

SIMPLY

Schnucks

Great

BIG

MEALS

AT

Great

LOW

PRICES

**\$50 FEEDS THE
FAM ALL WEEK**
pg. 14

**NO MORE
FOOD WASTE!**
pg. 22

**FRUGAL
FREEZER MEALS**
pg. 28

FREE

schnucks.com/simplyschnucks

SEP-OCT

2021 **contents**

3

Start Strong and Save

The first step to affordable eating is a nutritious breakfast.

4

Fresh & Frugal

Produce is cheapest when it's in season and these six recipes take full advantage.

11

Dinner's Golden Goose

One Schnucks Rotisserie Chicken plus six go-to ingredients are all you need for a satisfying meal.

14

Feed your Fam All Week for Under \$50!

Save time and money with our M-F meal plan.

22

Taste, Not Waste!

Turn scraps into savings with recipes that utilize all those leftover bits and bobs.

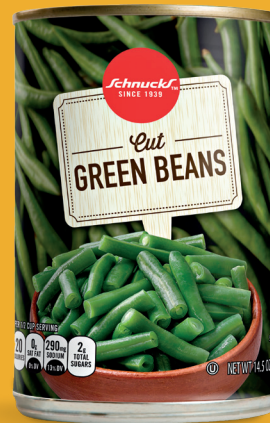
28

Sub-Zero Savings

Extend the life of your food and add a bit of time back into your day.

Perfect
frozen pasta

pg.29



Great Low Prices!

At Schnucks, we offer over 1,000 lower prices on the things that you buy most—just look for the tags! Whether you're shopping for fresh produce, frozen meals, salty snacks or sweet treats, we guarantee that you'll be getting the best quality at a great low price.

KEY: ● Quick (30 minutes or less) ● Easy ● Budget Friendly ● Dietitian Pick

BREAKFAST



7 Tuscan Frittata

CONDIMENTS, INGREDIENTS & RECIPE-STARTERS



17 Easy Pickled Red Onion



23 Thrifty Salad Dressing



23 Cinnamon-Cayenne Croutons



23 Garlic-Parmesan Croutons



24 Rotisserie Chicken Stock



26 Clever Leftover Crumb Crust

SALADS & SOUPS



13 The Simplest Ramen Chicken Salad



21 Roasted Carrot Salad



21 Baked Potato Soup



23 Autumn Crunch Salad



24 Tuscan Sausage & Kale Soup

DESSERTS



27 Taffy Apple Ice Cream



27 Chocolate Pumpkin Pie

MAINS



4 Schnitzel with Spiced Apples



5 Cider-Braised Autumn Veggies



7 Country Cauliflower Casserole



8 Mac & Cheese with Kale Chips



8 Brown Butter Broccoli Steaks with Sweet Potato Mash



11 Easy Chicken Enchiladas



13 Buffalo Chicken Pot Pie



17 Homestyle Braised Beef



17 Braised Beef Tacos with Chimichurri



21 Potato Pancakes with Onion Gravy & Smoked Sausage

Use this coupon to save even more when making a recipe from **Dinner's Golden Goose** (pg.11).





\$5

ROTISSERIE CHICKEN

Hot or Cold



Valid 9/1 - 11/2, Limit of 1. Offer valid while supplies last. No rain checks.

SIMPLY

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THE BEST QUALITY

AT A GREAT
LOW PRICE

LOOK FOR THE TAGS

Schnucks

start strong & save

Conquer cravings and your budget with the most important meal of the day! Not only are these breakfast foods affordable from the get-go, but thanks to their dense nutrient profile, they also keep you full longer.



ROLLED OATS

This whole grain is full of fiber for long-lasting energy. Make overnight oats to simplify your a.m. routine or take just a few minutes in the morning to prepare a hearty, warm breakfast. A bowl of oats is the perfect blank canvas for tasty toppings—sweeten it up with fresh fruit and nuts, or go savory with eggs and sautéed veggies.

NATURAL PEANUT BUTTER

Made with just one simple ingredient—peanuts—Schnucks Natural Peanut Butter is an affordable way to power up with extra protein. Dollop onto oatmeal, spread on a banana or schmear onto whole-wheat toast for an invigorating addition to breakfast.

EGGS

Packed with protein and a variety of vitamins like Vitamin B12 & Vitamin D, eggs are a breakfast no-brainer. Scrambled, fried or boiled—eggs can be eaten by themselves, piled onto toast or baked with veggies for a well-balanced breakfast

APPLES

An apple a day may not really keep the doctor away, but they do boast plenty of nutritious benefits such as Vitamin C and fiber. Great for on-the-go grazing and delicious when sliced and cooked with a pinch of cinnamon, apples are an ideal companion for yogurt, oatmeal or peanut butter toast.

LOW-FAT MILK

Whether you're making a bowl of cereal, mixing up a smoothie or just pouring yourself an ice-cold glass, opt for low-fat milk in your morning meals. Loaded with calcium, protein and Vitamin D, milk has the nutrients to support healthy bones and teeth.

BANANAS

The benefits of bananas are ... well, bananas. This tasty fruit packs fiber, potassium and B-vitamins into a convenient—(and affordable) package that makes for a great grab-and-go breakfast on its own or topped with nut butter. Bananas are also delicious when sliced onto your morning cereal or toast.

GREEK YOGURT

Starting the day with yogurt will make your belly happy. Not only does it taste delicious, but it's also full of probiotics that support a healthy gut and immune system. Customize with your favorite fresh fruit for an extra boost of flavor and nutrition.

AVOCADO

An excellent source of fiber and full of healthy fats, avocados are nutritional powerhouses that provide for some truly nourishing noshing. Smash and spread onto whole-wheat toast, chop and fold into an omelet or blend into a smoothie to add some extra substance to your morning meal.

fresh and frugal

The secret to nutritious meals on a budget? Make the most of produce during its peak season—when it's at its cheapest. Whether you're a vegetarian or just looking to add more fresh ingredients to your meals, we'll show you how to do both affordably.



Join us on September 9 for a **free online cooking class** dedicated to making this recipe. Register today at SchnucksCooks.com.



cheap eats
your way!

Swap pork chops for **two eggplants**, cut into ¼–½-inch planks. Salt generously on both sides and transfer to paper towels; let sit 30 minutes. Pat dry. Bread and fry as directed.

