



Great Dinners for Much Less Than You Think!

Crock Pot Eye of Round

\$13.20—Serves 4
\$3.30 per person

Ingredients:

- 1 (10 oz.) can cream of mushroom soup
- 1 (10 oz.) can low sodium beef broth
- 1 (1 oz.) pkg. dry onion soup mix
- 1 -2 tablespoon minced garlic
- 1 tablespoon Worcestershire sauce
- 1 (2-3 lb.) eye of round roast
- 1/4 cup flour
- 1 teaspoon black pepper
- 3 -4 tablespoons oil
- Broccoli

Preparation

Combine mushroom soup with broth, soup mix, garlic & Worcestershire sauce; mix. Pour into crock pot.

Mix flour & pepper. Dredge roast in mix. Heat oil in skillet over medium; add roast & lightly brown on all sides. Place roast in crock pot. Spoon mixture over roast.

Cover & cook on low for 8 hours, until roast is tender. Enjoy with broccoli.

Sesame Chicken

\$9.95—Serves 4
\$2.49 per person

Ingredients:

- 1.5 lbs. boneless skinless chicken breast halves, pat dry with paper towels
- 1/2 cup honey
- 1/2 cup low salt soy sauce
- 1 cup water
- 2 tablespoons cornstarch
- 1/2 -1 teaspoon ground ginger
- 1 teaspoon red pepper flakes (optional)
- 1 tablespoon toasted sesame seeds
- Rice

Preparation

Cut chicken breast into bite size pieces. Heat a non-stick skillet that has been sprayed with Pam, over medium-high heat. Cook chicken for about 6 minutes or until no longer pink.

Mix honey, soy sauce, water, corn starch, ginger & red pepper. Whisk until no corn starch lumps appear. Pour sauce into skillet with chicken. Cook until sauce thickens slightly.

Sprinkle with sesame seeds. Cover & simmer for 10 minute. Serve with rice.

Prices valid 1/4-1/10

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

Light & Tasty Tilapia

\$9.57—Serves 4
\$2.39 per person

Ingredients:

- 2 tablespoons all-purpose flour
- Salt and freshly ground black pepper
- 2 lb. tilapia fillets
- 1 tablespoon olive oil
- 1 tablespoon butter
- 3/4 cup orange juice
- 1 lemon, zested and juiced
- Side salad

Preparation:

Combine flour, salt & pepper to taste. Lightly dredge the tilapia in the flour.

In a skillet over medium, add oil & butter. Once melted, add fish & cook 3 minutes per side. Remove fish & set aside.

Add orange juice and 2 tablespoons of lemon juice to the skillet. Increase heat & simmer for 2 minutes, stirring occasionally, add lemon zest. Return fish to the skillet, coat with sauce, cook for 2 minutes, or until heated through. Enjoy with a side salad.

Oven Roasted Chicken Thighs

\$8.27—Serves 4
\$2.07 per person

Ingredients:

- 3 tablespoons olive oil, divided
- 2 lbs. chicken thighs
- 1 tablespoon salt
- 2 teaspoons dried thyme
- 1 1/2 teaspoons black pepper
- 1/4 teaspoon nutmeg
- 2 lbs. unpeeled potatoes, medium cubes
- 2 lbs. medium carrots, medium cubes

Preparation:

Preheat oven to 450. Coat baking pan with cooking spray. Place chicken in pan. Turn to coat with oil & set skin side up. Mix spices, sprinkle half over chicken. Roast chicken until it starts to brown, about 30 minutes.

Combine potatoes, carrots, 2 tablespoons oil & spice mix in large bowl. Put thighs in separate bowl; set aside. Put vegetable on baking sheet; turn to coat. Roast until vegetables soften, 30 minutes. Place thighs on vegetables. Return pan to oven. Roast until chicken is cooked, 15 minutes longer.