

# SIMPLY

*Schnucks*

*Fall* FOR OUR **great low prices!**

FIVE-INGREDIENT

*Feast* pg. 4

CHOOSE-YOUR-OWN

*Chili* pg. 15

*Plus,*  
**FEED THE FAM FOR \$10 OR LESS!**

pg. 20

**free**

[schnucks.com/simplyschnucks](https://schnucks.com/simplyschnucks)

# great low prices

Our Schnucks own-brand products are here to offer you great low prices on the things you buy most. Whether you are buying snacks for entertaining or a week of ingredients for family meals, Schnucks has you covered!



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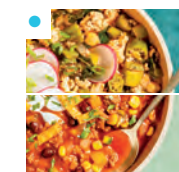
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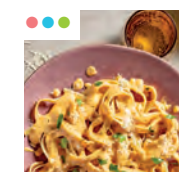
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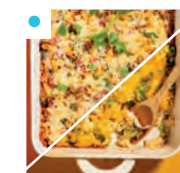
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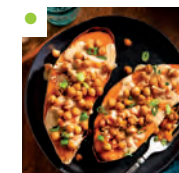
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DESIGNED AND PRINTED BY



# EGG ROLL IN A BOWL

SERVINGS: 4 | PREP TIME: 15 MIN. | COOK TIME: 15 MIN.



## INGREDIENTS:

1 tablespoon sesame oil  
1 small red onion, diced  
1 tablespoon minced garlic  
1 tablespoon finely minced ginger  
1 pound ground pork  
2 teaspoons Sriracha  
1 bag (14 oz) coleslaw mix  
2 red bell peppers, sliced thinly  
1 bag (10 oz) matchstick carrots  
3 tablespoons low-sodium soy sauce  
(or liquid aminos)  
1 tablespoon rice wine vinegar  
Salt and black pepper to taste

## OPTIONAL FOR GARNISH:

Green onions, sliced  
Sesame seeds  
Wonton strips

## OPTIONAL SAUCES:

**SWEET:** Drizzle with hoisin or duck sauce  
**SPICY:** Drizzle with Sriracha, hot sauce, or sweet chili garlic sauce  
**CREAMY:** Mix together Greek yogurt, Sriracha, lime juice and salt, to taste

## DIRECTIONS:

- HEAT** sesame oil in a large skillet over medium heat. Add red onion, cook 2-3 minutes. Add garlic and ginger. Cook until fragrant, about 1 minute. Add ground pork and Sriracha. Cook and crumble until pork is cooked through, about 7-10 minutes.
- ADD** coleslaw mix, red bell pepper, carrots, soy sauce, sesame oil, rice wine vinegar, black pepper, and salt, to taste, and stir until well combined. Cook, stirring occasionally, until cabbage is tender, about 5 minutes.
- SPOON** pork-cabbage mixture in to a serving bowl. Drizzle with sauce of choice and garnish, if desired.

## NUTRITION FACTS

PER SERVING, sauces & garnish not included  
Calories 413, Total Fat 29g (Saturated Fat 10g)  
Cholesterol 82mg, Sodium 586mg,  
Total Carb 16g (Dietary Fiber 5g, Sugars 8g)  
Protein 23g, Vitamin D 0%, Calcium 9%,  
Iron 12%, Potassium 15%



Find more recipes and  
cooking inspiration at [www.pork.org](http://www.pork.org).



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TWENTY TWENTY TWO  
**autumn**

There's a chill in the air, which means it's time to get cozy and fall into all of the savings that Schnucks has to offer! From five-ingredient recipes to simple swaps, we have you covered!



SIMPLIFY THE SEASON

# 5-ingredient feast

These recipes can be made using five ingredients or fewer, meaning you can enjoy fresh fall flavors without breaking the bank!

1



## 1. cranberry-apricot pork tenderloin

SERVES: 4 - ACTIVE: 20 MIN - TOTAL: 40 MIN

Preheat oven to 400 degrees. In a small saucepan combine  $\frac{1}{2}$  cup **unsweetened dried cranberries**,  $\frac{1}{2}$  cup **chopped dried apricots**,  $\frac{1}{4}$  cup water and 1 tsp. **dried thyme leaves**; cover and simmer over low heat about 10 minutes or until fruit is softened. Season with salt and pepper, if desired. Remove from heat and set aside. Cut 1 **16-oz. Schnucks pork tenderloin** lengthwise down center to about  $\frac{1}{2}$  inch from bottom (do not cut all the way through). Open tenderloin so it lies flat and cover with plastic wrap. Using a meat mallet or rolling pin, pound pork to about  $\frac{3}{4}$ -inch thick. Remove plastic; coat top of pork with 2 tbsp. **Dijon mustard**. Evenly spread the fruit mixture over top, leaving a  $\frac{3}{4}$ -inch border along edges. Starting from long side, roll pork into a log. Using kitchen string, tie pork at  $\frac{1}{2}$ -inch intervals. Line a rimmed sheet pan with foil and coat with cooking spray. Place tenderloin onto the sheet pan and roast 30–35 minutes or until internal temperature reaches 145 degrees. Remove pork from oven and tent with foil; let rest 5–10 minutes. Cut into 1-inch slices and serve.

PER SERVING: CAL 229, FAT 4G (1G SAT. FAT), CHOL 74MG, SODIUM 242MG, CARB 24G (1G FIBER, 9G SUGARS), PRO 24G

## 2. maple-roasted squash & brussels sprouts

SERVES: 6 - ACTIVE: 15 MIN - TOTAL: 50 MIN

Preheat oven to 375 degrees. Quarter 1 **medium acorn squash** lengthwise; remove and discard seeds. Trim off ends and cut each portion crosswise into  $\frac{1}{2}$ -inch slices. Trim and halve 1 lb. **fresh Brussels sprouts**; add to a large bowl along with the squash and 2 tbsp. melted **Schnucks unsalted butter**. Season with salt and pepper, if desired. Arrange in a single layer on a foil-lined sheet pan; roast 30–35 minutes or until browned and tender. Meanwhile, in a large dry skillet, cook  $1\frac{3}{4}$  cups **Schnucks pecan halves** over medium-low heat about 6 minutes or until toasted, stirring frequently. Add  $\frac{1}{4}$  cup **Culinaria maple syrup** and 3 tbsp. **Schnucks unsalted butter**; cook, stirring frequently, until butter has melted and mixture is bubbling. Drizzle pecan glaze over the roasted vegetables and gently toss to combine. Serve immediately.

