

GROCERYOUTLET

bargain market™

\$3-A-Day for Everyone!

Grocery Outlet wants our customers to have healthy, inexpensive options every day to feed their families—it's why we work so hard to give you the best values at the lowest prices in town. In this brochure, we're providing breakfast, lunch, and dinner recipes that you can mix and match to eat for about \$3 a day. Price-per-serving is shown and we also included a shopping list with the ingredients for these recipes.

Since our amazing deals come and go regularly, inventories vary. Most items (frozen vegetables, dried fruit, granola/trail mix, etc.) can be swapped out for a similar item, and we encourage you to test out different products to suit your taste. Also, some "pantry" items are included in the recipes—items like salt, pepper, and olive oil that most cooks have on hand. We priced items in our inventory as of the date of this publication. When you shop, prices may not be exactly what we quoted, but we can guarantee that they're an incredible bargain.

Breakfast

Cinnamon Apple Oatmeal

1 cup water
1/4 tsp. salt
½ cups quick cooking oatmeal
1 med. apple, peeled and grated
1 tsp. cinnamon
Sugar to taste

Bring water and salt to boil in saucepan. Stir in oatmeal, apple, and cinnamon. Reduce heat and cook 1 minute until water is absorbed. Serve hot with sugar sprinkled on top. *Serves 1 ~45¢ per serving*

Veggie Omelet

2 eggs
¼ cup chopped onion
½ green bell pepper, chopped

On medium heat, in a small non-stick skillet, sauté onions and bell pepper until soft. Remove from skillet. Whisk eggs together in a small bowl, add to heated skillet and cook both sides one minute each. Add sautéed onion and bell pepper on top of eggs, and flip over half of the eggs onto the veggies, making an omelet. Serve hot. *Serves 1 ~65¢ per serving*

Salsa Scramble

2 eggs
¼ cup cheddar cheese, grated
¼ cup salsa

Whisk eggs together in a small bowl. In a small skillet on medium heat, scramble eggs and cheese. Cook to desired doneness. Top with salsa. Serve hot. *Serves 1 ~\$0.67 per serving*

Sunny Breakfast Idea: complement these recipes with bacon, sausage, hash browns or orange juice from our frozen and deli sections at prices sure to perk up your morning. That will get you sunny side up!

Lunch

Chicken Tacos

1 tbsp. vegetable oil
½ cup minced onion
2 garlic cloves, minced
½ cup tomato sauce
1 tsp. cumin
½ tsp. salt
1 lb. shredded, cooked boneless skinless chicken breast
6 corn tortillas

Heat the oil in a large skillet over medium heat. Add the onion and garlic, sauté until the onion has softened, about 6 minutes. Add the tomato sauce, cumin, and salt and continue to cook for one more minute. Add the chicken and cook until heated through, about 3 minutes. Taste, and adjust the seasoning if necessary. Serve in tortillas. *Serves 3 (2 tacos per serving) ~\$0.92 per serving*

Speedy Chili

1 26 oz. jar pasta sauce
1 15 oz. can kidney beans
1 tsp. chili powder
1 cup shredded cheddar cheese
3 cups rice

Prepare rice according to package directions. In a medium sauce pan combine pasta sauce, beans, and chili powder. Cover; simmer on low heat for 10 minutes, stirring occasionally. Top with cheese and serve hot over rice. *Serves 6 ~92¢ per serving*

Vegetable Stir-Fry with Chicken

½ cup rice
1 ½ tbsp. vegetable oil
1 cup frozen vegetable stir-fry mix
3 oz boneless skinless chicken breast

Prepare rice according to package directions. Heat the oil a frying pan or wok on medium to medium-high heat. Add chicken and cook until no longer pink. Add vegetables and cook until tender. Serve over rice. *Serves 1 ~\$1.19 per serving*

Quesadilla

2 corn tortillas
¼ cup cheddar cheese
¼ cup chopped, sautéed onions

½ cup black or pinto beans, cooked
4 tbsp. salsa

Cook beans according to directions. Warm tortillas in a non-stick skillet on medium-low heat. Add cheese and onions on top of one tortilla and place the other tortilla on top of the cheese. Cook 1-2 minutes on both sides. Serve with salsa and beans. *Serves 1 ~\$0.99 per serving.*

Snacks

We have many easy prep snacks at Grocery Outlet, many of which might already be your favorites:

Celery Sticks

~12¢ per serving (1/4 of a bunch)

Carrot Sticks

~22¢ per serving (1 carrot)

Yogurt

~33¢ per serving (8 oz. yogurt)

Apple

~33¢ per serving (1 medium-sized apple)

Hard-Boiled Egg

~17¢ per serving (1 egg)

Dinner

Hearty Angel Hair Pasta

½ lb. angel hair pasta
1 lb. ground beef
½ cup chopped carrots
½ cup chopped onion
1 15 oz. jar pasta sauce
1 16 oz. can Garbanzo beans
1 4 oz. package parmesan cheese