Schnitzel with Spiced Apples

SERVES: 4

ACTIVE: 40 MIN - **TOTAL:** 40 MIN

Cut **two apples** into 8 wedges each and set aside. Using a meat mallet or rolling pin, pound **four 6-oz. boneless pork chops** until they are ¼-inch thick. In a shallow dish, combine **1 cup flour**, **½ tsp. salt** and **½ tsp.**

black pepper. In another shallow dish, whisk together **three large eggs**. In a third dish, combine **3 cups panko breadcrumbs** and **½ tsp. salt**. In a large high-sided skillet, heat ½ inch **Schnucks canola oil** over medium-high heat. Coat pork in flour mixture, then eggs, then panko mixture. Working in batches (do not overcrowd), fry 6 minutes or until deep golden brown, turning once halfway

through. In a medium skillet, heat 2 tbsp. butter over medium heat. Add apple wedges, **½ tsp. cinnamon** and **¼ tsp. nutmeg**; cook 5–6 minutes or until apples are just tender. Serve pork topped with apple mixture and, if desired, **chopped fresh parsley**.

PER SERVING: CAL 663, FAT 23G (8G SAT. FAT), CHOL 267MG, SODIUM 509MG, CARB 61G (5G FIBER, 11G SUGARS), PRO 50G

Cider-Braised Autumn Veggies

SERVES: 4

ACTIVE: 20 MIN - TOTAL: 1 HR

Prep ingredients: trim and halve $\frac{3}{4}$ lb. **Brussels sprouts**; cut **one 1½-lb. head of red cabbage** into 8 wedges; cut **1½ lbs. acorn squash** into 8 wedges and remove seeds; coarsely chop **one large onion**. In a large pot, heat **2 tbsp. Schnucks olive**

oil over medium-high heat. Add Brussels sprouts to pot and cook about 5 minutes or until browned, stirring once; remove with a slotted spoon and set aside. Add cabbage to pot and cook 6–8 minutes or until browned, turning once halfway through; remove and set aside. Add squash and onion to pot and cook 6–8 minutes or until browned, turning once halfway through. Return Brussels sprouts and cabbage to pot. Add $\frac{3}{4}$ cup

Schnucks apple cider vinegar, $\frac{3}{4}$ cup **apple cider**, **3 tsp. minced garlic**, **2 tsp. smoked paprika**, $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **crushed red pepper**. Cover and simmer 20–25 minutes or until desired doneness, stirring occasionally. To serve, top with **Schnucks sour cream** and additional smoked paprika, if desired.

PER SERVING: CAL 373, FAT 8G (1G SAT. FAT), CHOL 0MG, SODIUM 448MG, CARB 73G (16G FIBER, 30G SUGARS), PRO 12G

cheap eats
your way!

Swap cabbage wedges for **1½ lbs. bone-in chicken thighs**. Prepare as directed.



cheap eats
your way!

Swap sausage for **1 head of broccoli**. Separate broccoli into florets and add to skillet 10 minutes after adding cauliflower and broth. Continue as directed.



◀ Country Cauliflower Casserole

SERVES: 6

ACTIVE: 25 MIN - **TOTAL:** 1 HR 25 MIN

In a large ovenproof skillet, bring 2 cups salted water to a boil. Stir in **1 cup brown rice**. Reduce heat. Cover and simmer for 30 minutes. Prep ingredients: cut **1 head cauliflower** into florets; chop **5 oz. kale** to yield 2 cups; dice **one onion**. After rice has cooked for 30 minutes, add cauliflower to skillet along with **2 cups Schnucks vegetable broth** and return to a boil. Reduce heat and simmer, stirring occasionally, 25–30 minutes. Drain and rinse **one 15-oz. can butter beans**; add to skillet along with kale. Season with salt and pepper, if desired. Transfer mixture to a large bowl; cover to keep warm.

Preheat oven to 450 degrees. Return skillet to stovetop and brown **1 lb. Schnucks ground sausage** over medium heat. Push sausage to one side of skillet and melt **1 tbsp. butter** in open area; sauté diced onion 5 minutes or until softened. Stir in **2 tsp. minced garlic** and **½ tsp. dried rosemary**; cook 1 minute more. Stir in **2 tbsp. flour** and whisk until combined. Slowly pour in **1½ cups milk**, whisking constantly until all milk is added and there are no flour lumps. Continue to cook 1–2 minutes more or until thickened and bubbly. Return rice mixture to pan and stir to coat. Combine **½ cup panko breadcrumbs** with 1 tbsp. melted butter and **½ tsp. dried rosemary**. Toss with **¼ cup grated Parmesan cheese**; sprinkle over rice mixture. Bake 4–5 minutes or until golden brown and bubbling around edges.

PER SERVING: CAL 504, FAT 21G (9G SAT. FAT), CHOL 66MG, SODIUM 1005MG, CARB 53G (7G FIBER, 4G SUGARS), PRO 26G

Tuscan Frittata ▶

SERVES: 6

ACTIVE: 15 MIN - **TOTAL:** 45 MIN

Prep ingredients: slice **one red bell pepper** and **one onion**; chop **5 oz. kale** to yield 2 cups. In a medium bowl, whisk together **12 eggs**, **½ cup Schnucks shredded Parmesan cheese** and **2 tbsp. chopped fresh basil** (or 1 tsp. dried); season with salt and pepper, if desired. Preheat oven to 450 degrees. In a large high-sided ovenproof skillet, brown **1 lb. ground Italian turkey sausage** over medium-high heat. Push sausage to one side of pan and heat **1 tbsp. Schnucks olive oil** in open area; sauté sliced pepper and onion for 5 minutes. Stir in kale and cook 3 minutes more or until vegetables are tender. Reduce heat to medium-low, pour egg mixture into skillet and continue to cook 6–8 minutes or until almost set, running a spatula around edge of skillet and lifting egg mixture so uncooked portion flows underneath. Transfer skillet to oven and bake 4–5 minutes or until top is set. Top with **¾ cup tomato sauce**, return to the oven and bake 3–5 minutes more or until warmed through. Let stand for 5 minutes. Slice and serve topped with additional Parmesan cheese and/or basil, if desired.

PER SERVING: CAL 357, FAT 21G (8G SAT. FAT), CHOL 419MG, SODIUM 1066MG, CARB 13G (3G FIBER, 7G SUGARS), PRO 29G



cheap eats
your way!

Swap the sausage for **1 lb. cooked, diced red-skin potatoes**. Add to skillet before adding egg mixture. Continue as directed.



*No Cast Iron?
No Problem!*

Any ovenproof pan will work for these recipes.

cheap eats *your way!*

Add **1 lb. Schnucks 31–40 ct. cooked shrimp** (tails removed) to baking dish at same time as pasta and cheese mixture. Continue as directed.