PER SERVING: CAL 379, FAT 32G (6G SAT. FAT), CHOL 15MG, SODIUM 23MG, CARB 25G (7G FIBER, 9G SUGARS), PRO 6G



4



### 3. pumpkin alfredo

**SERVES:** 6  
**ACTIVE:** 15 MIN - **TOTAL:** 15 MIN

In a medium saucepan, melt 2 tbsp. **Schnucks unsalted butter** over medium heat; add 1 tbsp. **minced fresh garlic** and sauté 1–2 minutes or until softened. Whisk in 2½ cups **Schnucks half and half** and 1 cup **canned pure pumpkin**; simmer 5–8 minutes or until slightly thickened, stirring frequently. Reduce heat to low, add ½ cup **Schnucks grated Parmesan cheese** and cook until melted, stirring constantly. Season with salt and pepper, if desired. Serve tossed with fettuccine, as a pizza sauce or over cooked vegetables.

PER SERVING: CAL 326, FAT 27G (17G SAT. FAT), CHOL 82MG, SODIUM 257MG, CARB 13G (2G FIBER, 2G SUGARS), PRO 10G

### 4. oktoberfest quesadillas

**SERVES:** 4  
**ACTIVE:** 20 MIN - **TOTAL:** 40 MIN

Cook and chop 2 **Schnucks fresh beer bratwurst links**. Drain one **14-oz. can sauerkraut** and squeeze to remove excess moisture. Arrange 4 **Mission 12-inch flour tortillas** on a work surface. Spread 1 tbsp. **Schnucks stone-ground mustard** onto one side of each tortilla and evenly top with the bratwurst, sauerkraut and one **8-oz. bag Schnucks shredded Gouda cheese** (½ cup per quesadilla). Fold each tortilla in half to form quesadillas. On a griddle or in a large nonstick skillet over medium heat—working in batches if necessary—cook quesadillas 4–5 minutes per side or until cheese has melted and tortillas are golden brown. Cut quesadillas into 4 wedges; serve immediately.

PER SERVING: CAL 587, FAT 32G (15G SAT. FAT), CHOL 95MG, SODIUM 1915MG, CARB 46G (5G FIBER, 5G SUGARS), PRO 28G

### 5. harvest chicken salad

**SERVES:** 6  
**ACTIVE:** 5 MIN - **TOTAL:** 10 MIN

Preheat oven to 350 degrees. Shred or chop meat from 1 **Schnucks rotisserie chicken**. Core and dice 1 **Honeycrisp apple**. Spread ⅓ cup **Schnucks chopped walnuts** onto a sheet pan and bake 5–7 minutes or until lightly browned and fragrant; let cool. In a large bowl, whisk together ⅓ cup **nonfat plain Greek yogurt** and ⅓ cup **Schnucks honey mustard**. Add the chicken, apple and walnuts; toss to combine. Season with salt and pepper, if desired. Serve as a sandwich on whole-grain bread, in a wrap or on a pita.

PER SERVING: CAL 284, FAT 19G (4G SAT. FAT), CHOL 61MG, SODIUM 703MG, CARB 16G (1G FIBER, 9G SUGARS), PRO 18G

5



3

## 6. chicken & pear skillet

SERVES: 4 - ACTIVE: 15 MIN - TOTAL: 30 MIN

Season 4 **Schnucks boneless skinless chicken breasts** with salt and pepper, if desired. Thinly slice 2 **Packham pears** and 1 **jumbo white onion**. Melt 1 **tblsp. Schnucks unsalted butter** in a large skillet over medium-high heat; add the chicken and cook 4 minutes per side or until cooked through. Remove chicken from skillet and cover to keep warm. Add pears, onion and 1 **tblsp. fresh rosemary leaves** (or 2 **tsps. dried**) to skillet; sauté 3–4 minutes or until just softened. Stir in ½ cup **Schnucks reduced-sodium chicken stock** (or water). Return chicken to skillet; simmer about 3 minutes or until liquid has reduced by half. Add 2 **tblsp. Schnucks unsalted butter** and stir until combined. Season with salt and pepper, if desired. Serve immediately; garnish with fresh rosemary sprigs, if desired.

PER SERVING: CAL 332, FAT 14G (5G SAT. FAT), CHOL 111MG, SODIUM 187MG, CARB 19G (4G FIBER, 11G SUGARS), PRO 33G



## 7. apple cinnamon pancakes

SERVES: 4 - ACTIVE: 5 MIN - TOTAL: 15 MIN

Core and dice 2 **medium Honeycrisp or Granny Smith apples**. Using 2 cups **Schnucks Complete Buttermilk Pancake and Waffle Mix**, prepare batter according to package instructions; stir in ½ cup of the apples and ½ **tsps. ground cinnamon**. Heat a griddle or large skillet over medium-low. Working in batches if necessary, drop batter in ¼-cup portions, leaving space between each addition. Cook 2–3 minutes or until bubbles form on top of pancakes and bottoms are golden brown. Flip and cook 1 minute more. Remove pancakes from griddle and cover to keep warm. In a small skillet, melt 2 **tblsp. Schnucks unsalted butter** over medium heat. Add remaining apples and 1 **tsps. ground cinnamon**; cook 1 minute, stirring constantly. Add 1 **tblsp. brown sugar** and continue to cook, stirring frequently, 3–5 minutes or until apples are tender. Remove from heat and let cool 5 minutes. Serve pancakes topped with apple mixture.

