

# FOOD

## Start a Tradition: Slow Cooker Sundays!

By keeping a few of your favorite recipes and ingredients on hand, you'll never waste time searching for a meal idea. Prepare your slow cooker the night before and refrigerate, or simply toss everything in first thing in the morning. Just plug it in and forget about it! Let it cook all day long and you'll have a delicious meal by evening.

To increase your 'Slow Cooker Sunday' selections the Portland Observer will include a new recipe to add to your collection.



### Slow Cookers: Still Hot!

Combining unbelievable convenience and good home cooking, these wondrous appliances are enjoying renewed popularity in kitchens around the world.

Throw some ingredients in the pot, turn it on, and come home at the end of the day to a hearty homemade supper. Here are some hints for getting premium results from your slow cooker every time.



#### Slow Cooker Tips

The following helpful hints will help make sure your slow cooker Sunday is a successful one:

- No frozen meats. Always defrost meats and poultry before placing them in a slow cooker.
- Smaller chunks. Cut whole chickens and large pieces of meat into smaller chunks to ensure thorough cooking.
- Layer your ingredients. Vegetables should be placed in the bottom and up the sides of the pot, then layer in the meat on top.
- Fill 'er up. It's best to fill a slow cooker to at least one-half and no more than three-fourths full.
- Keep the lid on. Each time you lift the lid you'll lengthen the cooking time, this can be anywhere from 15 to 25 minutes.

#### Convert Your Favorites

You can adapt many conventional recipes for the slow cooker. Any oven or stovetop recipe that has some moisture in it—whether water, broth, wine, sauce, or canned soup—should work beautifully in your favorite appliance; just keep these things in mind:

- Cut all liquid amounts in half when adjusting for the slow cooker.
- The low heat setting is approximately 200 degrees F (95 degrees C) and high heat is about 300 degrees F (150 degrees C).
- For every hour you'd cook something in the oven or on the stove, allow 8 hours on low or 4 hours on high. (When in doubt, turn it on low and leave it all day or overnight.)

### Slow Cooker Roast Pork with Fruit



"Imagine, slow cooker 'n spice aromatherapy and dinner ready when you walk in the door after a hectic day."

#### Ingredients:

- 1 medium onion, sliced
- 1 boneless pork loin roast (2 lbs.)
- 1 8-oz. package dried pears or dried plums (1 1/2 cups)
- 1/2 cup apple juice
- 1/2 tsp. salt
- 1/2 tsp. ground nutmeg
- 1/4 tsp. ground cinnamon

#### Directions:

1. In a 4 to 5-quart slow cooker; place onion on bottom, next the pork; top with fruit.
2. In a small bowl; mix remaining ingredients; pour over fruit.
3. Cover; cook on LOW heat setting 7-9 hours or until pork is tender. Serve fruit mixture over pork



### Slow Cooker Chocolate Mocha Pudding Cake

"It is truly amazing what you can create in a slow cooker."

#### Ingredients:

- Cooking Spray or butter for pot
- 1 cup all purpose flour
- 3/4 cup granulated sugar
- 3 tablespoon plus 1/4 cup unsweetened cocoa powder (divided use)
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk
- 3 tablespoon butter, melted and cooled
- 1 teaspoon vanilla extract
- 1/2 cup bittersweet chocolate chips
- 3/4 cup packed golden brown sugar
- 1 2/3 cup hot coffee or hot water

#### Directions:

1. Spray inside of 3 1/2 to 4 quart slow cooker with cooking spray or rub with butter.
2. In a mixing bowl, thoroughly stir together flour, granulated sugar, 3 tablespoons of the cocoa powder, baking powder and salt. Stir in the milk, melted butter, vanilla and chocolate chips. Spread this mixture over the bottom of your slow cooker.
3. In another bowl, mix together brown sugar and remaining 1/4 cup cocoa powder. Sprinkle cocoa mixture over the batter, but do not stir it in. Pour the coffee evenly over all. Again, do not stir.
4. Cover and cook on high heat for 1 3/4 to 2 hours or until a tester inserted in the top portion of the cake comes out clean. The inside should be hot and similar to fudge sauce. Spoon cake and sauce out of slow cooker and arrange next to or under a very cold scoop of ice cream. Or if you prefer, set the ice cream on top.

### Original Homemade Italian Beef

"Best homemade Italian Beef I have ever had before. My mom always made it and passed it down to me. I think it's just so good...I wanted everyone to enjoy it... so please do!!!"



