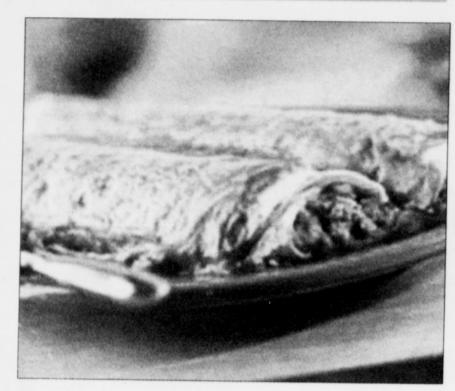
# FOOD

Recipes by www.recipes.com



# Beef Enchiladas

## Ingredients

- 1 lb. ground beef
- 1 pkg. (about 1 ounce) taco seasoning mix or burrito seasoning mix
- 1 can (about 16 ounces) refried beans
- 1 can (10 3/4 ounces) Campbell's® Condensed Cheddar Cheese Soup
- 1 medium onion, chopped (about 1/2 cup)
- 1 cup cooked regular long-grain white rice (optional)
- 12 flour tortillas (10-inch), warmed
- 1 1/2 cups prepared enchilada sauce
- · Shredded Cheddar cheese

#### **Directions**

- 1. Heat the oven to 350 degrees F. Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat. Pour offany fat. Stir the seasoning mix, beans, soup, onion and rice, if desired, in the skillet.
- 2. Divide the beef mixture among the tortillas. Roll up the tortillas and place seam-side down into a 3-quart shallow baking dish. Pour the enchilada sauce over the filled tortillas and sprinkle with the cheese.
- 3. Bake for 20 minutes or until the enchiladas are hot and bubbling

# Baked Chicken Broccili and Rice

### Ingredients

- 1 can (10 3/4 ounces) Campbell's® Condensed Cream of Broccoli Soup
- 1 cup water
- 3/4 cup uncooked regular long-grain white rice
- 1/8 tsp. ground black pepper
- 4 skinless, boneless chicken breast halves (about 1 pound)
- Paprika

## Directions

1. Stir the soup, water, rice and black pepper in a 2-quart shallow baking dish. Top with the chicken. Sprinkle the chicken with the paprika. Cover the baking dish.

2. Bake at 375 degrees F. for 45 minutes or until



the chicken is cooked through and the rice is tender.

3. Note: Campbell's® Condensed Cream of Chicken and Broccoli Soup is no longer available. Campbell's Kitchen has modified this recipe with Cream of Broccoli Soup to deliver the same great dish you enjoyed.



SEP/OCT 29 30 11 2 B 4 5

Prices on this page are effective

Wednesday, September 29 thru Tuesday, October 5, 2010.

ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, September 29 thru Tuesday, Cotober 5, 2010 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Wahklakum, limited by law. Quantity rights reserved. SOME ADVERTISING ITEMS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, Get One Free ("BOGO") used on purchased items only — not on free items. Limit one coupon per purchased item. Customer will be responsible for tax and deposits as required by law on the purchased and free items. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2010 Safeway Inc. Availability of items may vary by store.