PER SERVING: CAL 319, FAT 8G (4G SAT. FAT), CHOL 31MG, SODIUM 707MG, CARB 56G (4G FIBER, 21G SUGARS), PRO 5G

## 8. pumpkin pie coffee creamer

SERVES: 20 - ACTIVE: 5 MIN - TOTAL: 10 MIN

In a small dry saucepan over medium-low heat, toast 1 **tsps. Schnucks pumpkin pie spice** 1–2 minutes or until fragrant, stirring frequently. Whisk in 1 cup **Schnucks half and half**, 2 **tblsp. canned pure pumpkin** and 2 **tblsp. Culinaría maple syrup**; cook until warmed through, stirring frequently, 2–3 minutes. Remove from heat and let cool. Transfer to a resealable container and refrigerate up to 6 days. Shake well before using.

PER SERVING: CAL 22, FAT 1G (1G SAT. FAT), CHOL 5MG, SODIUM 5MG, CARB 2G (0G FIBER, 1G SUGARS), PRO 0G



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WHAT'S IN STORE

## fan favorites

Our customers voted on their 20 Fan Favorite items from across the store. Below is just a sample of the goodness that awaits you!

Look for this logo to find fan favorites in store!



### and the winners are...

#### Bear-y Sweet Award

Looking for a tasty and colorful snack? Look no further than the **Schnucks Gummi Bears Tub Candy**. They are perfect for any occasion.



#### Lime Feeling Good Award

Our **Lime Sparkling Water** is refreshing, hydrating and bubbly. It has flavor and spark with none of the calories.



#### Howling Good Award

Loaded with peanut butter cups and fudge, **Schnucks Coyote Tracks Ice Cream** is sure to be a hit with the whole family!



#### A Lil' Bit Saucy Award

Toss **Schnucks Teriyaki Sauce** in stir fries, rice bowls, salads and everything in between!

#### Perfect Wingman Award

Contrary to its name, **Schnucks Chicken Dipping Sauce** is not just for chicken! It is a stellar companion to any meal!

#### Grills Just Wanna Have Fun Award

A little smoky, a little sweet—**Schnucks Hickory & Brown Sugar BBQ Sauce** is the perfect pairing for your grill out!

#### Cocoa-Nuts About You Award

Salty AND sweet? Count us in! **Culinaria Sea Salt Dark Chocolate** is perfect for anytime you are craving a treat!



SCAN TO SEE THE FULL LIST OF THE BEST OF THE BEST!

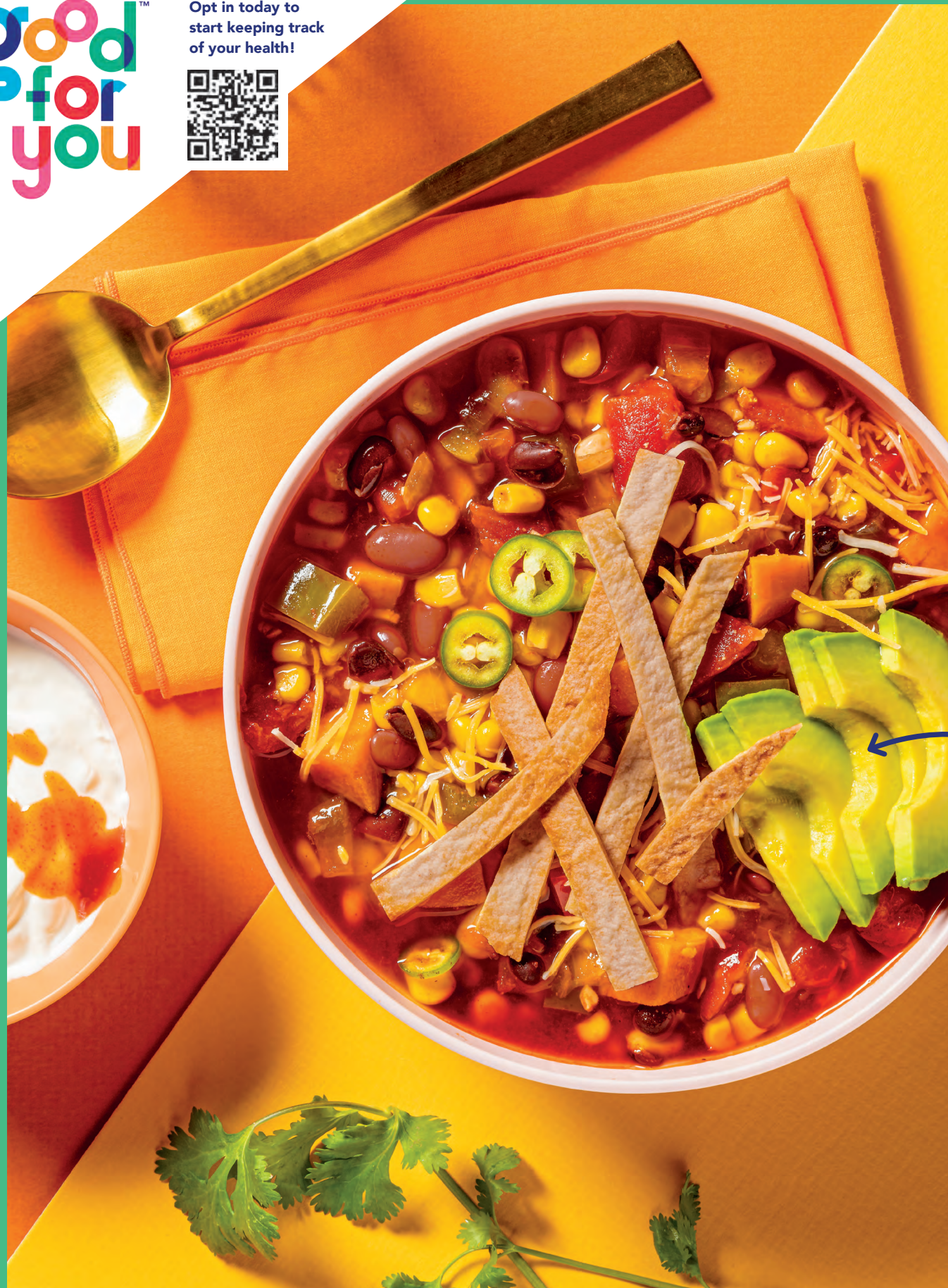


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## Allison Primo

SCHNUCKS  
REGISTERED DIETITIAN

GOOD FOR YOU

# spilling the beans



Trying to eat healthy on a budget? Don't worry; Full Circle beans are here to save the day—because nothing is better than beans when it comes to being budget-friendly, high in protein and Good For You!