#### Ingredients:

- 3 pounds beef chuck roast
- 3 (1 ounce) packages dry Italian salad dressing mix
- 1 cup water
- 1 (16 ounce) jar pepperoni peppers
- 8 hamburger buns split

#### Directions:

1. Place the roast into a slow cooker, and season with Italian dressing mix. Pour in the water. Cover, and cook on High for 6 to 7 hours. During the last hour, shred the meat with two forks - if it does not shred easily, cook longer.
2. Add the peppers, and as much of the juice as you like for additional flavor. Serve on buns.

## Ingredients for life. SAFEWAY

**Goodbye 2007, Hello 2008!**

- 97¢ lb CLUB PRICE** Pork Loin Sliced Rib Half. Bone-in. Fresh. All natural with no added ingredients. Limit 2. SAVE up to \$1.52 lb.
- 1.77 lb CLUB PRICE** Manor House Boneless Skinless Chicken Breast. 4-lb. Resealable Bag \$7.08 ea. Individually Quick Frozen. SAVE up to \$4.91 lb. Discount Breast \*extra \$1.16 sup \$5.91 ea. 1.97
- 5.77 lb CLUB PRICE** Rancher's Reserve Angus Boneless Beef Loin New York Strip Steak. SAVE up to \$5.22 lb.
- 3.97 lb CLUB PRICE** Fresh Whole Cooked Dungeness Crab. Weather permitting. SAVE up to \$4.02 lb.
- 2.88 lb CLUB PRICE** Sweet Bing Cherries. SAVE up to \$5.11 lb.
- 3.99 3 for CLUB PRICE** Texas Ruby Red Grapefruits. Club Price 33¢ ea. SAVE up to 66¢ ea.
- 88¢ lb CLUB PRICE** Braeburn or Fuji Apples. SAVE up to 90¢ lb.

**FREE Delivery** Grocery delivery is FREE to new shoppers when you Shop Online at Safeway.com.

**FREE Entrée** Take your pick of any single serve frozen EATING RIGHT™ entrée with any grocery order delivered by 1/8/08.

### Back to School Sale

- Oscar Mayer Fun Pack Lunchables. 4 to 6-oz. Selected varieties. Club Price: \$10 ea. SAVE up to \$4.00 on 10. **10.55 CLUB PRICE**
- Yoplait Yogurt. 4 to 6-oz. Selected varieties. Club Price: \$10 ea. SAVE up to \$4.00 on 10. **10.55 CLUB PRICE**
- Northern Bath Tissue or Brawny Paper Towels. Selected varieties. Club Price: \$5.00 ea. SAVE up to \$8.78 on 2. **2.10 CLUB PRICE**
- Lean Cuisine or Eating Right™ Meals. Includes Eating Right™ Snacks. 12 to 11.5-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$17.99 on 10. **10.20 CLUB PRICE**
- Precious String Cheese. 12-oz. Selected varieties. **2.49 CLUB PRICE**
- Nabisco Oreo, Nutter Butter or Honey Maid. 9 to 10-oz. Selected varieties. SAVE up to \$4.19 on 2. **2.09 CLUB PRICE**
- Safeway Variety Breads. 24-oz. Selected varieties. **1.19 CLUB PRICE**
- 18-Pack Bud, Miller or Coors. 12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$3.90. **11.99 CLUB PRICE**

### ONE WEEK ONLY!

Offer valid Wednesday, January 2 thru Tuesday, January 8. Minimum \$10 Purchase.

- SAFETY COUPON** ONE WEEK ONLY! January 2 thru January 8. Must Buy 2. **2 for \$2** Jif Peanut Butter. 13 to 18-oz. Selected varieties. **2.00 CLUB PRICE**
- SAFETY COUPON** ONE WEEK ONLY! January 2 thru January 8. Must Buy 2. **3 for \$7** Hormel Natural Choice Lunchmeat. 3-oz. Individual Packs. **3.00 CLUB PRICE**
- SAFETY COUPON** ONE WEEK ONLY! January 2 thru January 8. **99¢** Capri Sun Drinks. 12-oz. cans. Selected varieties. Limit 1 each. Minimum \$10 Purchase. **99¢ CLUB PRICE**

**save more** Look for the circled prices in this ad and in-store.

**Great gifts made simple.** Shop all your favorite retailers here. Products may not be available in all stores. See gift cards for details, terms and conditions, which may vary.

**JANUARY** WED THUR FRI SAT SUN MON TUES  
2 3 4 5 6 7 8

Items & prices in this ad are available at your local Safeway stores. Not valid at dealers, restaurants or institutions. Sales in retail quantities only. Quantities of some items may be limited and subject to availability. Not responsible for typographical or pictorial errors. We reserve the right to correct all printed errors. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only - not on free items. ©2008 Safeway Stores, Inc.