Mac & Cheese with Kale Chips

SERVES: 6

ACTIVE: 25 MIN - **TOTAL:** 40 MIN

Preheat oven to 300 degrees. On a sheet pan, toss **3 cups torn kale leaves** with **½ cup panko breadcrumbs**, **3 tbsp. olive oil**, **½ tsp. salt** and **black pepper** to taste. Roast 15–20 minutes or until crispy; set aside and preheat broiler. Meanwhile, prepare **one 16-oz. package Schnucks macaroni or pasta of choice** according to package. In a medium saucepan, whisk together **1½ cups milk**, **1 tbsp. flour**, **1 tsp. minced garlic**, **1 tsp. ground mustard**, **½ tsp. salt** and **black pepper** to taste. Cook over medium heat, stirring frequently, until bubbly and slightly thickened. Stir in **4 oz. cream cheese** until smooth. Remove from heat and stir in **1 cup Schnucks shredded cheese of choice** until melted. Pour cheese mixture over pasta; toss to coat and transfer to a large baking dish or ovenproof skillet. Toss **½ cup panko**

breadcrumbs with **1 tbsp. olive oil**; sprinkle over pasta mixture. Broil 3–5 minutes or until topping is golden brown—keep an eye on your food; the broiler works quick. Serve topped with crispy kale leaves.

PER SERVING: CAL 579, FAT 23G (9G SAT. FAT), CHOL 43MG, SODIUM 654MG, CARB 72G (4G FIBER, 4G SUGARS), PRO 20G

Brown Butter Broccoli Steaks with Sweet Potato Mash ►

SERVES: 4

ACTIVE: 25 MIN - **TOTAL:** 1 HR 10 MIN

Preheat oven to 425 degrees. Trim stems from **2 heads of broccoli** to 3 inches long, then cut heads lengthwise into ¾-inch “steaks.” Brush with **1 tbsp. melted Schnucks butter** and season with **½ tsp. salt**. Arrange on a baking sheet and roast 20–25 minutes or until tender and browned, turning once. Meanwhile, peel and dice **1½ lbs. sweet**

potatoes and add to a large saucepan. Cover with salted water and bring to a boil. Cook 12–15 minutes or until tender. Drain, then add **½ cup milk** and **2 tbsp. Schnucks butter**. Mash potatoes until smooth. Stir in **¼ cup Schnucks shredded Cheddar cheese** and **1 tsp. chopped fresh sage**. Season with salt and pepper, if desired, and set aside. In a small saucepan, heat **3 tbsp. Schnucks butter** over medium heat until bubbly. Fry **eight fresh sage leaves**—two at a time—for 30–60 seconds or until crisp. Remove with a slotted spoon and set aside. Continue heating butter, stirring frequently, 3–5 minutes or until browned and fragrant. Add **¼ cup chopped walnuts**; cook and stir 3 minutes more. Remove from heat and stir in **2 tbsp. balsamic vinegar**. Serve potatoes topped with broccoli steaks, butter mixture and fried sage leaves.

PER SERVING: CAL 452, FAT 26G (13G SAT. FAT), CHOL 55MG, SODIUM 794MG, CARB 49G (10G FIBER, 11G SUGARS), PRO 11G

cheap eats
your way!

Swap cooked broccoli for
4 small cooked boneless skinless
chicken breasts or boneless
pork loin chops.





what's fresh

As the days cool down and the trees begin to show their true colors, we also get to enjoy one of the most bountiful and diverse harvests of the year—and that means big savings on fresh fruits and veggies. Use the list of in-season produce below as a guide while planning your meals to take full advantage of early autumn's most delicious deals.

Apples**Beets****Bell Peppers****Broccoli****Cabbage****Cantaloupe****Carrots****Cauliflower****Celery****Chili Peppers****Cucumbers****Eggplants****Fennel****Garlic****Grapes****Green Beans**

Greens: Arugula, Collards, Kale, Spinach, Chard, Chicories, etc.

Herbs: Basil, Chives, Cilantro, Mint, Parsley, Rosemary, Sage, Thyme, etc.

Horseradish**Kohlrabi****Leeks****Mushrooms****Okra****Onions****Parsnips****Pears****Peas****Plums****Potatoes and Sweet Potatoes****Pumpkins****Radishes****Scallions****Shallots****Sprouts**

Squash: Acorn and Winter

Tomatillos**Tomatoes****Turnips**

dinner's golden goose

One Schnucks Rotisserie Chicken—made fresh in store—plus six go-to ingredients are all you need for an easy, economical entrée.



Easy Chicken Enchiladas

SERVES: 5

ACTIVE: 20 MIN - **TOTAL:** 1 HR

Preheat oven to 375 degrees. Pour $\frac{1}{2}$ cup enchilada sauce into bottom of a 3-quart rectangular baking dish. Shred meat from **1 Schnucks rotisserie chicken** and add to a large bowl with $1\frac{1}{2}$ cups cheese, $\frac{1}{2}$ cup enchilada sauce and green chiles. Spoon a heaping quarter cup of the filling onto each tortilla and roll up. Place filled tortillas, seam-sides-down, into prepared baking dish. Pour remaining enchilada sauce over top. Bake until heated through, 25–30 minutes. Sprinkle remaining cheese over top and bake until melted, about 5 minutes more. Let cool slightly. Serve topped with sour cream and pico de gallo.

PER SERVING: CAL 512, FAT 30G (12G SAT. FAT), CHOL 113MG, SODIUM 1871MG, CARB 35G (4G FIBER, 4G SUGARS), PRO 32G



Two 10-oz. cans Schnucks Red Enchilada Sauce, divided



One 8-oz. package Schnucks Shredded Mexican-Style Four Cheese Blend, divided



One 4-oz. can Schnucks Diced Green Chiles, drained



One package Schnucks 6-inch corn tortillas



Schnucks All Natural Sour Cream, to serve



Schnucks Fresh Pico de Gallo, to serve



1 tbsp. Schnucks
Olive Oil



One 16-oz. package
Schnucks Frozen
Florentine-Style
Vegetables, thawed



Two 10.5-oz cans
Schnucks
Condensed Cream
of Chicken Soup



½ cup Schnucks
Buffalo Sauce,
plus more to serve



One 16-oz. package
Schnucks Jumbo
Biscuits (8 count)



1 cup Schnucks
Shredded Cheddar
Cheese, divided



One
Schnucks Rotisserie Chicken



◀ Buffalo Chicken Pot Pie

SERVES: 8

ACTIVE: 15 MIN - **TOTAL:** 50 MIN

Preheat oven to 375 degrees. In a 12-inch high-sided ovenproof skillet, heat oil over medium-high heat. Add vegetables and sauté 5–8 minutes or until just tender. Shred meat from **1 Schnucks rotisserie chicken** and add to skillet along with condensed soup and buffalo sauce. Cook, stirring occasionally, until

mixture is hot and bubbly. Add $\frac{3}{4}$ cup cheese and stir until melted. Separate biscuits and arrange over top of chicken mixture. Transfer skillet to oven and bake 14–18 minutes or until biscuits are golden brown. Remove from oven and sprinkle remaining cheese over top. Let cool 10 minutes. Serve with additional buffalo sauce, if desired.