### a powerful protein

Beans are a great plant-based and affordable protein option. In fact, one serving of beans provides around 7 grams of protein! Getting protein from beans also helps to take your dollar further. Replacing half your meat protein with beans in recipes like tacos and chili can stretch your servings for a fraction of the costs.

### full of fiber

The average adult in America only eats about half of the recommended 20 to 30 grams of fiber daily. This can be combated by beans, which are rich in two key kinds of fiber: non-soluble and soluble. Non-soluble fiber helps to lower bad cholesterol, which can reduce the risk of heart attack and stroke. Soluble fiber aids in digestion by feeding the good bacteria in your gut.

### canned vs. dried

Full Circle canned and dried beans are both Good For You choices. When deciding which one to use, think about what is most important to you.

- 1. Price:** Dry beans are more affordable than their canned counterpart. One cup of dried beans will yield 3 cups of cooked beans while one 15-ounce can of beans (drained) contains 1½ cups cooked beans. So if you are pinching pennies, opt for dried beans.
- 2. Time:** Canned beans cook much faster than dried. Typically dried beans need to soak overnight and then cook for a few hours the next day whereas canned beans can be ready to eat in minutes. If cooking dry beans, make more than you need and freeze the extra to make prep time quick and easy for your next meal.
- 3. Nutrition:** Both canned and dried beans can be Good For You. Dried beans allow for you to add flavor yourself by slow cooking with blends of herbs and spices. Look out for added sodium and sugar in canned beans. Drain and rinse canned beans to remove some of the sodium or look for the Good For You icon to find canned beans with 240 milligrams or less of sodium and 5 grams or less added sugar.



Look for the Good For You icon on Full Circle canned and dried beans in store and in the app.

### meatless chili

SERVINGS: 8  
ACTIVE: 50 MIN TOTAL: 55 MIN

- 2 tbsp. Schnucks vegetable oil, divided
- 1 jumbo white onion, diced
- 2 tsp. minced garlic
- 1 bell pepper, seeded and diced
- 1 jalapeño pepper, seeded and diced
- 2 large Schnucks sweet potatoes, skinned and diced
- 2 tbsp. tomato paste
- 1 can Full Circle canned pinto beans, rinsed and drained
- 1 can Full Circle canned black beans, rinsed and drained
- 1 tbsp. chili powder
- 1 tsp. cumin

- 1 tsp. coriander
  - 1 14-oz. canned diced tomatoes
  - 1 cup Schnucks frozen corn
  - 2 10-inch whole wheat flour tortillas, halved and cut into ½-inch strips
- Schnucks Greek yogurt, Schnucks shredded Mexican-style cheese and/or sliced avocado, to serve (if desired)

1. Heat 1 tablespoon oil in a large pot over medium-high; add onion, garlic, bell pepper and jalapeño pepper. Sauté 3–5 minutes or until softened. Add sweet potato and cook 4–6 minutes more, stirring occasionally.
2. Stir in tomato paste, beans, spices and 1 ½ cups water. Bring to a boil; reduce heat to low and simmer, uncovered, 20 minutes.

Add tomatoes and corn; simmer 20 minutes more, stirring occasionally. Season with salt and pepper, if desired.

3. Preheat oven to 425 degrees. In a large bowl, toss together tortilla strips and remaining oil. Season with salt, if desired. Arrange in a single layer on a rimmed sheet pan; bake 8–10 minutes or until golden brown and crisp, stirring halfway through. Set aside until ready to serve.
4. Serve chili topped with tortilla strips and (if using), Greek yogurt, cheese and/or avocado.

PER SERVING: CAL 342, FAT 6G (1G SAT. FAT), CHOL 0MG, SODIUM 574MG, CARB 60G (13G FIBER, 9G SUGARS), PRO 14G





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The  
**SPICE  
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Quality spices pack more flavor into every dash, garnish and teaspoon. Check the back of Spice Hunter bottles for more ways to spice things up.

FOOD FORMULA

## swappable savings

Flexible recipes that let you cook with what you have are key to maximizing your budget year-round. Start with these simple, crowd-pleasing favorites!

### choose-your-own chili SERVES: 4 - ACTIVE: 15 MIN - TOTAL: 50 MIN

#### 1. pick your peppers

Heat 1 tbsp. **Schnucks vegetable oil** in a large pot over medium-high. Chop 1 **onion of choice** and 1 **bell pepper (any color) or poblano**. If desired, mince 1 or 2 **chili peppers of choice** (such as jalapeños, serranos or habaneros). Add the vegetables to the pot along with 1 tsp. **minced garlic**. Sauté 3–5 minutes or until softened, stirring frequently.

#### 2. add choice of protein

Add 1 lb. **ground protein of choice** (such as beef, pork, chicken, turkey, lamb or plant-based ground); cook 6–8 minutes, stirring and breaking up meat until no longer pink.

#### 3. pick liquid, beans & spices

Stir in 2 tbsp. **tomato paste**, 1 cup **liquid of choice** (such as stock, broth, vegetable juice, beer or water) and one **14.5-oz. can drained and rinsed beans** (choose from kidney beans, pinto beans, black beans, white beans, chickpeas or hominy). Stir in 1 tbsp. **The Spice Hunter salt-free chili powder**, 1 tsp. **The Spice Hunter ground cumin** and 1 tsp. **The Spice Hunter smoked paprika, ground coriander or Mediterranean oregano**.

