

affording the essentials is essential

Once again,
Publix has compiled some
delicious dinner options
that will feed four people
for under \$15. Your family
will love the taste, and
you'll love the price.



More Meals
for More
Savings

Publix[®]

WHERE SHOPPING IS A PLEASURE[®]



Plan to Save

With just a few easy strategies,
you can save money with every
trip to Publix and every meal
you prepare at home.

Use Apron's

Publix Apron's Simple Meals makes it easy to eat at home with your family instead of going out. Pick up recipes in the store or go to publix.com/aprons.

Cook ahead

When you have free time, cook up some big batches of your family's favorite foods. Chili, casseroles, and the like can be frozen for easy weeknight meals.

Plan your snacks

Be prepared for when the munchies strike at the office. Instead of hitting the vending machine, be ready with a snack you've packed at home.

BOGO for it

When you see buy-one-get-one-free deals or other sales on non-perishables or freezable foods, buy in bulk.

Let the insert guide you

Shop the Publix weekly ad insert to maximize your savings. You can save hundreds of dollars every week!

Get the advantage

Enjoy special savings on over 1,000 Advantage Buy items every week. We negotiate extra low prices and pass the savings on to you.

Stuffed Fish Dinner

- 2 (10-oz) pkgs Oven Poppers Stuffed Fish Fillets
- 2 (4.4-oz) pkts Publix Pasta and Butter Herb Sauce Mix
- 1 (16-oz) container Publix Deli Shredded Coleslaw
- 1 (24-oz) jar Publix Applesauce

Prep and Cook: 25 minutes (Makes 4 servings.)

1. Prepare fish fillets following package boil-in-bag instructions; use large sauté pan or electric skillet.
2. Prepare pasta mixes following package instructions (stovetop or microwave).
3. Serve fish fillets with pasta and coleslaw. Enjoy applesauce for dessert.

Grilled Cheese Pizza Sandwiches

- 1 (10-oz) Publix Caesar Salad Kit
- 8 slices Publix Butter Crust White Bread
- 8 teaspoons Ragu Natural Pizza Sauce + extra for dipping
- 4 slices Publix Mozzarella Cheese
- 1 (3-oz) pkg Hillshire Farms Sliced Pepperoni
- 8 teaspoons Publix Butter, divided
- 1 (16-oz) pkg Publix Iced Oatmeal Cookies

Prep and Cook: 25 minutes (Makes 4 servings.)

1. Preheat oven to 400°F. Combine all salad kit ingredients (except dressing) in salad bowl. Prepare sandwiches by lightly coating one side of each bread slice with 1 teaspoon of the pizza sauce. Place four slices on counter, pizza sauce side up. Top each with 1 slice of the cheese, 5–6 slices of the pepperoni, and remaining bread slices.
2. Spread 1 teaspoon of the butter on top side of each sandwich; then place, buttered side down, on large baking sheet. Spread remaining 1 teaspoon of butter on top of each sandwich. Bake 10 minutes.
3. Turn sandwiches over; bake 5 more minutes or until sandwiches are golden and cheese melts. Heat additional pizza sauce in microwave for dipping, if desired. Add dressing to salad; toss and serve. Enjoy oatmeal cookies for dessert.

Quick Mexican Dinner

- 1 (18-oz) pkg Chi Chi's Shredded Chicken (or Beef)
- 1 (16-oz) can Bush's Seasoned Pinto Beans
- 1 (8-ct) box Old El Paso Taco (or Gordita) Dinner Kit
- 1 (4-oz) bag Publix Shredded Jack/Cheddar Cheese
- 1 (2.25-oz) can Lindsay Sliced Olives
- 1 (4-ct) pkg Hunt's Caramel Cream Pudding Snack

Prep and Cook: 25 minutes (Makes 4 servings.)

1. Heat shredded chicken or beef on stovetop (or in microwave) following package instructions. Begin to heat beans in saucepan on stovetop following label instructions.
2. Heat taco shells and tortillas, if desired. (Follow package instructions using oven or microwave.)
3. Spoon meat into shells; top with cheese and sliced olives. Serve with beans. Enjoy the pudding snacks for dessert.

Teriyaki Meatball Stir-Fry

- 3 cups water
- 1 (12-oz) bag Eat Smart Vegetable Stir-Fry (fresh broccoli, carrots, snow peas, cabbage)
- 2 (3-oz) pkgs Maruchan Chicken Ramen Noodle Soup
- 1 (12-oz) pkg Aidell Teriyaki Meatballs
- 1 (12.1-oz) jar Kikkoman Stir-Fry Sauce
- 1 pint Whole Fruit Peach Sorbet

Prep and Cook: 20 minutes (Makes 4 servings.)