Cook angel hair pasta as package directs; drain. In a large skillet, over medium-high heat, cook ground beef until browned. Add carrots and onion; cook and stir until vegetables are tender. Add pasta sauce and beans; simmer about 10 minutes or until heated through. Serve over pasta. Sprinkle with parmesan cheese. *Serves 6 ~\$1.47 per serving*

Chicken Enchiladas

1 lb. boneless skinless chicken breast, cut into thin strips
4 tsp. chili powder
2 tsp. olive oil
1 ½ tsp. ground coriander
1 tsp. cumin
4 green onions
½ tsp. salt
½ cup minced fresh cilantro, divided
6 corn tortillas
½ cup salsa
1 cup enchilada sauce, divided

Sprinkle chicken with chili powder. In a large non-stick skillet lightly coated with non-stick spray, cook chicken in olive oil over medium heat until juices run clear. Sprinkle chicken with coriander and cumin; stir until blended. Add the onions, and salt; cook for 2 minutes longer. Remove from heat. Stir in ¼ cup cilantro, and ½ cup enchilada sauce.

Spread 2/3 cup filling down the center of each tortilla. Roll up and place seam side down in a 13 X 9 inch baking dish lightly coated with non-stick cooking spray. Combine salsa and remaining cilantro and enchilada sauce; pour over enchiladas. Cover and bake at 375° for 25 minutes or until heated through. *Serves 3 (2 enchiladas per serving) ~\$1.36 per serving*

Tilapia with Garlic Rub

Rub:

1 ½ tsp. olive oil
2 tbsp. garlic powder
2 tbsp. parsley flakes
1 tsp. paprika
1 tsp. chili powder
½ tsp. sea salt

Fish:

1 lb. tilapia fillets, thawed, rinsed and patted dry
½ cup flour
2 tbsp. olive oil
1 tbsp. fresh cilantro, minced
1 lime wedge

Side:

4 cups frozen stir-fry vegetables
2 tbsp. olive oil

Mix rub ingredients in a medium bowl. Set aside. Coat fish with flour. Heat 2 tablespoons olive oil in a non-stick skillet on medium heat. Place fish in skillet. Cook on one side for 3 to 4 minutes. Turn and brush on the garlic rub and add cilantro. Cook 3 to 4 minutes. Remove fish from skillet and squeeze lime juice over all.

In a separate skillet, heat 2 tbsp. oil on medium heat. Cook stir-fry vegetables until tender. Serve with tilapia. *Serves 4 ~\$1.65 per serving*

Suggested Sides

After all of our recipes have been made, you'll still have a lot left over from your shopping list. We suggested adapting these items as sides:

Black or Pinto Beans

½ cup ~32¢ *per serving.*

Rice

½ cup ~25¢ *per serving.*

Applesauce

½ cup ~25¢ *per serving.*

Frozen Vegetables

1 cup ~57¢ *per serving.*

Shopping List

This is a shopping list of the ingredients you'll need to make these dishes and sides. Please review the recipes to determine your serving size, and buy the quantity of each item you'll need. These prices are for individual items, not for the program as a whole. The cost per serving is listed on each recipe.

We're including the prices we got when we shopped this list, but please note that prices will vary by season and availability.

Amount	Food	Appx. Price*
Bag	Apples	3.99
Bag	Carrots	1.29
Bunch	Celery	.50
Bunch	Cilantro	.50
1	Green Bell Pepper	.79
Bunch	Green Onions	.50
1	Lime	.25
Bag	Onions	1.59
1 lb package	Angel Hair Pasta	.99
Package	Corn Tortillas	1.79
1 lb package	Oatmeal	1.50
1 lb bag	Rice	.99
1 lb	Boneless Skinless Chicken Breast	1.99
56 oz package	Frozen Stir Fry Vegetables	3.99
16 oz package	Frozen Tilapia	3.99
1 lb	Ground Beef	1.99
1/2 lb package	Cheddar Cheese	1.99
4 oz package	Parmesan Cheese	1.99
1 dozen	Eggs	1.99
8 oz	Yogurt	.33
8 oz jar	Salsa	1.29
10 oz can	Enchilada Sauce	.79
26 oz jar	Pasta Sauce	1.49
8 oz can	Tomato Sauce	.69
16 oz can	Garbanzo Beans	1.29
15.5 oz can	Kidney Beans	.99
24 oz jar	Applesauce	1.49
15.5 oz can	Black Beans	1.29

We shopped this list in early 2009. Prices vary over time, especially on commodity products like eggs, dairy, meat and fresh produce. These are Grocery Outlet prices—the cost will be higher if you shop at a conventional grocery store. Thanks for your business. We look forward to seeing you soon!