#### 4. select add-ins

Bring to a boil, reduce heat to low and simmer 30–40 minutes or until thickened,

stirring occasionally. After 20 minutes of cooking—if desired—stir in 1–2 cups **frozen or canned vegetables** (such as corn, diced tomato, sliced okra, diced sweet potato, chopped kale or collard greens). Season with salt and pepper, if desired. Let cool slightly.

#### 5. top as desired

Serve with any of the following **toppings**: sour cream or plain Greek yogurt, shredded cheese, tortilla strips or corn chips, sliced radish, sliced green onion and/or chopped cilantro.



**HONEY  
SAVES  
HIVES**



**any-veggie soup** SERVES: 6 - ACTIVE: 15 MIN - TOTAL: 30 MIN

**1. choose your veggies**

Select one color category and prepare 3 cups total; thaw if frozen.

**Red:** shredded red cabbage, chopped red bell pepper, chopped tomato, peeled and sliced beets

**Orange:** chopped orange bell pepper, peeled and chopped butternut squash, peeled and chopped sweet potato, peeled and sliced carrots

**Yellow:** corn kernels, chopped yellow bell pepper, chopped summer squash, peeled and sliced golden beets

**Green:** broccoli florets, peas, green beans, diced zucchini, chopped asparagus, chopped leafy greens

**White:** cauliflower florets, peeled and diced russet or red potatoes, peeled and chopped parsnips, chopped fennel bulb, peeled and chopped turnips

**2. select your seasonings**

Heat 1 tbsp. **Schnucks vegetable oil** in a large pot over medium. Add 1 **medium chopped onion** and 1 **tsp. minced fresh garlic**; sauté 3–5 minutes or until softened. Add vegetables from step 1 and sauté 5 minutes. Add 4 cups **stock of choice** (or water) and up to three of the following **seasonings**: 2 bay leaves, 3 or 4 sprigs fresh thyme, 1 sprig fresh rosemary, 1 tbsp. chopped fresh ginger, 1 tbsp. curry powder, 1 tbsp. Italian seasoning and 1 tsp. ground cayenne.

**3. finish the soup**

Bring to a boil, reduce heat to medium-low and simmer 15–20 minutes or until the vegetables are tender. Discard any whole herbs. For a creamier soup, stir in ¼ cup **heavy cream** (or ½ cup canned coconut milk). Let cool 5 minutes. Blend until smooth. Season with salt and pepper, if desired.

**4. top as desired**

Serve with any of the following **toppings**: chopped parsley, cilantro or basil; sour cream or plain Greek yogurt; fried onions or croutons; and Schnucks shredded Parmesan cheese and/or croutons.



**mix & match sheet pan meal** SERVES: 4 - ACTIVE: 10 MIN - TOTAL: 50 MIN

**1. choose your ingredients**

Select one or more from each category.

**Protein (4 total):** Schnucks boneless chicken breasts or thighs, Schnucks pork chops, Schnucks bratwurst or salsiccia sausage

**Long-cooking vegetables (3 cups total):** cauliflower florets, broccoli florets, halved Brussels sprouts, quartered baby potatoes, peeled and diced russet potatoes, peeled and diced sweet potatoes, peeled and diced butternut squash, sliced carrots, chopped bell peppers

**Seasoning (optional—1 tbsp. total):** barbecue seasoning, Cajun seasoning,

chicken or steak seasoning, curry powder, Greek seasoning, Italian seasoning, Jamaican jerk seasoning, seasoned salt

**Short-cooking vegetables (1 cup total):** halved cherry tomatoes, chopped leafy greens, green beans, canned beans drained and rinsed (kidney, black or garbanzo), frozen corn, frozen peas

**2. cook your meal**

Preheat oven to 450 degrees. In a large bowl toss together protein, long-cooking vegetables, seasoning and 2 tbsp.

**Schnucks vegetable oil**; season with salt and pepper, if desired. Arrange in a single layer on a rimmed baking sheet.

Roast 30 minutes, stirring once halfway through cooking. Stir in the short-cooking vegetables, flip the protein and return to the oven for 6–10 minutes or until vegetables are tender and protein is cooked through.

**3. top as desired**

Serve with any of the following **toppings**: chopped fresh herbs (parsley, cilantro, basil, thyme, oregano), crumbled feta cheese, Schnucks shredded Parmesan cheese, toasted nuts or seeds (sunflower seeds, pepitas, pine nuts, pecans, walnuts) and sauce (honey, maple syrup, hot sauce, aioli, basil pesto, balsamic glaze, teriyaki sauce, BBQ sauce).



**custom casserole** SERVES: 8 - ACTIVE: 10 MIN - TOTAL: 1 HR 20 MIN

**1. choose your ingredients**

This mix & match recipe has endless possibilities. Choose one per category.

**Sauce:** 2 14-oz. cans Schnucks Italian-style diced tomatoes or one 10.5-oz. can cream of mushroom, chicken, celery or mushroom soup mixed with 1 cup milk

**Base:** 2 cups dried pasta of choice or 1 cup rice (or grain) of choice

**Vegetables (2 cups total):** choose one or more from diced bell pepper, broccoli florets, cauliflower florets, cut green beans, chopped spinach, corn kernels

**Protein:** 1 lb. ground meat of choice, browned and drained (such as beef, pork, sausage, chicken, turkey, lamb or plant-based ground); 2 cups shredded Schnucks rotisserie chicken; 2 cups diced ham or deli meat of choice; two 6-oz. cans tuna, drained

**Topping (½ cup total):** panko or Italian-style breadcrumbs, crushed crackers, crushed potato chips of choice

**2. assemble and bake casserole**

Preheat oven to 400 degrees. In a large bowl, combine sauce choice and 1 cup

water. Add base, vegetables and protein to a greased 13x9-inch baking dish; pour the sauce mixture over top. Cover tightly with foil and bake 45–55 minutes or until base is tender and top is bubbly.

**3. top and serve**

Carefully remove casserole from oven; remove foil and evenly cover with toppings of choice and 1 cup **Schnucks shredded cheese of choice**. Return to oven and bake uncovered 15 more minutes or until top is lightly browned. Let cool 10 minutes before serving.