PER SERVING: CAL 446, FAT 22G (7G SAT. FAT), CHOL 64MG, SODIUM 2121MG, CARB 45G (3G FIBER, 5G SUGARS), PRO 22G



One 3-oz. package
ramen (any flavor)



One 14-oz. bag
Dole Classic Coleslaw
(or slaw of choice)



1 cup sliced
green onions



$\frac{3}{4}$ cup Full Circle
Asian Sesame
Ginger Dressing



One 15-oz. can
Schnucks Mandarin
Oranges, drained



$\frac{3}{4}$ cup Schnucks
Sliced Almonds

The Simplest Ramen Chicken Salad

SERVES: 6 - **ACTIVE:** 10 MIN - **TOTAL:** 10 MIN

Discard flavor packet from ramen and break noodles into pieces. Shred meat from **1 Schnucks rotisserie chicken** and add to a large bowl with remaining ingredients; gently toss to combine.

PER SERVING: CAL 434, FAT 28G (5G SAT. FAT), CHOL 58MG, SODIUM 859MG, CARB 31G (3G FIBER, 12G SUGARS), PRO 20G



Taste,
not waste!

When making any of these recipes, hold on to any chicken bones and scraps to make the **Rotisserie Chicken Stock** on page 24. Just add to a resealable bag and freeze until ready to use.

feed your


FAMILY

all week

for

UNDER \$50!

Less really is more; a smaller grocery bill, minimal meal planning and fewer hours in the kitchen. Stretch your dollar (and your time) further while cooking up five distinct, delicious meals that the whole family will love.



On Sunday, make **Easy Pickled Red Onion** and **Potatoes for the Week** (pg. 17). Then, on Monday, use prepared **Cheesy Mashed Potatoes** to make:

**Homestyle
Braised Beef**
pg. 17

Monday

Use prepared Easy Pickled Red Onion and
leftover Homestyle Braised Beef to make:

Braised Beef Tacos with Chimichurri



Tuesday

Stock your Pantry and Save!

Cooking from scratch is the best way to make the most of your grocery run. Stock up on these versatile ingredients so you'll be ready to make all of the recipes throughout this meal plan—and many more!

Baking:

All-Purpose Flour

Broths & Stocks:

Beef, Chicken

Condiments & Juices:

Lemon Juice, Minced Garlic, Hot Sauce (if desired), Dijon Mustard, Soy Sauce, Worcestershire Sauce

Dairy:

Butter, Milk

Oils:

Olive Oil, Vegetable Oil

Seasonings:

Black Pepper, Dried Basil, Ground Cayenne, Ground Cinnamon, Ground Cumin, Garlic Powder, Ground Ginger, Crushed Red Pepper, Salt, Dried Thyme

Sweeteners:

Brown Sugar, Honey

Vinegar:

Apple Cider Vinegar

Get the Goods!

SCAN with your phone camera to add the pantry items above to your Schnucks Rewards shopping list.



Potatoes for the Week

ACTIVE: 15 MIN - TOTAL: 1 HR 15 MIN

- 2½ lbs. russet potatoes
- ¾ cup Schnucks milk
- 2 tbsp. Schnucks butter
- 1 cup Schnucks shredded Cheddar cheese

Preheat oven to 425 degrees. Scrub potatoes, pat dry and prick all over with a fork. Bake 50–60 minutes or until very tender. Let cool and cut each potato lengthwise. Scoop out white portion and discard skins. Add potatoes to a large bowl and coarsely mash. Remove 2 cups from bowl; cover and refrigerate.

Make Cheesy Mashed Potatoes:

Continue to mash remaining potatoes until smooth. Stir in milk, butter and cheese. Season with salt and pepper, if desired. Cover and refrigerate until ready to serve.

Homestyle Braised Beef

SERVES: 8 (or 4 with leftovers*)

ACTIVE: 15 MIN - TOTAL: 3 HR

- 1 2½–3 lb. Schnucks Certified Angus Beef Bottom Round Roast, fat trimmed from meat, cut into 4 or 5 pieces
- 2 tbsp. Schnucks vegetable oil
- 2 tbsp. low-sodium soy sauce
- 1 tbsp. minced garlic
- 1 tbsp. Dijon mustard
- 1 tbsp. dried basil
- 2 tsp. fresh thyme (or ¾ tsp. dried)
- 1* lb. carrots, peeled and chopped
- 2* large red onions, chopped
- 4* cups Cheesy Mashed Potatoes (above), warmed

1. Heat oil in a large pot over medium-high heat. Add beef and brown on all sides. Drain fat. Combine 2 cups water, soy sauce, garlic, mustard and basil; pour over roast and bring to a boil. Reduce heat to low. Add thyme; cover and simmer for 2 hours.

2. Add carrots and onions to pot. Cover and simmer 1 hour more or until beef and vegetables are tender. Let cool slightly.

3. Coarsely shred beef using two forks*; toss with cooking liquid and vegetables. Serve over Cheesy Mashed Potatoes.

*Stick to the (Meal) Plan:

Use ½ lb. carrots, 1 onion and 2 cups mashed potatoes to feed four tonight and have enough beef left over to make *Braised Beef Tacos with Chimichurri* tomorrow. Remove half of the beef before tossing with veggies in step three; cover and refrigerate.

PER SERVING: CAL 454, FAT 26G (10G SAT. FAT), CHOL 120MG, SODIUM 372MG, CARB 21G (4G FIBER, 5G SUGARS), PRO 35G

Easy Pickled Red Onion

SERVES: 16

ACTIVE: 5 MIN - TOTAL: 4 HR 5 MIN

- 2 large red onions, sliced
- 2 cups Schnucks apple cider vinegar
- 1 cup warm water
- 2 tsp. salt

In a large bowl, stir together all ingredients. Cover and refrigerate at least 4 hours. Drain before serving.

PER SERVING: CAL 8, FAT 0G (0G SAT. FAT), CHOL 0MG, SODIUM 37MG, CARB 2G (0G FIBER, 1G SUGARS), PRO 0G

Braised Beef Tacos with Chimichurri

SERVES: 4

ACTIVE: 30 MIN - TOTAL: 40 MIN

- ¾ cup packed fresh parsley, plus more for serving
- ½ cup packed fresh cilantro
- ¼ cup Schnucks olive oil
- 2 tbsp. Schnucks apple cider vinegar
- 1½ tsp. minced garlic
- ¼ tsp. crushed red pepper
- 2 cups Homestyle Braised Beef (left) or taco filling of choice
- 8 small corn tortillas
- 1½ cups Easy Pickled Red Onion (above)
- 1 avocado, coarsely chopped
- 1 cup shredded red cabbage
- ½ cup crumbled feta cheese

1. Make chimichurri. In a food processor or blender, combine parsley, cilantro, olive oil, vinegar, garlic and crushed red pepper. Cover and mix until smooth. Season with salt and pepper if desired.

