

# Dine-In Deals

**Feed a family of 4 for around \$10.**

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Prices valid 11/07/10 - 11/13/10 \*Basic ingredients such as salt are not included in the cost.\*

## Fish And Broccoli Bake



**\$8.76**  
\$2.19 per person

### Ingredients

1 lb. fish fillets (cod, haddock, whiting, hake, pollack)  
2 (10 oz.) pkgs. broccoli spears in Hollandaise Sauce  
1 (11 oz.) can condensed cream of Cheddar Soup  
1/4 tsp. garlic salt  
1/8 tsp. lemon pepper  
1 c. soft bread crumbs  
2 tbsp. butter, melted

### Directions

Cook broccoli according to package directions. Snip pouches of broccoli and drain butter sauce in a small bowl. Place broccoli in baking dish about 10x6 inch and 1 1/2 inch deep. Top with fish. Add soup, seasonings to butter sauce. Blend and pour over fish.

Combine bread crumbs and melted butter and sprinkle over sauce. Bake in preheated oven at 350 degrees for 40 minutes or until thoroughly heated. Serves 4.

Save when you use Hanover Frozen Broccoli and crumbs made from Maier's Italian Bread.

## London Broil

**\$9.72**  
\$2.43 per person

### Ingredients

1 London Broil  
1 can cream of mushroom soup  
1 (No. 2) can tomato sauce with herbs  
3 carrots, chopped into bite-size pieces  
5 potatoes, quartered  
1 green pepper, sliced  
1 tbsp. flour  
Salt and pepper

### Directions

Shake flour in browning bag. Salt and pepper London Broil and add to browning bag. Place carrots around London Broil. Mix tomato sauce with herbs, cream of mushroom soup and a little water in saucepan. Pour over meat. Bake for 1 hour at 350 degrees. Remove from oven and add potatoes and green pepper. Bake another hour at 350 degrees.

Save when you use Huntsinger Farm Potatoes and Farm Stand Baby Carrots.

## Barbecued Cube Steaks

**\$10.02**  
\$2.51 per person

### Ingredients

8 cubed beef steaks  
1/4 c. flour  
1 tsp. salt  
1/4 tsp. pepper  
6 tbsp. Wesson oil  
1 med. onion, chopped  
2 tbsp. brown sugar  
1/4 c. lemon juice  
1 c. catsup  
2 tbsp. Worcestershire sauce  
1 c. water

### Directions

Combine flour, salt, and pepper. Dredge cube steaks with seasoned flour. Brown in lard drippings. Add chopped onion and brown lightly.

Mix remaining ingredients and pour over steaks. Cover tightly and cook slowly until meat is tender and sauce thickens, about 45 minutes. Makes 8 servings.

Save when you use Richfood Ketchup and Oil as well as Richfood Crescent Rolls.

## Chicken Salsa Sandwich Grill

**\$9.91**  
\$2.48 per person

### Ingredients

4 boneless skinless chicken breast halves  
1/2 cup salsa  
3 whole garlic cloves  
2 tablespoons olive oil  
1/3 cup shredded cheddar cheese  
4 hamburger buns  
4 large lettuce leaves  
seasoned salt  
pepper  
a few drops fresh lemon juice (optional)

### Directions

In a skillet, saute chicken with garlic cloves for 5-7 minutes on each side until chicken is white and opaque or until done (165°F). Turn garlic cloves until both sides achieve a roasted appearance, then crush them into the oil using a fork. Remove if the cloves begin to brown, as this will make the oil bitter. Meanwhile, brush hamburger buns lightly with a few drops of olive oil (or melted butter if preferred) and broil or toast until lightly golden on the inside. Remove skillet from heat. Slice each chicken breast into 3 or 4 pieces and divide evenly onto toasted buns. Sprinkle lightly with seasoned salt and pepper, and a few drops of freshly squeezed lemon juice, if desired. Top with salsa and shredded cheese; run under broiler just until cheese has melted, about 2 minutes.

Save when you use Richfood Shredded Cheddar Cheese and Hot House Beef Steak Tomatoes