



Great Dinners for Much Less Than You Think!

Southwestern-Style Burgers With Black Beans

Ingredients:

- 1 ½ lbs. ground beef
- 1 can (16 oz.) black beans, drained and rinsed
- 1 can (4 oz.) chopped mild green chile peppers
- 1/2 tsp. ground cumin
- 1 tsp. salt
- 1/4 tsp. ground black pepper
- sliced pepper jack cheese, optional

Preparation

Combine beef with the beans, peppers, cumin, salt, and pepper; mix gently with hands until well blended. Form into patties and grill for about 5 to 10 minutes, or until done. Top with cheese to melt.

Super Crock Pot Chicken Sandwiches *As seen on ABC 27 on 2/1/2012*

Ingredients:

- 2 pounds boneless, skinless chicken thighs
- 1 large onion, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1/4 cup chicken broth
- black pepper to taste
- 1 cup barbecue sauce
- 1 cup Monterey jack cheese, shredded

Preparation

Place onion and bell peppers in slow cooker and top with chicken thighs. Pour chicken broth over chicken. Season with black pepper and cook on Low for 6-8 hours.

At the end of cooking time, drain liquid from pot and shred chicken. Return chicken to the slow cooker and mix in barbecue sauce and cheese. Cook another 30 minutes. Serve on buns.

Oven-Poached Salmon Fillets

Ingredients:

- 1 pound salmon fillet, cut into 4 portions, skin removed, if desired
- 2 Tbsp. dry white wine
- 1/4 tsp. salt
- Freshly ground pepper, to taste
- 2 Tbsp. finely chopped shallot, (1 medium)
- Lemon wedges, for garnish

Preparation

Preheat oven to 425°F. Coat an 8" - 9" glass baking dish with cooking spray.

Place salmon, skin-side down, in the prepared pan. Sprinkle with wine. Season with salt and pepper, then sprinkle with shallots. Cover with foil and bake until opaque in the center and starting to flake, 15 to 25 minutes, depending on thickness.

When the salmon is ready, transfer to dinner plates. Spoon any liquid remaining in the pan over the salmon and serve with lemon wedges.

Sausage Pasta

Ingredients:

- 1 (16 oz.) pkg. spaghetti
- 1 lb. pork sausage
- 2 tomatoes, chopped
- 1 (6 oz.) can black olives, drained and sliced
- 4 cups shredded Cheddar cheese

Preparation

Prepare spaghetti according to package instructions.

Place sausage in a large, deep skillet. Cook over medium high heat until evenly browned and drain well.

In a large bowl, mix together cooked sausage, spaghetti, tomatoes, olives, and shredded cheese. Serve immediately.