1. Place water and vegetables in large sauté pan (or electric skillet); cover and bring to a boil on medium-high. Cook 5 minutes.
2. Add both packages of ramen noodles, breaking noodles apart while adding to veggies (do not add seasoning from packets). Stir in meatballs; cover and cook 3 minutes.
3. Stir in stir-fry sauce; cook (uncovered) for 4 minutes, stirring occasionally, or until sauce is thoroughly heated. Sauce will thicken while standing. Serve. Enjoy the sorbet for dessert.

Meatloaf Sandwiches and Tomato Soup Dinner

- 1 (17-oz) Publix Fully Cooked Beef Meat Loaf
- 2 (10.75-oz) cans Publix Condensed Tomato Soup
- 1 (12-oz) bag fresh Publix Microwavable Carrots
- (4) Publix Hamburger Buns
- 1 cup Publix Shredded Mozzarella Cheese

Prep: 30 minutes (Makes 4 servings.)

1. Heat meatloaf in microwave on MEDIUM (50% power) 12 minutes or until thoroughly heated (or following package instructions). Meanwhile, place soup in medium saucepan and heat on stovetop following label instructions or until soup is thoroughly heated.
2. Microwave carrots on HIGH 5 minutes or until desired tenderness; season as desired.
3. Lightly toast buns, if desired, until golden. Sprinkle cheese evenly over bottom halves of buns. Cut meatloaf into thin slices; arrange slices on top of cheese. Top with gravy and assemble sandwiches. Serve with soup and carrots.

Skillet Shepherd's Pie

- 1 lb Publix Ground Beef Chuck
- 1 (10.5-oz) can Publix Condensed Cream of Mushroom Soup
- 1 (15-oz) can Publix Mixed Vegetables (drained)
- 1 (24-oz) package Simply Potatoes Country-Style Mashed Potatoes
- 1 cup Publix Shredded Sharp Cheddar Cheese
- 1 (12-oz) bag Birds Eye Steam Fresh Cut Green Beans
- 1 (20-oz) container Publix Rice Pudding

Prep and Cook: 30 minutes (Makes 4 servings.)

1. Place ground beef in large sauté pan on medium-high. Cook 5–7 minutes, stirring to crumble meat, or until meat is brown and no pink remains.
2. Drain any excess fat from ground beef. Stir soup (do not add water) and mixed veggies into meat; cook 2–3 minutes or until hot. Meanwhile, heat potatoes in microwave following package instructions.
3. Reduce heat on meat mixture to low. Spoon potatoes evenly over meat mixture. Sprinkle with cheese. Cover and cook 3–5 minutes or until cheese melts. Cook beans in microwave following package instructions. Serve. Enjoy rice pudding for dessert.

Country-Fried Steak Dinner

- 1 (22.4-oz) pkg Tyson Country Fried Steak
- 1 (24-oz) pkg Simply Potatoes Sour Cream/Chive (or Regular) Mashed Potatoes
- 1 (15.5-oz) can Publix Black-Eyed Peas
- 1 pkt Publix Country (or Brown) Gravy Mix, about 1 oz
- 1 (12-oz) can Publix Hearty Layer Buttermilk Biscuits
- 1 (16-oz) pkg Publix Oatmeal Raisin Cookies

Prep and Cook: 35 minutes (Makes 4 servings.)

1. Preheat oven to 425°F. Prepare country-fried steaks following conventional oven instructions. Meanwhile, following package instructions, prepare potatoes in microwave, heat peas on stovetop, and prepare gravy on stovetop.
2. Turn steaks after 15 minutes; add biscuits to oven to bake. Reduce heat on peas and gravy to warm until ready to serve.
3. Serve steaks topped with gravy, along with potatoes, peas, and biscuits. Enjoy cookies for dessert.

Oven Bake Dinner

- 1 (36-oz) box frozen Stouffer's Chicken and Vegetable Rice Bake
- 1 large tomato (rinsed)
- 1 medium cucumber (rinsed)
- 2 tablespoons Publix Sour Cream
- 1 (6-ct) pkg Dessert Shells (from Produce)
- 1 (15-oz) can Del Monte Raspberry (or regular) Peaches (undrained)

Prep and Cook: 30 minutes (Makes 4 servings.)

1. Cook chicken and rice dinner in microwave following package instructions.
2. During second part of cook time, cut tomato and cucumber into bite-size pieces; place in salad bowl. Stir in sour cream; season with salt and pepper, if desired.
3. Arrange dessert shells on serving plates. Top with sliced peaches, including some of the raspberry juice. Serve.