

make the most of your dinner dollars

Once again,
Publix has compiled some
delicious dinner options
that will feed four people
for under \$15. Your family
will love the taste, and
you'll love the price.



February
Meal Deal
Savings

Publix[®]

WHERE SHOPPING IS A PLEASURE[®]



Plan to Save

With just a few easy strategies,
you can save money with every
trip to Publix and every meal
you prepare at home.

Use Apron's

Publix Apron's Simple Meals makes it easy to eat at home with your family instead of going out. Pick up recipes in the store or go to publix.com/aprons.

Cook ahead

When you have free time, cook up some big batches of your family's favorite foods. Chili, casseroles, and the like can be frozen for easy weeknight meals.

Plan your snacks

Be prepared for when the munchies strike at the office. Instead of hitting the vending machine, be ready with a snack you've packed at home.

BOGO for it

When you see buy-one-get-one-free deals or other sales on non-perishables or freezable foods, buy in bulk.

Let the insert guide you

Shop the Publix weekly ad insert to maximize your savings. You can save hundreds of dollars every week!

Get the advantage

Enjoy special savings on over 1,000 Advantage Buy items every week. We negotiate extra low prices and pass the savings on to you.

Beef Stir Fry and Rice

Total Time: 25 minutes (Makes 4 servings.)

- 1 lb Publix Beef Flank Steak
(or use chicken or boneless pork chops)
- 3/4 cup Publix Premium Roasted Asian Sesame Salad Dressing, divided
- 2 cups Publix Instant White Rice
- 1 (16-oz) bag frozen Publix Japanese Blend Vegetables
(broccoli, green beans, red peppers, mushrooms)
- 2 tablespoons Kikkoman Soy Sauce

1. Cut steak into 3-inch sections and then cut across the grain into 1/4-inch-thick slices. Place steak in large zip-top bag with 1/2 cup dressing; seal bag and let stand 10 minutes to marinate. Meanwhile, cook rice following package instructions. (Use 1/4 cup less water for improved results.)
2. Preheat large sauté pan (or wok) on high 2–3 minutes. Add meat; cook 3 minutes, turning to brown as needed.
3. Add vegetables; cook and stir 4 more minutes or until vegetables begin to soften. Stir in soy sauce and 1/4 cup dressing. Serve over rice.

Serving Suggestion: Complete your meal with regular or mini-size egg rolls.

Super Duper Cheeseburger Meal

Total Time: 15 minutes (Makes 4 servings.)

- 1 1/4 lb Publix Chuck Ground Beef
- 1 cup frozen Publix Chopped Onions
- 1 (8-oz) jar Kraft Plain Cheez Whiz
- 8 Publix Hamburger Buns
- 1 (12-oz) bag Eat Smart Vegetable Medley
(carrots, broccoli, cauliflower)
- 1/2 cup Hidden Valley Ranch Dressing

1. Preheat large sauté pan on medium-high 2–3 minutes. Place ground beef and onions in pan. Season with salt and pepper, if desired; cook 5–7 minutes, stirring to crumble meat, or until beef is brown and no pink remains.
2. Drain ground beef; return to pan. Stir in cheese sauce; cook and stir 2–3 minutes or until thoroughly heated. Spoon meat mixture into buns.
3. Serve with vegetables and ranch dressing for dipping sauce.

Serving Suggestion: Make these into fun-size sliders by serving on 12 Publix Bakery Dinner Rolls. Complete your meal with a fresh apple pie.

Red Beans and Rice Dinner

Total Time: 30 minutes (Makes 4 servings.)

- 1 (14-oz) pkg. Hillshire Farm Turkey Smoked Sausage
- 1 (8-oz) pkg. Zatarain's Red Beans and Rice Mix
- 3 1/2 cups water
- 1 (7.5-oz) pkg. Martha White Corn Muffin Mix
- 2 (15-oz) cans Glory Foods Seasoned Turnip (or Mixed) Greens

1. Preheat medium saucepan on medium-high 2–3 minutes. Cut sausage into bite-size pieces. Place sausage in pan; cook 3–4 minutes or until sausage begins to brown.
2. Stir in water and rice mix; continue to cook following package instructions. Prepare corn muffins following package instructions.
3. About five minutes before serving, heat turnip greens in microwave following package instructions.

Serving Suggestion: Complete your meal with corn on the cob and serve whole or sliced berries with whipped topping for dessert.

Cheese Tortellini Alfredo

Total Time: 20 minutes (Makes 4 servings.)

- 1 (19-oz) bag frozen Publix Cheese Tortellini
- 1 (8-oz) Publix Bakery Crusty White Baguette
- 1 (15-oz) jar Classico Creamy Alfredo Pasta Sauce
- 1 (16-oz) bag Publix Classic Salad Blend
(iceberg lettuce, carrots, red cabbage)
- 1/2 cup Hidden Valley Ranch Dressing

1. Prepare tortellini following package instructions. Slice bread; set aside.
2. Drain tortellini and return to same pan on medium heat. Stir in Alfredo sauce; cook and stir 5–7 minutes or until thoroughly heated.
3. Combine salad blend and dressing; toss until evenly coated. Serve.

Serving Tip: Coat bread with garlic butter and broil just until lightly browned.