



## White Wine Chicken

\$12.67—Serves 4

\$3.17 per person

### Ingredients:

- 4 tablespoons olive oil
- 2 cup sliced mushrooms
- 2 tablespoon minced garlic
- 2 boneless chicken breasts, halved
- Salt and pepper
- 6 tablespoon dry white wine
- 2 tablespoon lemon juice
- 2 tablespoon minced fresh parsley
- Fresh asparagus

### Preparation

Heat oil in a skillet over medium heat. Add mushrooms & garlic, sauté for 5 minutes. Transfer to a plate; keep warm. Season chicken with salt & pepper. Add chicken to skillet & cook until brown on both sides, turning, about 6 minutes. Add wine & lemon juice to skillet, continue cooking until liquid is reduced. Place chicken on top of mushrooms. Drizzle with pan juices. Sprinkle with parsley and serve. Enjoy with a side of asparagus.

# Great Dinners for Much Less Than You Think!

## Beef & Bean Burritos

\$13.39—Serves 4

\$3.35 per person

### Ingredients:

- 1 pound lean chopped chuck
- 1 onion, chopped
- 4 large garlic cloves, minced
- 3 tablespoons ground cumin
- 1 15-oz cans black beans, rinsed, drained
- 1 14 1/2-ounce can beef broth
- 1 4-ounce can diced green chilies
- 4 green onions
- Flour tortillas
- Shredded cheese
- Salsa

### Preparation

Heat skillet over medium-high heat. Add beef & cook until brown, breaking up beef with fork, about 6 minutes. Add chopped onion & garlic, cook until onion is transparent, stirring frequently. Stir in cumin and cook 1 minute. Add beans, broth & chilies, cook until beans are creamy, crushing beans with back of spoon, about 15 minutes. Mix in green onions.

Transfer beans to baking dish. Serve with tortillas, cheese & salsa, assemble individual burritos at the table.

## Crockpot Smoked Sausage Gumbo

\$12.49—Serves 4

\$3.12 per person

### Ingredients:

- 14.5 oz. can diced tomatoes, undrained
- 1 cup chicken broth
- 1 lb. Polish sausage, cut into ½" pieces
- 1 medium onion, diced
- 1 green bell pepper, diced
- 2 celery ribs, chopped
- 1 carrot, peeled and chopped
- 2 tsp. dried oregano
- 2 tsp. dried thyme
- 1/8 tsp. ground red pepper
- Hot cooked rice

### Preparation

Combine undrained tomatoes and broth in slow cooker. Add sausage, onion, bell pepper, carrot, and spices. Stir well. Cover and cook on low 5 hours. Serve over rice.

*Prices valid 5/17-5/23*

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

## Broiled Flounder

\$10.98—Serves 4

\$2.75 per person

### Ingredients:

- 1/2 cup finely chopped onion
- 1/2 cup finely chopped green bell pepper
- 2 garlic clove, minced
- 4 teaspoons vegetable oil
- 4 tablespoons fine dry bread crumbs
- 4 flounder fillets (each about 6 ounces)
- 4 tablespoons mayonnaise
- Fresh FL sweet corn

### Preparation

In a skillet cook onion, bell pepper & garlic in oil over low heat, stirring occasionally, until vegetables are softened and stir in bread crumbs and salt and pepper to taste.

Preheat broiler. On a work surface arrange flounder skinned sides up and spread top with mayonnaise. Sprinkle flounder with bread crumb mixture and on oiled rack of a broiler pan broil about 6 inches from heat until cooked through, about 6 minutes. Enjoy with a side of corn.