

affording the essentials
is essential

Thanks to Publix, you
don't need to spend over
\$15 to feed four. Here are
more than a week's worth
of dinner ideas that your
family—and your
budget—will love.

Eight More
Meal Deals

Red Beans and Rice Dinner

- 1 (14-oz) Hillshire Farm Smoked Sausage Link
- 1 (8-oz) package Zatarain's Red Beans and Rice
- 3 1/2 cups water
- 4 ears fresh yellow corn
- 2 (15-oz) cans Glory Foods Pre-Seasoned Turnip Greens
- 2 cups fresh strawberries or other berries (rinsed)
- Publix Whipped Topping

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

1. Preheat medium saucepan on medium-high 2–3 minutes. Cut sausage into bite-size pieces and place in pan (wash hands). Cook 3–4 minutes or until sausage begins to brown.
2. Stir in water and rice (from packet) and continue to cook following package instructions. Meanwhile, fill large saucepan half full of water. Cover and bring to a boil for corn.
3. Place corn in boiling water. Boil 12 minutes or until tender. About five minutes before serving, prepare turnip greens in microwave following package instructions. Serve rice dish with corn and greens. For dessert, serve whole or sliced berries topped with whipped topping.

Serving suggestion: Prepare corn muffins to serve with this meal. Using a mix makes it quick and inexpensive.

Chicken Pot Pie

- 1 prepared Publix Pie Crust
- 1 (10-oz) can Publix Chunk Chicken Breast (drained)
- 2 (10.5-oz) cans Publix Condensed Cream of Chicken Soup
- 1 (16-oz) bag frozen Publix Mixed Vegetables
- 1 teaspoon Amazing Taste Poultry Seasoning (or seasoned salt)

Prep and Cook: 40 minutes (Makes 4 servings.)

1. Preheat oven to 350°F. Remove pie crust from package and let stand at room temperature to soften. Combine in medium bowl, chicken (break chunks apart with a fork), soup, vegetables, and seasoning; transfer to a 2-quart baking dish.
2. Unroll pie crust over chicken mixture; trim any overhanging dough then pierce several times with fork to vent. Bake 25–30 minutes or until golden and filling bubbles around the edges. Serve.

Serving suggestion: Cut 2 large tomatoes into slices or wedges for side dish with pot pie. Enjoy fresh sliced cantaloupe for dessert.



Sloppy Joe Pasta

- 1 lb Publix Ground Turkey (or beef)
- salt and pepper, optional
- 1 cup water
- 1 (15.5-ounce) can Hunt's Manwich Sloppy Joe Sauce
- 1 (8.75-oz) can Publix Whole Kernel Corn (drained)
- 2 cups Publix Tri-Color (or plain) Rotini Pasta
- 1–1 1/2 cups fresh blueberries or raspberries (rinsed)
- 4 (6-oz) cups Publix Fat Free Lemon Chiffon Yogurt

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

1. Preheat large saucepan on medium-high 2–3 minutes. Place ground meat in pan (wash hands); season with salt and pepper, if desired. Cook 5–7 minutes, stirring to crumble meat, or until meat is brown and no pink remains. Stir in remaining ingredients; cover and bring to a boil.
2. Reduce to medium; cook 8–10 minutes, stirring occasionally, or until pasta is tender. Pat berries dry. Layer berries and yogurt into parfait (or wine) glasses, beginning and ending with berries. Serve.

Serving suggestion: Bake some frozen garlic bread to serve with this meal.



Smothered Chicken and Rice

- 1 bag Publix Boil-in-Bag White Rice
- 2 tablespoons Publix Vegetable Oil Spread (or vegetable oil)
- 8 frozen Publix Chicken Breast Tenderloins
- 1 (16-oz) bag frozen Publix Pole Green Beans
- 1 (12-oz) jar Heinz Classic Chicken Gravy
- 4 (3.5-oz) Hunt's Chocolate Mud Pie Pudding Snacks

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

1. Begin to prepare rice on stovetop following package instructions. Preheat large sauté pan on medium-high 2–3 minutes. Place vegetable spread in pan; swirl to coat. Add chicken tenders; cover and cook 5–7 minutes or until chicken begins to brown on bottom.
2. Meanwhile, begin to prepare pole beans in microwave following package instructions.
3. Turn chicken tenders; cover and cook 4–5 more minutes or until well browned and thoroughly cooked. Pour gravy over chicken tenders; cover and reduce heat to medium. Bring gravy to a boil; stir occasionally to evenly coat chicken. Serve chicken and gravy over the rice.

Serving suggestion: Fresh baked biscuits would really complement this meal. If you have fresh strawberries on hand, cut a few into thin slices. Layer with the chocolate pudding in dessert dishes to make parfaits.

