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Scr	umptious Sit-Down Meals	Sit-Down Meals She	
	Feed Your Family For Less!	0	
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## **SAUSAGE & PANCAKE CASSEROLE**

- 1 lb loose country sausage 4 cups flour
- 1/4 cup white sugar 1/4 cup light brown sugar 4 tsp baking powder 1/2 tsp salt

4 large eggs 2 1/2 cups whole milk 1/4 cup vegetable oil 1 tsp vanilla extract Maple syrup

Preheat oven to 375°F. Coat a 9"x13" baking dish with cooking spray. Brown sausage in a skillet over medium heat, drain and set aside

In a large bowl, mix together the flour, sugars, baking powder and salt. Stir in the eggs, milk, oil, and vanilla to form a batter. Add the sausage and combine. Pour into the baking dish.

Bake for 20-25 minutes, until an inserted toothpick comes out clean. Cool for 10 minutes before serving with maple syrup.

## **CHICKEN PARM WITH PEPPERONI**

2 large eggs 1/4 cup whole milk 1/2 cup flour 3/4 cup canola oil 1 (15 oz) can tomato sauce 1/2 cup grated Parmesan 1 tsp salt chees 1/2 tsp pepper 2 cups panko bread crumbs 2 lb boneless skinless cup shredded mozzarella 1/4 lb sliced pepperoni chicken breasts, pounded

to 3/4" thickness Preheat oven to 400°F.

- Beat the eggs with the milk in a pie pan. Mix flour, salt and pepper in a pie pan. Spread panko in a third pie pan.
- Dredge chicken in flour mixture, then dip in the egg mixture, then into the panko, pressing to coat well.
- Heat oil over medium high heat in large skillet and add chicken. Fry until cooked thoroughly (about 8 minutes).

Place cooked chicken on a rimmed baking sheet (cover with foil for easy clean-up). Top with tomato sauce, cheeses and pepperoni.

Bake for 10-15 minutes or until cheese is melted and bubbling.

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	SLOW COOKER MEAT	Y SPAGHETTI S <i>i</i>
	2 (28 oz) cans tomato puree 1 lb loose hot Italian sausage 1 lb loose sweet Italian sausage 1 lb chopped chuck Salt & pepper 1 large onion 1 Tbsp minced garlic	1 1/2 cups water 1 (12 oz) can tomato pa 1/4 cup grated Parmesa cheese 1 Tbsp dried basil 1 Tbsp dried oregano 1 Tbsp dried parsley

For easy clean-up, place a cooking liner in your sl Put tomato puree in slow cooker and turn heat to

Cook sausages and chopped chuck until browned cooked thoroughly. Season with salt and pepper t Remove meat from the skillet with a slotted spoor tomato puree.

In the skillet used to cook the meat, cook the onio lightly browned. Add the garlic in the last minute Remove onion with slotted spoon and add to mea

Stir water and tomato paste together in the skillet with onions. Cook over low heat until slightly thick 15 minutes). Add in Parmesan and spices and stir Add to meat mixture. Cook on Low for at least 3 h

DOUBLE D	ECKER TACOS				
1 lb chopped Chuck 1 (1 oz) package taco seasoning mix 1 (16 oz) can refried beans 1/4 cup of water 8 hard taco shells	4 (8") flour tortillas Favorite taco toppings: Lettuce chopped tomato, shredded cheddar cheese, sour cream, taco sauce, avocado				
Brown chopped chuck. Drain and add taco seasoning mix according to package instructions.					
Vhile beef is simmering, combine refried beans and 1/4 cup vater and heat until simmering.					
Preheat oven to 300°F. Place for 5 minutes.	hard taco shells in the oven and				

Spread 1 tortilla with a coating of refried beans V beans side in, around 2 hard taco shells and pres

Repeat with remaining taco shells and tortillas.

Fill the taco shell with desired amount of meat an favorite toppings.

## SAVE



VIEals	Specia	A STUER		
	1 Jin	Finds AT MAX SAVER PRICES!		
	Cento Marinated Anchovies	Cento Nonpareil Capers		
ater tomato paste	\$ <b>3.99</b>	<sup>3 oz</sup> \$2.29		
ed Parmesan basil oregano	Cento Panko Bread Crumbs 8 oz	Cento Breadsticks 4.25 oz		
parsley Iow cooker. I Low.	<sup>\$</sup> 1.99	<sup>\$</sup> 1.99		
d and to taste. on and add to	Cento Tomato Paste 6 oz	Cento Organic Cherry Tomatoes 14.5 oz		
on until of cooking.	<b>99</b> ¢	<sup>\$</sup> 1.99		
ats. t used kened (about r to combine.	Anna Long Fusilli 16 oz	Cento Marinated Roasted Peppers 12 oz		
hours.	<sup>\$</sup> 2.79	\$ <b>3.99</b>		
OS	Cento San Marzano Tomatoes	Cento Balsamic Glaze		
s ngs: Lettuce, shredded sour cream, ado	<sup>28 oz</sup> \$ <b>3.99</b>	\$ <b>7.99</b>		
ning mix and 1/4 cup of	wild			
the oven and heat	HARVEST®			
Wrap the tortilla, ss to adhere.	WILD HARVEST ORG HONEY BEAR	<sup>4N/C</sup> \$4.69		
nd finish with your	WILD HARVEST ORGANIC KETCHUP 20 0Z	\$2.79		
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