



Great Dinners for Much Less Than You Think!

Tangy Slow Cooker Pot Roast

\$13.80—Serves 6
\$2.30 per person

Ingredients:

- 1 large onion, sliced
- 2.5 lbs boneless center cut pork loin
- 1 cup hot water
- 1/4 cup white sugar
- 3 tablespoons red wine vinegar
- 2 tablespoons soy sauce
- 1 tablespoon ketchup
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 dash hot pepper sauce, or to taste
- Side salad

Preparation

Arrange onion evenly over the bottom of the slow cooker, place roast on top.

In a bowl, mix water, sugar, vinegar, soy sauce, ketchup, black pepper, salt, garlic powder, and hot sauce; pour over roast.

Cover, and cook on Low for 6 to 8 hours. Enjoy with side salad.

Fruity BBQ Shrimp Kabobs

\$14.97—Serves 4
\$3.74 per person

Ingredients:

- 12 metal or bamboo skewers
- 1 tablespoon packed dark brown sugar
- 1 teaspoon chili powder
- 1 teaspoon sweet paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 lb. peeled & deveined shrimp
- 3 medium peaches, cut into 1-inch chunks
- 1 bunch green onions cut into 2-inch pieces
- Lime wedges, for serving

Preparation

If using bamboo skewers, soak skewers in cold water 30 minutes to prevent burning. Prepare grill for direct grilling on high.

In bowl, combine sugar, chili powder, paprika, cumin, cayenne, salt & pepper. Add shrimp, peaches & onion; toss until coated. Thread shrimp, peaches & onion onto skewers.

Grill 4 minutes, until browned and shrimp just become opaque throughout, turning once. Serve with lime wedges.

Prices valid 8/2-8/8

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

Thrill of the Grill Wings

\$7.60—Serves 4
\$1.90 per person

Ingredients:

- 1/2 cup soy sauce
- 1/2 cup Italian-style salad dressing
- 3 lbs. chicken wings, cut apart at joints, wing tips discarded
- 1/4 cup butter
- 1 teaspoon soy sauce
- 1/4 cup hot pepper sauce
- Local corn

Preparation

Combine 1/2 cup soy sauce, Italian dressing & chicken wings in a large, zip-top bag. Close bag and refrigerate 4 hours to overnight.

Preheat grill to medium heat. In a saucepan, melt butter. Stir in the 1 teaspoon soy sauce & hot pepper sauce. Turn off heat & reserve.

Remove chicken wings from the marinade, pat dry. Cook wings on grill, turning, until chicken is browned and no longer pink, 30 minutes.

Place wings in a bowl. Pour sauce over wings; toss to mix well. Enjoy with corn on the cob.

Bacon, Egg & Asparagus Pizza

\$11.99—Serves 4
\$3.00 per person

Ingredients:

- 1 lb. prepared pizza dough
- 4 strips bacon
- 3/4 cups sliced shallots
- 1 lb. asparagus, cut into 2-inch pieces
- 4 large eggs
- 1/4 teaspoon salt & pepper
- 1 cup shredded extra-sharp Cheddar

Preparation

Preheat oven to 500. Coat a baking sheet with cooking spray. Roll out dough on a floured surface to the size of the baking sheet, transfer to sheet. Bake until crisped on the bottom, about 8 minutes.

Cook bacon in a large skillet until crisp. Drain on a paper towel. Add shallots to the pan & cook, until beginning to brown. Add asparagus, stirring, until beginning to soften, 2 to 3 minutes.

Spread the vegetables over the crust, crumble bacon on top. Whisk eggs, salt & pepper until combined; pour over the vegetables. Sprinkle with cheese. Bake until the eggs are set, 10 minutes.