2. In a large microwave-safe bowl, combine braised beef and 2 tbsp. chimichurri. Cover and microwave on high 2 minutes or until hot, stirring every 30 seconds.

3. Heat a large griddle or large flat skillet over medium-high heat. Working in batches, add tortillas in a single layer to griddle and cook 1–2 minutes or until toasted, turning once halfway through.

4. Fill warm tortillas with beef. Top with pickled red onion, avocado, cabbage and feta. Serve with remaining chimichurri and additional parsley, if desired.

PER SERVING: CAL 688, FAT 46G (13G SAT. FAT), CHOL 120MG, SODIUM 547MG, CARB 32G (8G FIBER, 4G SUGARS), PRO 37G

Use prepared Easy Pickled
Red Onion to make:

Roasted Carrot Salad

pg. 21



Thursday



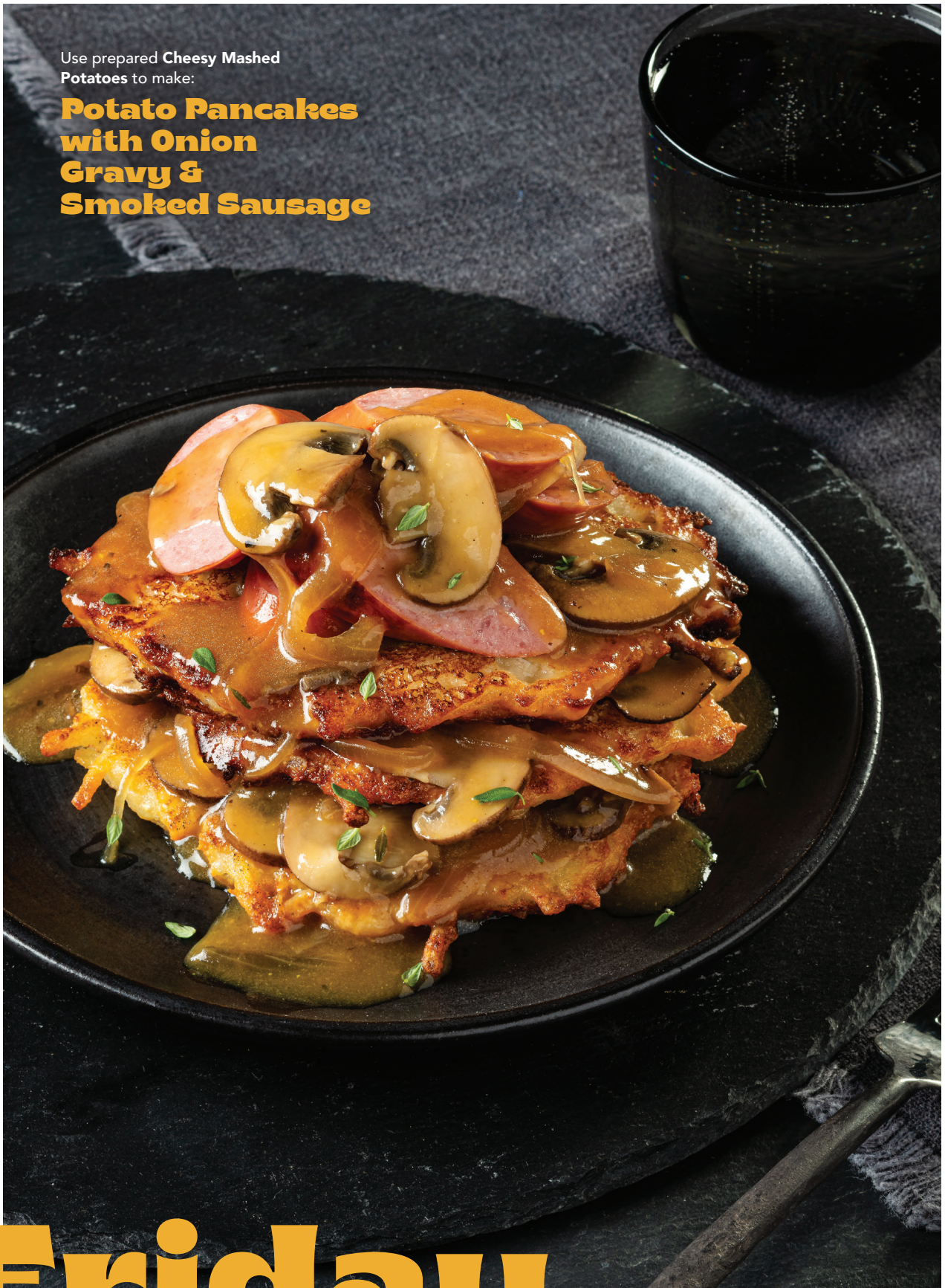
Join us on October 22 for a
free online cooking class
dedicated to making this
recipe. Register today at
SchnucksCooks.com.

Use prepared **coarsely
mashed potatoes** to make:

**Baked Potato
Soup** pg. 21

Use prepared **Cheesy Mashed Potatoes** to make:

**Potato Pancakes
with Onion
Gravy &
Smoked Sausage**



Friday

Roasted Carrot Salad

SERVES: 6

ACTIVE: 20 MIN - **TOTAL:** 40 MIN

- 2 tsp. ground cumin
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- ½ tsp. cayenne pepper
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 lb. carrots, halved crosswise and sliced lengthwise into strips
- ¼ cup Schnucks olive oil, divided
- ¼ cup lemon juice
- 1 tbsp. Dijon mustard
- 1 tbsp. Schnucks honey
- 4 cups mixed tender greens, such as arugula, spinach and/or spring mix
- 2 cups shredded red cabbage
- 1 avocado, sliced
- 1 cup *Easy Pickled Red Onion* (pg. 17)
- ½ cup crumbled feta cheese
- ½ cup Schnucks chopped walnuts
- ¼ cup dried cranberries

1. Preheat oven to 400 degrees. In a small bowl, combine first six ingredients. Toss carrots with 2 tablespoons olive oil and half of the spice mixture. Arrange in a single layer on a parchment-lined sheet pan. Roast 20–25 minutes or until crisp-tender and lightly browned, turning once halfway through. Let cool.

