

We've solved the what's for dinner dilemma for you every week with our brands. Your list, your recipes...now you're cooking!

Shopping List

- Raley's Black Angus Beef Chuck Roast **3,4**
- R Everyday Boneless Skinless Chicken Breasts **2**
- Raley's French Bread/Optional (Bakery) **1,2, 3,4**
- Raley's Fine Produce Romaine Lettuce, Red potatoes 1½ lb., any onions, green onions, Raley's tomatoes (packaged), Raley's bagged baby carrots **1, 2, 3, 4**
- Any Spinach Leaves **1**
- Raley's Shredded Cheddar Cheese **2, 4**
- Sunnyside Farms Sour Cream **2, 4**
- Raley's Dijon Mustard **3**
- Raley's Chili Seasoning Mix **4**
- Raley's Balsamic Vinaigrette **1**
- Raley's Condensed Cream of Mushroom Soup **2**
- Raley's Beef Broth **3, 4**
- Raley's Garbanzo Beans **1**
- Raley's Diced Fire Roasted Tomatoes **4**
- Raley's Chili Beans **4**
- Raley's Kalamata Olives **1**
- Raley's Pasta (any variety) **2**
- Raley's Steam-in-the-Bag Asparagus Spears **2**
- Frozen Full Circle Ahi Fillets **1**
- Raley's Seasoned Southwest Vegetable Blend (Frozen item, there are several varieties) **4**
- Poppy Cellars Zin or Cab (or other red wine) **3**

Numbers match ingredients to recipes.

Next Day Favorites

Leftover-tastic!

4 Pot Roast & Two Bean Chili

Prep: 10 minutes **Cook:** 25 minutes
Serves: 4 to 6

- 1** (15-oz.) can Raley's Chili Beans
- 1** (14 1/2-oz.) can Raley's Diced Fire Roasted Tomatoes
- 1** (12-oz.) package Raley's Seasoned Southwest Vegetable Blend, thawed
- 1** (1.25-oz.) packet Raley's Chili Seasoning Mix
- ½** cup Raley's Beef Broth
- 1½-2 cups** leftover pot roast cubes
- Sunnyside Farms Sour Cream, Raley's Shredded Cheddar Cheese and sliced green onions (optional toppings)

1 Mediterranean Ahi Salad

Prep: 15 minutes **Cook:** 3 to 4 minutes **Serves:** 2

May substitute with grilled chicken breast.

Sear 2 thawed Full Circle Ahi Fillets on both sides in a small amount of oil over high heat. Remove from skillet and set aside. Place Raley's Fresh Spinach into 2 salad bowls. Top with diced tomatoes, sliced cooked red potatoes and Raley's Garbanzo Beans. Cut ahi into strips and lay over salad. Drizzle with Raley's Balsamic Vinaigrette and top with pitted Raley's Kalamata Olive wedges if you like.

Nutrition per serving: 300 calories, 71 g protein, 23 g total fat (9 g sat.), 20 g carbohydrate, 2 g fiber, 3 g sugar, 185 mg cholesterol, 310 mg sodium, 13 points

2 Saucy Chicken and Pasta

Prep: 10 minutes **Cook:** 20 minutes **Serves:** 4

- 1** tbsp. Sunnyside Farms Butter
- 1** to **1¼** R Everyday boneless, skinless chicken breasts, cut into bite-size strips
- 1** (10.5-oz.) can Raley's Cream of Mushroom Soup
- ½** cup Raley's Shredded Cheddar Cheese (preferably sharp)
- ½** cup Sunnyside Farms Sour Cream
- ¼** cup water
- 1** tsp. Raley's Italian Seasoning
- 2** green onions, sliced
- 1** (12-oz.) package Raley's Steam-in-the-Bag Asparagus Spears
- Hot cooked Raley's Pasta, any variety

- 1.** Melt butter in a large nonstick skillet. Add chicken and cook over medium-high until browned on all sides.
- 2.** Stir together soup, cheese, sour cream, water, Italian seasoning and green onions; pour over chicken. Cover and cook over low heat for 10 minutes more.
- 3.** Cut asparagus into 1-inch pieces and add to skillet. Cook until asparagus is hot. Serve over pasta.

Nutrition per serving: 500 calories, 46 g protein, 21 g total fat (10 g sat.), 30 g carbohydrate, 4 g fiber, 2 g sugar, 130 mg cholesterol, 740 mg sodium, 11 points

3 Savory Pot Roast

Prep: 10 minutes **Cook:** about 3 hours **Serves:** 6 to 8
Save 2 cups of roast for leftover chili recipe.

Finish the meal off with a green salad and crusty French bread from our Bakery.

- 1** large Raley's Black Angus Beef Boneless Chuck Roast
- Raley's Sea Salt, Pepper and Italian Seasoning
- 1** large onion, cut into 8 wedges
- 1** lb. small red potatoes, quartered
- 2** large carrots, peeled and cut into 1/2-inch thick slices
- 1** cup Raley's Beef Broth
- ½** cup Poppy Cellars Zin or Cab (red wine)
- 3** tbsp. flour
- 1** tbsp. Raley's Dijon Mustard

- 1.** Preheat oven to 350°F.
- 2.** Season roast lightly with salt, and liberally with pepper and Italian seasoning. Place in a shallow baking dish along with vegetables.
- 3.** Whisk together broth, wine, flour and mustard and pour over meat and vegetables. Cover and bake for 3 hours or until roast is very tender.

Nutrition per serving: 600 calories, 71 g protein, 23 g total fat (9 g sat.), 20 g carbohydrate, 2 g fiber, 3 g sugar, 185 mg cholesterol, 310 mg sodium, 13 points

- 1.** Stir together all ingredients except toppings in a large saucepan and bring to a boil.
- 2.** Reduce heat and simmer, covered, for 20 minutes.
- 3.** Ladle into bowls and top with sour cream, cheese and green onions, if you like.

Nutrition per serving: 380 calories, 29 g protein, 15 g total fat (5 g sat.), 33 g carbohydrate, 10 g fiber, 8 g sugar, 75 mg cholesterol, 850 mg sodium, 8 points