**swappable stuffed peppers** SERVES: 6 - ACTIVE: 20 MIN - TOTAL: 60 MIN

**1. bake peppers**

Preheat oven to 375 degrees. Cut tops off of 6 **bell peppers** (any color) and remove the seeds. Grease a 13x9-inch baking dish and place the peppers inside, cut side down. Bake 15 minutes.

**2. cook protein**

Heat 1 tbsp. **Schnucks vegetable oil** in a large skillet over medium-high. Add 1 lb. **ground protein of choice** (such as beef, pork, sausage, chicken, turkey, lamb or plant-based ground) and cook 6–8 minutes, stirring and breaking up meat until no longer pink. Drain, remove from pan and set aside.

**3. prepare filling**

Return skillet to stove and heat another tablespoon of Schnucks vegetable oil over medium-high. Add 1 cup chopped **onion of choice** (1 small onion) and 2 cups chopped **vegetables of choice** (such as celery, carrots, zucchini, mushrooms or spinach); cook 5–7 minutes or until tender. Add 2 tbsp. **tomato paste**, one 14.5-oz. can **diced tomatoes**, 1 tbsp. **spice mixture of choice** (such as Italian seasoning, taco seasoning, Cajun seasoning or curry powder) and the cooked ground protein. Cook about 5 minutes or until thickened. Remove from heat and stir in cooked **grain of choice** (such as rice, quinoa or couscous).

**4. stuff peppers and finish cooking**

Carefully remove baking dish from oven. Evenly divide the protein mixture among the peppers. Return to oven and bake 20–25 more minutes or until peppers have softened and filling is heated through. Carefully remove baking dish from oven once more; evenly divide ¼ cup **Schnucks shredded cheese of choice** across tops of all peppers. Return to oven and bake 4–6 more minutes or until cheese is melted. Let cool 5 minutes before serving.

# FEEED *the* FAM for \$10 OR LESS

Savor the savings with our **Great Low Prices!** By utilizing our best deals on the items you buy most, each of these recipes can feed a family of four for \$10 or less!





*Sweet Potato*

**GNOCCHI WITH SAUSAGE & GREENS**

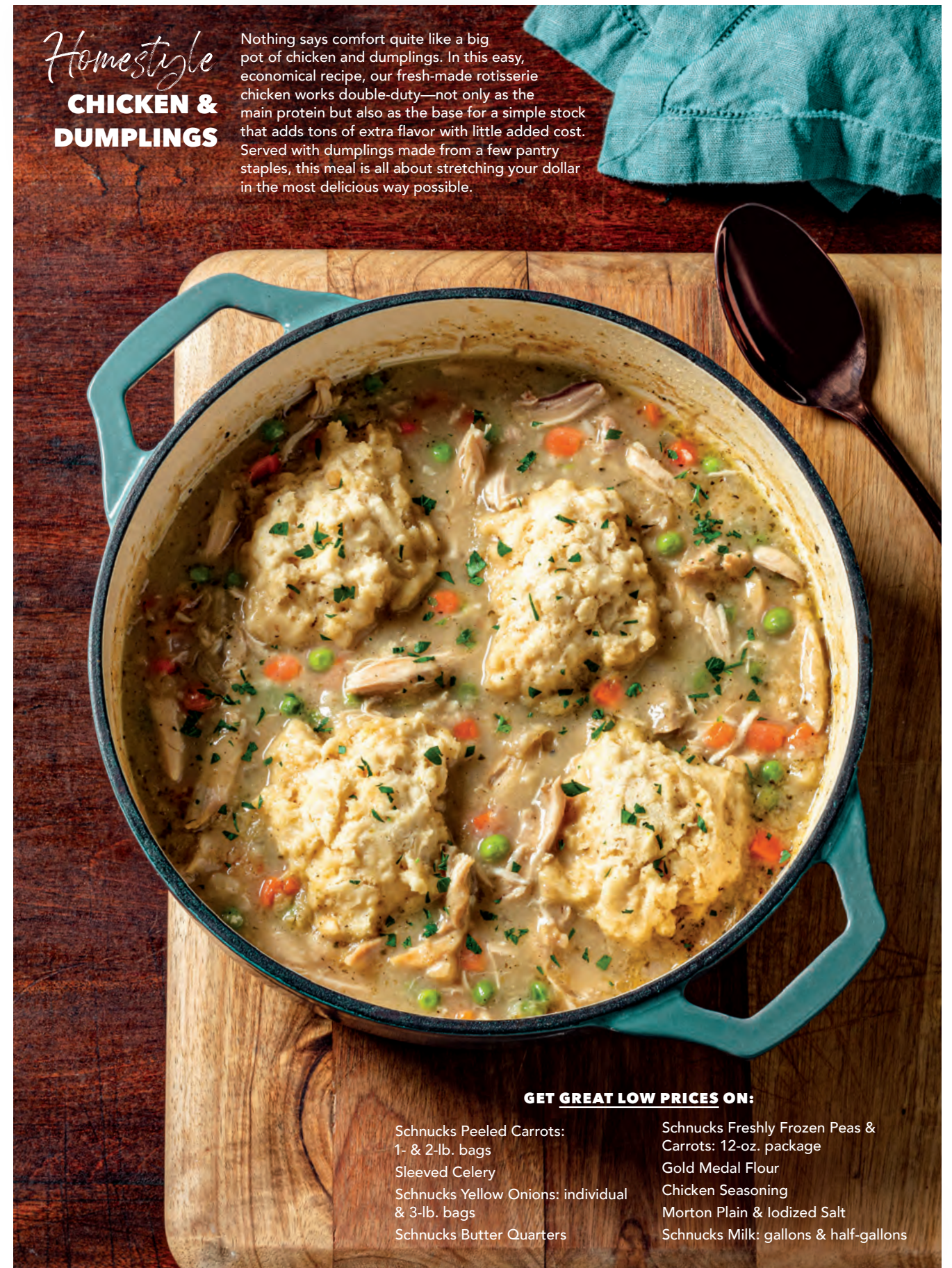
Scratch-made gnocchi is not only easy, but also more affordable than its prepared counterpart from the pasta aisle. Pair it with our own salsiccia sausage and whichever fresh greens are on sale for the very best value on this veggie-forward fare.