2. In a small bowl, whisk together lemon juice, mustard, honey, remaining olive oil and remaining spice mixture.

3. Arrange salad greens on a large platter. Top with roasted carrots, pickled red onion, avocado, feta, walnuts, cranberries and prepared dressing.

PER SERVING: CAL 323, FAT 24G (5G SAT. FAT), CHOL 11MG, SODIUM 456MG, CARB 27G (7G FIBER, 15G SUGARS), PRO 6G

Baked Potato Soup

SERVES: 4

ACTIVE: 10 MIN - **TOTAL:** 30 MIN

- ¼ cup Schnucks butter
- ⅓ cup thinly sliced green onion, plus more to serve
- 2 tsp. minced garlic
- 1 tbsp. all-purpose flour
- ¼ tsp. ground cumin
- 2 cups Schnucks milk
- 1 14-oz. can chicken broth
- 2 large russet potatoes, cooked, peeled and coarsely mashed (about 2 cups mashed potatoes)
- 1 cup Schnucks shredded Cheddar cheese, divided
- ½ cup Schnucks Real Bacon Pieces
- Hot sauce, to serve (if desired)

1. In a large saucepan melt butter over medium heat. Add green onion and garlic to pan; sauté 3–5 minutes or until tender. Stir in flour and cumin and cook, stirring constantly, 1 minute more. Add milk and broth to pot; season with salt and pepper, if desired.

2. Bring mixture to a simmer and cook, stirring occasionally, 12–15 minutes or until thickened. Stir in coarsely mashed potatoes, breaking up any large pieces with a wooden spoon, and continue to cook until warmed through. Add ¾ cup cheese and stir until melted.

3. Serve soup topped with remaining cheese, bacon pieces, sliced green onion and hot sauce, if desired.

PER SERVING: CAL 431, FAT 27G (17G SAT. FAT), CHOL 90MG, SODIUM 1173MG, CARB 29G (3G FIBER, 1G SUGARS), PRO 21G

Potato Pancakes with Onion Gravy & Smoked Sausage

SERVES: 4

ACTIVE: 30 MIN - **TOTAL:** 50 MIN

- ¼ cup Schnucks vegetable oil, divided
- 1 14–16-oz. package smoked sausage
- 1 large red onion, sliced
- 1 8-oz. package fresh mushrooms, sliced
- 1 tsp. minced garlic
- 2 tsp. fresh thyme (or 1 tsp. dried), plus more to serve
- 2 tbsp. plus 1 cup flour, divided
- 1 14-oz. can beef broth
- 2 tbsp. Dijon mustard
- 1 tbsp. Worcestershire sauce
- 1 tbsp. packed brown sugar
- 1 medium potato, peeled, grated and drained of any excess liquid
- 1 cup *Cheesy Mashed Potatoes* (pg. 17) or mashed potatoes of choice
- ¾ cup Schnucks milk
- ½ tsp. salt

1. In a large skillet, heat 2 tablespoons vegetable oil over medium-high heat. Add sausage and cook 6–8 minutes or until golden brown, turning once halfway through. Transfer sausage to a cutting board, let cool and slice into 1-inch pieces.

2. Meanwhile, add onion and mushrooms to remaining oil in the skillet and sauté 5–7 minutes or until tender. Add garlic and thyme; season with salt and pepper, if desired. Cook, stirring constantly, 1 minute more. Add 2 tablespoons flour and gently stir until there are no lumps.

3. Add broth, mustard, Worcestershire sauce and brown sugar to skillet.

Bring mixture to a boil. Return sausage to skillet, reduce heat to low and simmer 8–10 minutes or until thickened.

4. Meanwhile, in a large bowl, combine grated potato, mashed potatoes, remaining flour, milk and salt. Season with black pepper, if desired.

5. On a large flat griddle or skillet, heat 2 tablespoons vegetable oil over medium heat. For each pancake, spoon ¼ cup potato mixture onto skillet and spread to about 3-inch diameter. Cook 4–6 minutes or until golden brown, turning once halfway through.

6. Serve potato pancakes topped with onion-mustard gravy and sausage. Garnish with additional thyme leaves, if desired.

PER SERVING: CAL 521, FAT 33G (10G SAT. FAT), CHOL 53MG, SODIUM 1151MG, CARB 39G (3G FIBER, 5G SUGARS), PRO 17G

Grocery List

We've taken the guesswork out of grocery shopping! Just pick up the following foods (and any missing pantry items from page 17) to make all five of these meals.

- 2½–3 lbs. Schnucks Certified Angus Beef Bottom Round Roast
- One 2.8-oz. package Schnucks Real Bacon Pieces
- One 14-oz. package smoked sausage
- Two avocados
- One 2-lb. bag carrots
- One 5-lb. bag russet potatoes
- One 2-lb. bag red onions
- One 8-oz. package whole white mushrooms
- 4 cups salad greens
- One 10-oz. package shredded red cabbage
- One bunch parsley
- One bunch cilantro
- One bunch green onions
- One package fresh thyme (if desired)
- One 4-oz. package Schnucks crumbled feta
- One 8-oz. package Schnucks shredded Cheddar cheese
- One package Schnucks 6-inch soft corn tortillas
- One 2.25-oz. package Schnucks chopped walnuts
- One 4-oz. package dried cranberries

Taste,

Turn condiment remnants into custom salad dressings by adding just a few ingredients straight to their containers and shaking to combine.



Not Wa



Bread heels become craveable, crusty croutons.

Don't let all those bits and bobs at the bottom of the box go bad. From bread-heel croutons to cracker-crumble crusts, we'll show you how to make the most of what you already have.

nste!

Thrifty Salad Dressing

MAKES: ½ CUP

ACTIVE: 5 MIN - **TOTAL:** 5 MIN

- 2-3 tbsp. base (such as honey, mustard, barbecue sauce, peanut butter, maple syrup, tahini, etc.)
- ¼ cup oil (such as olive, canola, vegetable, avocado, walnut, sunflower, sesame, corn, peanut, etc.)
- 2 tbsp. acid (vinegar, citrus juice, etc.)
- 1 tbsp. fresh (or 1 tsp. dried) herbs of choice (such as parsley, cilantro, basil, thyme, rosemary, tarragon, dill, chives, mint, oregano or sage), if desired
- 1 tsp. minced onion, shallot and/or garlic, if desired

Vigorously shake or whisk together first three ingredients until fully incorporated. If desired, add remaining ingredients and gently shake or stir to combine. Season with salt and pepper, if desired.

