
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon cumin (optional)
- 1 tablespoon cornstarch
- Potatoes—prepared as desired

Preparation

Preheat oven to 400. Put the breasts in a 9x13-inch baking dish.

Whisk remaining ingredients (except cornstarch) together. Pour over chicken. Coat both sides. Bake for approx 30 minutes or until the chicken is done.

Remove breasts, keep warm. Pour the sauce into a sauce pan. Stir in the cornstarch that has been mixed with 1 tablespoon of water, bring to a boil & thicken; whisking constantly. Pour over chicken & serve. Enjoy with side potatoes.

Ham Steak & Brown Sugar Apples

\$6.98—Serves 4
\$1.75 per person

Ingredients:

- 2 tablespoons butter
- 1/4 cup brown sugar, packed
- 2 tablespoons country style mustard
- 1 medium tart apples, sliced
- 1 ham steak

Preparation:

Over medium heat, add butter to skillet and melt. Stir in brown sugar and mustard; mix well. Add apples; stir and simmer for 5 - 8 minutes or until apples are just tender. Transfer to another dish.

Place ham steak in skillet and top with apple mixture. Cook, covered about 5 - 10 minutes or until ham thoroughly heated.

In a large skillet, brown patties in oil; drain. Combine remaining soup with & mushrooms; pour over patties. Cover & cook over low for 15 minutes or until done. Remove patties; Top with sauce & enjoy with side salad.

Salisbury Steak Deluxe

\$12.84—Serves 4
\$3.21 per person

Ingredients:

- 10.75 oz can condensed cream of mushroom soup
- 1 tablespoon prepared mustard
- 2 teaspoons Worcestershire sauce
- 1 teaspoon prepared horseradish
- 1 egg
- 1/4 cup dry bread crumbs
- 1/4 cup finely chopped onion
- 1/2 teaspoon salt
- 1 1/2 pounds ground beef
- 1 tablespoon cooking oil
- 1/2 cup water
- 13.25 oz can sliced mushrooms, drained
- Side salad

Preparation:

Combine soup, mustard, Worcestershire & horseradish; mix. In a separate bowl, beat the egg & add bread crumbs, onion, salt & 1/4 cup of soup. Add beef & mix well. Shape into 4 patties.

Prices valid 1/25-1/30

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