

FOOD

Spicy Garlic and Pepper Shrimp

Prep time is 25 minutes, cook time is 10 minutes. This recipe is per serving, adjust accordingly.

INGREDIENTS

- 2 1/2 -tbs. vegetable oil
- 1/4 cup water
- 1 cup shredded cabbage
- 1-tbs. minced garlic
- 8 large fresh shrimp, peeled and de-veined
- 2 tsp. Crushed red pepper flakes
- 2 tbs. sliced onion
- 1 tbs. chopped fresh cilantro
- 1 tbs. soy sauce

DIRECTIONS

- Heat 1-tbs. oil in a skillet over high heat. Add cabbage and 1-Tbs. water, stir-fry for 30 seconds. Remove cabbage from skillet and place on a serving platter.
- Heat the remaining 1 1/2 tbs. oil in the same skillet over high heat. Place the garlic and shrimp in the skillet and stir-fry until garlic is lightly browned and shrimp turns pink. Add pepper, onion, cilantro, soy sauce, and remaining water to the skillet. Stir-fry for 20 seconds. Pour the hot mixture onto the cabbage.



Spicy Thai Style Shrimp makes for a wonderful supper. Chicken, pork, beef, calamari, scallops or tofu can easily be substituted for shrimp.



This will melt in your mouth! This pork tenderloin soaks up the yummy juices as it cooks. Make sure to serve the au jus on the side - it's amazing! Start the slow cooker before leaving for work, and enjoy the feast without the fuss when you get home.

Slow Cooker Pork Tenderloin

Prep Time: 15 Min.
Yields: 6 Servings

INGREDIENTS

- (2 pound) pork tenderloin
- 1 (1 ounce) envelope dry onion soup mix
- 1-cup water
- 3/4 cup red wine
- 3 tbs. minced garlic
- 3 tbs. soy sauce
- 1/2 tsp. Ground black pepper (to taste)

DIRECTIONS

1. Place pork tenderloin in slow cooker with the contents of soup packet.
2. Pour water, wine and soy sauce over the top of meat as turning to coat.
3. Carefully spread garlic over pork, leaving as much on top of the roast during cooking as possible. Sprinkle with pepper.
4. Cook on low setting for at least 4 hours. (Reserve cooking juice for au jus)
5. Serve with au jus.

Throw Together Ole' Casserole

Prep Time: 10 minutes
Cook time: 40 minutes

INGREDIENTS

- 1-pound ground beef
- 1 (15 ounce) can sweet corn, drained
- 1/2 cup onion, chopped
- 1/2 cup mild, chunky salsa
- 1 small can chopped green chilies, drained
- 1/4 cup sliced black olives
- 3 1/2 - 4 cups tortilla chips
- 1 (15.25 ounce) can kidney beans, drained and rinsed
- 1 can Rotel tomatoes
- 1 package taco seasoning mix
- 1 small can tomato sauce
- 1 cup grated Cheddar-Jack cheese blend
- 1 small container sour cream (optional)



Ground beef, olives, tortilla chips, corn, Rotel tomatoes and taco seasoning give this throw together casserole a delicious Southwest flavor.

DIRECTIONS

1. Preheat oven: 350 degrees F.
2. In a skillet over medium heat, cook the ground beef until evenly brown; drain.
3. In a large bowl combine: beef, corn, onion, olives, green chilies, beans, taco seasoning and tomato sauce (add sour cream if desired).
4. In a 9"x13" baking dish: arrange tortilla chips to cover the bottom of dish, cover with mixture from bowl. Drizzle with salsa and top with cheese. Cover and bake, 30 minutes or until heated throughout.

Garden Veggie Turkey Casserole

Prep Time: 10 Min
Cook Time: 30 Min



Use canned goods and frozen vegetables to hurry along this creamy main dish. Serve it with biscuits for a meal your family will love...mine sure does!

INGREDIENTS

- 3 cups cubed turkey or chicken
- 2 cups frozen mixed vegetables
- 2 cups frozen broccoli florets
- 1 can (10.75 ounce) condensed cream of chicken soup, undiluted
- 1 can (10.75 ounce) condensed cream of mushroom soup, undiluted
- 1/2 cup chopped onion
- 1/4 tsp. Garlic powder
- 1/4 tsp. Celery seed
- 1 cup grated Cheddar cheese

DIRECTIONS

1. In a large bowl, combine all ingredients. Transfer to a greased 11"x7"x2" baking dish.
2. Sprinkle cheese over top. Cover with foil and bake, at 350 degrees F. for 30 to 40 minutes or until cheese has melted and food is heated throughout. Stir before serving.

Ingredients for life.. SAFEWAY

RANCHER'S Reserve TENDER ANGUS



1.99 lb CLUB PRICE

Rancher's Reserve Angus Beef Chuck Pot Roast Boneless. SAVE up to \$2.50 lb.



1.49 lb CLUB PRICE

Lean Ground Beef 80% Lean 20% Fat. SAVE up to \$1.50 lb.



39¢ lb CLUB PRICE

Sweet Navel Oranges



1.99 lb CLUB PRICE

Boneless Skinless Chicken Breast Butcher's Cut, Grade A Locally Grown. SAVE up to \$1.50 lb.



6.99 lb CLUB PRICE

Wild Alaskan Sockeye Salmon Fillets Frozen/thawed. SAVE up to \$3.00 lb.

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Pre-order all your holiday needs. Enjoy great food, great atmosphere and meet and greet our staff.
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3.49 General Mills Cereal 10 to 13.75-oz. Selected varieties. Club Price: \$1.66 ea. SAVE up to \$7.89 on 3.

2.99 Arrowhead Water 24-pack, 16.9-oz. bottles. Club Price: \$4.50 ea. SAVE up to \$2.98 on 2.

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4.95 Mott's Apple Juice 64-oz. Selected varieties. Club Price: \$1.25 ea. SAVE up to \$5.76 on 4.

10.99 18-Pack Budweiser, Miller or Coors 12-oz. bottles. Selected varieties. Plus deposit in Oregon. SAVE up to \$4.00.

10 FOR \$10 Stock up, SAVE Big!! Mix & Match!

RECIPE REQUESTS

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