Crafty Croutons

MAKES: 4 CUPS

ACTIVE: 5 MIN - **TOTAL:** 30 MIN

- 4 cups cubed bread
- 6 tbsp. butter, melted

For Cinnamon-Cayenne Croutons:

- 1 tsp. sugar
- ½ tsp. cinnamon
- ¼ tsp. cayenne pepper

For Garlic-Parmesan Croutons:

- 3 tbsp. grated Parmesan cheese
- ¼ tsp. garlic powder

1. Preheat oven to 300 degrees. Add all ingredients to a large bowl and toss to combine. Spread into a single layer on a baking sheet.
2. Bake 15–20 minutes or until bread is crisp and golden, stirring occasionally. Let cool.

Autumn Crunch Salad

SERVES: 4

ACTIVE: 10 MIN - **TOTAL:** 25 MIN

- 3 cups (¼ lb.) chopped hearty greens such as kale or radicchio
- 2 cups (6 oz.) shredded Brussels sprouts
- ½ cup salad dressing, plus more to serve (recipe above—we used stone-ground mustard, maple syrup, walnut oil, apple cider vinegar, tarragon and shallots)
- 2 apples, thinly sliced
- 1 cup Cinnamon-Cayenne Croutons (recipe above)
- ½ cup toasted sunflower seeds or pepitas
- ¼ cup crumbled goat cheese

Add first three ingredients to large bowl and toss to combine; set aside for 15–20 minutes to let vegetables soften. Serve topped with remaining ingredients and additional dressing, if desired.

PER SERVING: CAL 320, FAT 24G (7G SAT. FAT), CHOL 17MG, SODIUM 191MG, CARB 24G (5G FIBER, 11G SUGARS), PRO 7G

Rotisserie Chicken Stock

MAKES: 6 CUPS

ACTIVE: 15 MIN - **TOTAL:** 1 HR 15 MIN

Bones and scraps from one rotisserie chicken

- 4 cups chopped vegetables and scraps of choice, such as carrots, onions, celery, leeks, garlic, mushrooms, tomatoes, shallots, scallions, etc.*
- 6 sprigs fresh parsley, or herbs of choice
- 1 bay leaf
- 10 whole peppercorns or ½ tsp. ground black pepper
- 6 cups cool water

1. Add all ingredients to a large stock pot or Dutch oven and bring to a boil. Reduce heat to low, cover and simmer for 1 hour. Let cool.

2. Set a fine mesh strainer over a large bowl. Using a slotted spoon, remove solids from pot and discard. Pour broth through strainer. Discard any additional solids.

3. Store in an airtight container. Refrigerate up to 4 days or freeze up to 3 months.

**Other veggies that can be used (but only in moderation) include bell pepper, chard, corn cobs, eggplant, ginger, green beans, lettuce, parsnips, spinach, squash skins and zucchini.*

Tuscan Sausage & Kale Soup

SERVES: 6

ACTIVE: 20 MIN - **TOTAL:** 50 MIN

- 2 tbsp. Schnucks olive oil
- 8 oz. Schnucks salsiccia sausage
- 1 sweet onion, chopped
- 2 celery stalks, sliced
- 1 tsp. minced garlic
- ½ tsp. crushed red pepper
- 6 cups chicken stock (recipe above)
- 1 15.5-oz. can reduced-sodium cannellini beans, drained and rinsed
- 3 cups torn kale leaves
- Juice and zest from one small lemon
- ¼ cup finely shredded Parmesan cheese
- 1 cup Parmesan-Garlic Croutons (pg. 23)

1. Heat oil in a large saucepan over medium-high heat. Add sausage and cook, breaking up with a spoon or spatula, 3–4 minutes or until browned. Remove sausage with a slotted spoon and set aside.

2. Add onion and celery to saucepan and cook 4–5 minutes or until crisp-tender. Stir in garlic and crushed red pepper. Continue to cook, stirring frequently, for 1 minute.

3. Stir in stock and beans. Return sausage to saucepan and bring mixture to a boil. Reduce heat and simmer, uncovered, about 20 minutes or until vegetables are tender.

4. Add kale, lemon juice and lemon zest; cook, stirring frequently, 2 minutes more or until kale is just wilted.

5. Serve immediately topped with Parmesan cheese and croutons.

PER SERVING: CAL 339, FAT 19G (7G SAT. FAT), CHOL 49MG, SODIUM 709MG, CARB 26G (6G FIBER, 4G SUGARS), PRO 17G





Combine veggie scraps (or produce that's a little past its prime) with leftover chicken (and its bones) to make a versatile stock that can be used in any number of recipes. Don't have leftover chicken? Make one of the recipes from *Dinner's Golden Goose* (pg.11) and save what's left over!

Clever Leftover Crumb Crust

MAKES: ONE 9-INCH PIE CRUST

ACTIVE: 5 MIN - **TOTAL:** 5 MIN

1¾ cup crushed gingersnaps, graham crackers, cookies, snack crackers and/or cereal

6 tbsp. melted butter

¼ tsp. ground cinnamon

¼ tsp. salt

In a medium bowl, combine all ingredients. Press mixture onto the bottom and up the sides of a 9-inch pie plate. Use as directed with desired pie filling.



Turn crumbs from the bottom of the cereal, cracker or cookie box into a pie crust ready to be filled with any of your favorite flavors.

Even without an ice cream maker, leftover dairy can become a delicious frozen treat.



Taffy Apple Ice Cream

SERVES: 8

ACTIVE: 40 MIN - **TOTAL:** 12 HR

- 2 tbsp. butter
- 3 medium ripe sweet apples, chopped
- $\frac{3}{4}$ cup packed brown sugar, divided
- 1 tbsp. molasses or maple syrup
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract
- 3 cups milk,* divided
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{4}$ tsp. salt
- 3 egg yolks, beaten

1. Heat butter in a large skillet over medium heat. Add apples and sauté 6–8 minutes or until crisp-tender. Reduce heat to medium-low and stir in $\frac{1}{2}$ cup brown sugar, molasses, cinnamon and vanilla. Sauté 3–4 minutes or until mixture has thickened slightly. Set aside.
2. In a large saucepan, combine $1\frac{1}{2}$ cups milk, granulated sugar, $\frac{1}{4}$ cup brown sugar, salt and egg yolks. Cook over medium heat, stirring constantly, 9–10 minutes or until just bubbling (do not boil). Stir in remaining milk; let cool.
3. Pour milk mixture into a large freezer bag and press all of the air out. Seal and place flat in the freezer. Freeze completely, 6–8 hours.
4. Crumble the frozen mixture into a blender (or food processor) and mix until smooth. With blender still running, mix in apple mixture.
5. Transfer to a storage container and return to freezer. Freeze at least 4 hours before serving.

