

make the most of your dinner dollars

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.



September
Meal Deal
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!

Pick Publix Brand

Every time you select Publix brand items, you're getting the quality of the national brand (or better), but paying less.

Philly Cheesesteak Bake

Total Time: 30 minutes (Makes 4 Servings)

- 1 (16-oz) pkg. frozen Publix Garlic Bread
- 1 (32-oz) bag frozen Publix Tater Bites
- 1 medium red onion, thinly sliced
- 1 (15-oz) pkg. frozen Steak Eze Angus Beef Steaks
- Cooking spray
- 8 oz pre-sliced fresh baby portabellas
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (8-oz) pkg Publix American Cheese Slices

1. Preheat oven to 425°F. Slice onion. Cut sandwich steaks into thirds.
2. Bake garlic bread and tater bites following package instructions.
3. Coat a 9-inch-square baking dish with cooking spray. Layer steaks, mushrooms, then onions; season with salt and pepper. Bake 8 minutes.
4. Stir meat mixture; bake 5–7 more minutes or until no pink remains. Top with cheese; bake 1–2 minutes or until cheese melts. Stir meat mixture; let stand briefly before serving.
5. Add meat mixture to one half of the garlic bread; top with remaining half. Cut into 4 portions; serve.

Apron's Advice: Complete your meal with a fresh salad blend and cupcakes. Publix Bottom Round Roast Beef (freshly sliced or pre-sliced) will give this meal even more of that authentic Philly cheesesteak flavor.

Quick Spanish Pot Roast

Total Time: 20 minutes (Makes 4 Servings)

- 2 bags Success Boil In Bag Rice
- 1 (17-oz) pkg. Publix Fully Cooked Beef Roast (undrained)
- 1 (10-oz) can Rotel Diced Tomatoes With Green Chiles (undrained)
- 1 (7-oz) jar Publix Green Salad Olives (drained)
- 1 (15.25-oz) can Del Monte Fiesta Corn

1. Cook rice following package instructions.
2. Place pot roast, tomatoes, and olives in large sauté pan and cover; cook and stir 10 minutes or until thoroughly heated and flavors are blended.
3. Meanwhile, heat corn in microwave following package instructions. Shred beef with two forks; stir and serve over rice.

Apron's Advice: For a touch of authentic flavor, add some Publix Bakery Cuban Bread and flan (a Spanish custard with caramel sauce) to complete this meal.

Crunchy Chicken Nuggets and Fruit Parfaits

Total Time: 30 minutes (Makes 4 servings)

- 2 bananas
- 1 cup + 2 1/2 cups Publix Toasted Oats Cereal
- 2 (6-oz) cups Publix Wild Berry Crumb Cake (or Strawberry) Yogurt
- 1 (7.25-oz) box Publix Macaroni & Cheese Dinner
- 2 tablespoons flour
- Large zip-top bag
- 3 eggs (or 3/4 cup egg substitute)
- 1 tablespoon Publix Ranch Dressing
- 1 lb Publix Chicken Tenders (or Fillets)
- 2 tablespoons canola (or vegetable) oil

1. Peel bananas; cut into 1/4-inch-thick slices. Layer 1 cup of the cereal, yogurt, and bananas into four dessert dishes. Chill until ready to serve.
2. Prepare macaroni and cheese following package instructions.
3. Place flour on plate (may be paper). Place remaining 2 1/2 cups cereal in zip-top bag and remove all air; seal tightly. Crush cereal into crumbs using meat mallet (or rolling pin). Transfer crumbs to second plate. Whisk eggs and ranch dressing in shallow bowl until blended.
4. Cut chicken into nugget-size pieces. Dip chicken into flour, then into egg mixture (allowing excess to drip off). Finally, coat with cereal crumbs; press with fingertips to coat evenly (wash hands). Preheat large sauté pan on medium 2–3 minutes. Place oil in pan, then add chicken; cook 12–15 minutes, turning to brown all sides, or until 165°F. Serve.

Apron's Advice: Complete this meal with green peas or green beans.

Chili Dogs and More

Total Time: 20 minutes (Makes 4 Servings)

- 8 Publix Jumbo Beef Franks
- 1/4 cup water
- 1 (15-oz) can Hormel Three Bean Chili
- 8 Publix Hot Dog Buns
- 1 (14-oz) pkg. Publix Deli Macaroni and Cheddar Salad
- 1 (8-oz) pkg. Publix Deli Carrot and Raisin Salad
- 1 (8-oz) pkg. shredded Cheddar cheese

1. Preheat large saucepan (or electric skillet) on medium-high (350°F) for 2–3 minutes. Franks can be left whole or cut each one into bite-size pieces. Place franks in pan; cook and turn 3–5 minutes or until lightly browned.
2. Stir in water and chili; reduce heat to low (250°F) and cover. Cook and stir 5 minutes or until thoroughly heated.
3. Serve franks and chili in buns; top with cheese. Enjoy salads on the side.

Apron's Advice: Complete your meal with your favorite hot dog toppings. Publix has a large variety of deli salads to accompany your meal