Sausage and Sauerkraut

- 1 (16-oz) pkg frozen Publix Crinkle-Cut Carrots
- 1 (14-oz) pkg Hillshire Farm Beef Smoked Sausage
- 1/2 cup water
- 2 (14.4-oz) cans Silver Floss Sauerkraut (drained)
- 1 (12-oz) bag Publix Garden Supreme Salad Blend
- 1/4 cup Wishbone Russian (or other) Salad Dressing
- 1 (16-oz) pkg. Publix Rice (or Tapioca) Pudding

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

1. Cook carrots in microwave following package instructions. Preheat large saucepan on medium-high 2–3 minutes. Cut sausage into 3–4 inch pieces; place in pan (wash hands). Cook 3–4 minutes or until sausage begins to brown.
2. Add 1/2 cup water to pan, then add sauerkraut, covering sausage. Cover and cook 5–7 more minutes or until thoroughly heated.
3. Meanwhile, toss salad with dressing. Drain carrots, if needed; season as desired. Serve. Enjoy pudding for dessert.

Serving suggestion: Sausage may also be grilled and sauerkraut heated following package instructions.

Beef Stroganoff With Egg Noodles

- 1 lb Publix Beef Cubed Steaks
- 1/4 cup Publix All Purpose Flour
- 2 tablespoons Publix Vegetable Oil Spread (or vegetable oil)
- 1 (10.5-oz) can Publix Condensed Cream of Mushroom Soup
- 1 (14.5-oz) can Publix Beef Broth
- 1 (8-oz) box Mueller's Egg Noodles
- 1 (4-oz) can Publix Mushroom Pieces (drained)
- 1 (16-oz) bag frozen Publix Green Peas
- 1/4 cup Publix Sour Cream



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

1. Fill large saucepan half full of water. Cover and bring to a boil on high for pasta. Cut cube steak into bite-size pieces; place in zip-top bag with flour (wash hands); seal tightly and shake to coat.
2. Preheat large sauté pan on medium-high 2–3 minutes. Place oil in pan; swirl to coat. Add beef (wash hands); cook 4–7 minutes, stirring often, or until meat is browned and no pink remains. Meanwhile, whisk together in medium bowl, soup and broth. Begin to cook egg noodles following package instructions.
3. Stir soup mixture and mushrooms into meat; bring to a boil. Cook peas in microwave following package instructions. Reduce heat on meat to medium; cook 4–5 minutes.
4. Remove meat from heat; stir in sour cream. Drain noodles. Pour beef and sauce over noodles. Serve with peas.

Sandwich Wrap, Beans, and Watermelon

- 1 (22-oz) can Bush's Grilling Baked Beans
- 4 super-size Azteca Tortillas
- 4–8 tablespoons Publix Soft Cream Cheese with Chives/Onion
- 1 (10-oz) pkg. Publix Sliced Ham (or Turkey Breast)
- 4 slices Publix Muenster (or Mozzarella) Cheese
- 1 3/4 lb seedless watermelon wedges

Prep and Cook: 15 minutes (Makes 4 servings.)

1. Heat baked beans in microwave following package instructions.
2. Arrange tortillas flat on work surface. Spread 1–2 tablespoons cream cheese over each tortilla. Top with slices of turkey and cheese. Roll wraps around filling. (May be cut into 1-inch lengths for pinwheels.)
3. Serve with beans and watermelon slices.

Serving suggestion: The extra cream cheese is great served on crackers or as a dip for chips, if you have either one on hand.

Easy Spaghetti and Meat Sauce

- 1 lb Publix Ground Chuck (or ground turkey)
- 1 cup frozen Publix Diced Onions
- 1 (1-oz) packet Amazing Taste Burger Seasoning (or seasoned salt)
- 1 (8-oz) box Publix Spaghetti Pasta
- 1 (26-oz) jar Publix Pasta Sauce
- 2 bay leaves, optional (to add homestyle flavor)
- 1 (10-oz) Publix Caesar Salad Kit



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

1. Fill large saucepan half full of water. Cover and bring to a boil on high for pasta.
2. Preheat large sauté pan on medium-high 2–3 minutes. Place ground beef, onions, and seasoning in pan; cook 5–7 minutes, stirring to crumble meat, or until meat is brown and no pink remains. Begin to cook spaghetti following package instructions.
3. Stir pasta sauce and bay leaves, if using, into meat; bring to a boil. Reduce heat on pasta sauce to medium-low; cook 4–5 more minutes for flavors to develop. Prepare salad. (Remove bay leaves from sauce before serving.) Drain pasta; spoon meat sauce over spaghetti. Serve.

Serving suggestion: Warm garlic bread would be a great side for this meal. A frozen mini-loaf takes only ten minutes to bake.

Thrifty Tips

Here are some more easy ways that you can save money on food.



Collect those coupons

They're not only in the Sunday paper, but on cereal boxes and other packaged products. Keep a lookout, and your scissors ready.

Pick Publix brand

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

Crock it

With a crock pot, it's easy to come home to an aromatic, ready-to-eat homecooked dinner. No need to resort to a pricy restaurant meal.

Brown-bag it

When you pack your own lunch instead of going out, you can eat healthfully and save dramatically.



Brew it yourself

Make your own coffee at home and save on every cup.

Enjoy the harvest

When fruit is on sale, stock up. You can prepare and freeze it to blend into smoothies at your convenience.