**For the richest ice cream, swap out up to 2 cups of milk for heavy cream or half-and-half.*

PER SERVING: CAL 240, FAT 7G (4G SAT. FAT), CHOL 84MG, SODIUM 155MG, CARB 43G (2G FIBER, 35G SUGARS), PRO 5G

Chocolate Pumpkin Pie

SERVES: 8

ACTIVE: 25 MIN - **TOTAL:** 1 HR 15 MIN

- 1 15-oz. can pure pumpkin
- $\frac{2}{3}$ cup sugar
- $\frac{1}{2}$ tsp. ground ginger
- $\frac{1}{2}$ tsp. ground nutmeg
- $\frac{1}{4}$ tsp. ground cinnamon
- 3 large eggs, slightly beaten
- $\frac{3}{4}$ cup half-and-half
- 1 9-inch pie crust (pg. 26)
- $\frac{1}{2}$ cup Schnucks Hazelnut Spread with Cocoa, warmed in microwave

1. Preheat oven to 375 degrees. In a large bowl, combine first five ingredients. Add eggs. Beat lightly with a fork until just combined. Gradually stir in half-and-half; mix well.
2. Place piecrust onto a baking sheet and fill with pumpkin mixture. Drop spoonfuls of warmed chocolate hazelnut spread into filling and swirl with a knife. Cover edge of crust with foil to prevent overbrowning.
3. Bake 25 minutes. Remove foil and bake 25–30 minutes more or until a knife inserted near the center comes out clean. Cool on a wire rack; refrigerate until ready to serve.

PER SERVING: CAL 420, FAT 21G (14G SAT. FAT), CHOL 101MG, SODIUM 334MG, CARB 53G (3G FIBER, 34G SUGARS), PRO 6G

sub-zero savings

Whether you're a busy family or a party of one, it's easy to stretch the life of your food (and your dollar) while also adding a bit of time back to your day.

All it takes is a plan, a little prep and—most importantly—your freezer.

Seal THE DEAL

The most important aspect of freezing food is maintaining quality. After all, preserving all that protein and produce is only worthwhile if you actually want to eat it.

The most common culprit of frozen food waste is freezer burn. To avoid it—and make your meals last longer—you'll want to remove as much air from the container as possible. Because of this, freezer bags work better than plastic or glass storage containers in most cases.

While a proper vacuum sealer is the most efficient method, simply pressing as much excess air out of the bag as possible before sealing will work wonders.





a little prep goes a long way

Prepping ingredients by washing, chopping and freezing is great for quick-cooking meals and will save you a lot of time, without having to cook anything beforehand.

Sheet-Pan Dinners

Wash and chop veggies, slice meats and freeze; it's as simple as that. When you're ready to eat, all that's left to do is thaw, season and roast on a sheet pan.

Stir Fry Skillets

Wash and chop veggies, slice meats, cook grains and freeze. Just thaw before frying in a skillet, and you've got dinner in no time!

Slow-Cooker Meals

Wash and chop veggies, prepare meats according to recipe and freeze. Thaw overnight and dump in the slow cooker in the morning. You'll have a delicious meal by dinnertime!

Meatloaf

Prepare and shape your raw meat mixture and freeze. Be sure to thaw completely before popping in the oven when you're ready to eat. Or, portion out the raw meat mixture into muffin-sized mounds and freeze on a sheet pan until solid. Then transfer to a freezer-safe bag and thaw individually as needed.

cook now, eat later

Fully cooking a complete meal ahead of time then freezing and reheating later is the ultimate time-saver! This works best for meals that don't rely on a variety of textures.

Soups, Stews & Chili

Cooked soups can be frozen flat in freezer bags to be thawed and reheated later! Be sure to cool completely before bagging.

Casseroles & Bakes

Baking and freezing casseroles and bakes (such as lasagna or enchiladas) ahead of time makes for a super-easy weeknight dinner! Simply thaw in the refrigerator the night before and pop in the oven to reheat.

Single-Serving Meals

Fully cooking your meals and portioning into single servings is a great method for quick dishes you can pop in the microwave—perfect for a busy weeknight dinner or an office-friendly lunch!

thaw is the law

Thawing food facilitates quicker, more even cooking. Keep these rules in mind before preparing your next freezer meal.

Frozen raw meats should always be completely thawed before cooking.

The best way to thaw is in the refrigerator overnight; it requires a little planning but is the safest method. However, if you're in a pinch, some items can be thawed quickly in cold, running water.

Never set frozen food out on the counter to defrost at room temperature, as it can spoil and cause food-borne illnesses.

the no-freeze list

Although most foods can (technically) be frozen safely, some maintain their taste and texture better than others. Here are a few pointers on what to avoid:

- **Fresh salads** will become soggy from the dressing and limp from waterlogged produce.
- **Pasta salads** become soggy and mushy while the mayonnaise or salad dressing base can separate.
- **Potatoes** should only be frozen if they are cooked or partially-cooked (blanched).
- **Produce with high water content** such as celery, cucumbers and lettuce becomes limp and waterlogged.
- **Eggs** can be a little tricky. To freeze raw eggs, crack them out of their shells and whisk together the whites and yolks—or, freeze the whites and yolks separately, whisking the yolks with $\frac{1}{8}$ teaspoon salt per every four yolks to keep them from gelatinizing. Avoid freezing cooked eggs unless they are scrambled.
- **Cream or custard** used in sauces or pie fillings and baked goods separates and becomes watery and lumpy.
- **Seasonings** like garlic, cloves, onion, paprika, curry and a variety of herbs can alter their flavor in the freezer and become much stronger. When using herbs and spices in your meals, season lightly before freezing and add additional seasonings later, when reheating.



Perfect YOUR PASTA




If one dish comes to mind for a frugal, filling meal, it's pasta. And although preparing it isn't the most elaborate task, every minute counts when getting food on the table for a busy family. Enter: frozen pasta. Even though those noodles can get mushy if not frozen correctly, fantastic once-frosty fettuccine is indeed possible.

Here's how:

1. Cook pasta to just under al dente. When reheating at meal time, noodles will finish cooking while maintaining their shape and texture.
2. When you're ready to freeze—toss pasta with a little olive oil before spreading onto a parchment-lined baking sheet. Freezing noodles this way allows them to maintain their shape while keeping them from sticking together or breaking. For longer noodles, swirl them into small nests for easier storage. Once frozen, simply transfer pasta to your preferred container.
3. Freeze homemade sauce in ice cube trays to form individual servings that can be paired with frozen pasta.
4. When you're ready to eat, the frozen pasta and sauce can be thrown in a skillet right out of the freezer—no thawing necessary. The warm pan will heat everything through in minutes, and viola! You've got yourself a delicious, satisfying meal in no time.

Kick it up a notch!

You can always add fresh ingredients to spruce your pasta dish up a bit. Blister some fresh tomatoes in the skillet while it cooks, or garnish with some fresh basil. The possibilities are endless!





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