**GET GREAT LOW PRICES ON:**

- Gold Medal Flour
- Morton Plain & Iodized Salt
- Sweet Potatoes
- Schnucks Eggs: multiple sizes
- Schnucks Vegetable Oil: 32- & 48-oz. packages
- Schnucks Yellow Onions: individual & 3-lb. bags
- Crushed Red Pepper
- Schnucks Salsiccia Sausage Links
- Schnucks Shredded Parmesan Cheese: 8-oz. bags

*Homestyle*  
**CHICKEN & DUMPLINGS**

Nothing says comfort quite like a big pot of chicken and dumplings. In this easy, economical recipe, our fresh-made rotisserie chicken works double-duty—not only as the main protein but also as the base for a simple stock that adds tons of extra flavor with little added cost. Served with dumplings made from a few pantry staples, this meal is all about stretching your dollar in the most delicious way possible.



**GET GREAT LOW PRICES ON:**

- |   |  |
|---|--|
| Schnucks Peeled Carrots: 1- & 2-lb. bags        | Schnucks Freshly Frozen Peas & Carrots: 12-oz. package |
| Sleeved Celery                                  | Gold Medal Flour                                       |
| Schnucks Yellow Onions: individual & 3-lb. bags | Chicken Seasoning                                      |
| Schnucks Butter Quarters                        | Morton Plain & Iodized Salt                            |
|   | Schnucks Milk: gallons & half-gallons                  |



## Roasted Cauliflower

### MAC & CHEESE

Packed full of affordable fixins like our own shredded cheese and dried pasta—plus a handful of kitchen standards like flour, milk and butter—this luscious, low-cost mac and cheese is everything one could want on a chilly fall evening. Plus, we offer a Great Low Price on fresh cauliflower, which is roasted and blended right into the sauce; a budget-friendly boost of flavor and nutrition that even kids will love!

#### GET GREAT LOW PRICES ON:

Fresh Jumbo Cauliflower  
 Schnucks Vegetable Oil: 32- & 48-oz. packages  
 Schnucks Butter Quarters  
 Gold Medal Flour  
 Schnucks Milk: gallons & half-gallons  
 Paprika  
 Schnucks Shredded Cheese: 8- & 16-oz. bags  
 Schnucks Dried Pasta: 12 to 16-oz. packages



## Classic

### SHEPHERD'S PIE

With so many affordable options—such as russet potatoes, ground beef and frozen vegetables—Schnucks-brand items let you take full advantage of our Great Low Prices! This comfort classic utilizes plenty of flavorful, cost-effective ingredients and comes together in under an hour, making it a true autumn weeknight winner!

#### GET GREAT LOW PRICES ON:

Schnucks Russet Potatoes: 5- & 10-lb. bags  
 Schnucks Butter Quarters  
 Schnucks Milk: gallons & half-gallons  
 Schnucks Sour Cream: 16-oz. package  
 Schnucks Vegetable Oil: 32- & 48-oz. packages  
 Schnucks Ground Beef: multiple sizes  
 Schnucks Yellow Onions: individual & 3-lb. bags  
 Gold Medal Flour  
 Dried Thyme Leaves  
 Schnucks Freshly Frozen Mixed Vegetables: 12- & 28.8-oz. packages



#### GET GREAT LOW PRICES ON:

Sweet Potatoes  
 Ground Cumin  
 Schnucks Vegetable Oil: 32- & 48-oz. packages  
 Paprika  
 Schnucks Yellow Onions: individual & 3-lb. bags  
 Schnucks Peanut Butter: multiple sizes  
 Crushed Red Pepper

## Satay

### SWEET POTATOES WITH CRISPY CHICKPEAS

Nutritious vegan dishes don't have to be expensive! Not only do we offer Great Low Prices on its ingredients, but since this hearty meal is made exclusively with shelf-stable foods, you can save by stocking up on value-sized packages during sales! Plus, any leftover ingredients will stay fresh for future use.



### SWEET POTATO GNOCCHI WITH SAUSAGE & GREENS

**SERVES:** 4  
**ACTIVE:** 40 MIN - **TOTAL:** 45 MIN

- 2 cups Gold Medal flour
- ¼ tsp. salt
- 3 large sweet potatoes, peeled, cooked, mashed and cooled (about 3 cups)
- 1 egg, beaten
- 2 tbsp. Schnucks vegetable oil, divided
- 1 jumbo yellow onion, sliced
- 1 tsp. crushed red pepper
- 1 bunch fresh greens (such as kale or mustard greens), chopped
- 4 Schnucks sweet Italian salsiccia sausage links, cooked and sliced
- 2 tbsp. Schnucks shredded Parmesan cheese (if desired)

1. In a large bowl, whisk together flour and salt; form a well in center. Add potatoes and egg to well; gently knead by hand to form a dough. Cover bowl with plastic wrap and let sit 20 minutes.
2. On a floured surface, make gnocchi by rolling dough into ¾-inch thick ropes and cutting into ½-inch pieces.
3. Bring a large pot of salted water to a boil. Add the gnocchi and cook about 3 minutes or until all are floating. Drain then toss with 1 tablespoon oil; set aside.
4. Heat remaining oil in a large skillet over medium-high. Add onion and crushed red pepper; sauté until softened, 2–3 minutes. Reduce heat to medium and stir in the gnocchi. Cook 3–5 minutes or until golden brown, stirring occasionally.
5. Add greens to skillet and cook about 2 minutes or until wilted, stirring frequently. Season with salt and pepper, if desired. Add sausage and toss to combine. Serve topped with cheese, if using.

