Great Dinners for Much Less Than You Think!

Easy Swiss Steak

$10.40—Serves 4

$2.60 per person

Ingredients:

- 2 lb bottom round Swiss steak
- 2-15 oz can diced tomatoes, undrained
- 1.25 oz pk. dry beef & onion soup mix
- 1.25 oz pk. dry brown gravy mix
- Mashed Potatoes

Preparation

Cut steaks into portion sized pieces. You can brown meat first if desired, but not necessary.

Combine all ingredients together in a crock pot. Cook on low 6 – 8 hours.

Delicious served over mashed potatoes.

Prices valid 4/5-4/11

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

Braised Chicken & Tomatoes

$12.49—Serves 4

$3.12 per person

Ingredients:

- 1-14 oz. can diced fire-roasted tomatoes
- 3/4 cup chicken broth
- 1.5 tablespoons tomato paste
- 1.5 teaspoons orange zest
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 boneless skinless chicken breast halves
- 2 tablespoons seasoned dry bread crumbs
- 2 tablespoons olive oil, divided
- 1 green pepper, cut into thin strips
- 1 medium onion, sliced
- 8 oz. package sliced mushrooms
- 3/4 cup shredded mozzarella cheese

Preparation

Combine first 6 items in a bowl; set aside. Lightly coat chicken with bread crumbs. Heat 1 tbsp. oil in a nonstick skillet over medium-high heat. Add chicken & cook until golden (5 minutes on each side). Remove to a plate.

Heat remaining oil in skillet. Add pepper, onion & mushrooms; sauté until tender. Return chicken to pan; spoon vegetables over. Add tomato mix. Cover & bring to a boil; reduce heat, simmer for 15 minutes. Sprinkle with cheese; melt—and serve!

BLT Salads

$12.50—Serves 4

$3.13 per person

Ingredients:

- 1/2 cup mayonnaise
- 1 tablespoon Dijon mustard
- 12 slices bread, well toasted
- lettuce leaf
- 8 slices of: mild cheddar cheese, tomatoes, cooked bacon
- 1/2 lb cooked thinly-sliced deli ham
- salt and black pepper
- 1/2 lb deli thinly-sliced turkey, divided
- 1 lb. deli salad

Preparation:

In a bowl, mix mayo & mustard until blended. Spread about 1-2 teaspoons on one side of each slice of the 12 toasted bread slices.

To assemble; layer 1 slice of toast mayo-side up, top with lettuce, cheese, ham, tomatoes, salt & pepper, bread with mayo on each side, top with cheese, turkey slices, bacon, lettuce & toast mayo side down. Repeat with remaining ingredients, cut & serve with deli salad.

Southwest Tilapia

$9.48—Serves 4

$2.37 per person

Ingredients:

- 1 1/2 lbs tilapia fillets
- 1/2 cup parmesan cheese, shredded
- 1/4 cup yellow cornmeal
- 2 tablespoons flour
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- Salt
- Vegetable oil cooking spray
- Green Beans

Preparation:

Preheat oven to 400. Combine Parmesan cheese, cornmeal, flour, paprika, pepper and salt in a bag. Place fish in dry mixture and shake to coat each fillet.

Coat baking dish with cooking spray; place fish in dish,. Spray with cooking spray, sprinkle remaining cheese mix on top.

Bake for 15 to 20 minutes or until fillets flakes when tested with fork. Enjoy with a side of green beans.