PER SERVING: CAL 654, FAT 17G (4G SAT. FAT), CHOL 72MG, SODIUM 781MG, CARB 100G (11G FIBER, 12G SUGARS), PRO 27G



### HOMESTYLE CHICKEN & DUMPLINGS

**SERVES:** 4  
**ACTIVE:** 20 MIN - **TOTAL:** 1 HR 30 MIN

- 1 Schnucks rotisserie chicken, shredded, bones reserved, skin discarded
- 1 carrot, peeled and chopped
- 1 stalk celery, chopped
- 1 bay leaf
- 1 medium yellow onion, diced and divided
- 6 tbsp. Schnucks unsalted butter, divided
- ½ 12-oz. pkg. Schnucks Freshly Frozen Peas and Carrots
- 1½ cup Gold Medal flour, divided
- ½ tsp. chicken seasoning
- 1 tsp. baking powder
- ¾ cup Schnucks 2% milk
- Chopped fresh parsley, to serve (if desired)

1. In a large pot combine chicken bones, carrot, celery, bay leaf, half of onion and 5 cups water. Bring to a boil, reduce heat to low and simmer at least 1 hour. Pour through a strainer to remove and discard solids; set stock aside.
2. Wipe pot clean and return to range over medium heat. Melt 5 tablespoons butter; add onion and sauté 4–5 minutes or until softened. Stir in ½ cup flour; cook 1 minute, stirring constantly. Return stock to pot along with chicken seasoning; cook, stirring frequently, 5–6 minutes or until thickened. Stir in chicken and frozen vegetables. Reduce heat to low and cover.
3. In a medium bowl combine remaining flour and baking powder. Cut remaining butter into the mixture with a fork or pastry blender. Add milk and stir to combine.
4. Drop 4 heaping spoonfuls of dough into the pot and cover; cook 8–10 minutes or until dumplings are cooked through. Discard any leftover dough or make additional dumplings. Serve topped with chopped parsley, if using.

PER SERVING: CAL 640, FAT 37G (17G SAT. FAT), CHOL 137MG, SODIUM 1,650 MG, CARB 54G (4G FIBER, 4G SUGARS), PRO 31G



### ROASTED CAULIFLOWER MAC & CHEESE

**SERVES:** 4  
**ACTIVE:** 15 MIN - **TOTAL:** 40 MIN

- 1 head cauliflower, trimmed and cut into florets
- 1 tbsp. Schnucks vegetable oil
- 2 tbsp. Schnucks unsalted butter, divided
- 2 tbsp. Gold Medal flour
- 2 cups Schnucks 2% milk
- 2 tsp. Spice Supreme paprika
- 1½ cups Schnucks shredded cheese of choice
- ½ 16-oz. package Schnucks dried pasta of choice, prepared according to instructions
- Chopped fresh parsley, to serve (if desired)

1. Preheat oven to 425 degrees. In a large bowl, toss together cauliflower and oil; season with salt and pepper, if desired. Spread onto a rimmed sheet pan in an even layer and roast 20–25 minutes or until browned and tender; let cool.
2. In a large skillet, melt butter over medium-low heat; add flour and cook 1 minute, stirring constantly. Add milk and paprika; cook, stirring occasionally, 3–5 minutes or until thickened. Remove from heat and stir in cheese until melted and combined; let cool.
3. Working in batches, if necessary, transfer cheese sauce and roasted cauliflower to a blender or food processor; puree until smooth.
4. Oil a medium to large casserole dish. Add prepared pasta and cheese sauce; stir to combine, spreading in an even layer. Season with salt and pepper, if desired. Bake at 425 degrees until bubbling and starting to brown on top, about 20 minutes. Serve topped with fresh parsley.

PER SERVING: CAL 577, FAT 27G (15G SAT. FAT), CHOL 69MG, SODIUM 373MG, CARB 59G (5G FIBER, 5G SUGARS), PRO 25G



### CLASSIC SHEPHERD'S PIE

**SERVES:** 4  
**ACTIVE:** 20 MIN - **TOTAL:** 50 MIN

- 2 large Schnucks russet potatoes, peeled and coarsely chopped
- 6 tbsp. Schnucks salted butter
- ½ cup Schnucks 2% milk
- ¼ cup Schnucks sour cream
- 1 tbsp. Schnucks vegetable oil
- 1 lb. Schnucks 80/20 ground beef
- 1 medium yellow onion, diced
- 1 tbsp. Gold Medal flour
- 2 tbsp. tomato paste
- 1 Schnucks beef bouillon cube
- ½ tsp. dried thyme leaves
- 1 12-oz. bag Schnucks Freshly Frozen Mixed Vegetables, thawed
- Chopped fresh parsley and/or thyme leaves, to serve (if desired)

1. Preheat oven to 375 degrees. In a large pot of boiling water, cook potatoes 10–15 minutes or until fork tender; drain. Add butter, milk and sour cream; mash until smooth. Season with salt and pepper, if desired. Set aside and cover to keep warm.
2. Meanwhile, heat oil in a large skillet over medium-high. Add beef and sauté 6–8 minutes or until cooked through, chopping into small pieces with a spatula or spoon. Add onion and continue to cook, stirring occasionally, 3–4 minutes or until softened. Add flour and cook 1 minute more, stirring constantly.
3. Add 1 cup water, tomato paste, bouillon cube and thyme to beef mixture. Bring to a boil and cook 3–4 minutes or until thickened, stirring frequently. Remove from heat and stir in mixed vegetables.
4. Transfer beef mixture to a 9-inch round baking dish and spread potatoes over top. Bake 30–35 minutes or until potatoes are lightly browned. Serve topped with parsley, if using.

PER SERVING: CAL 733, FAT 48G (22G SAT. FAT), CHOL 135MG, SODIUM 484MG, CARB 51G (8G FIBER, 4G SUGARS), PRO 28G



### SATAY SWEET POTATOES WITH CRISPY CHICKPEAS

**SERVES:** 4  
**ACTIVE:** 1 HR 10 MIN - **TOTAL:** 1 HR 15 MIN

- 4 medium sweet potatoes, scrubbed
- 1 15-oz. can chickpeas, drained, rinsed and patted dry
- 2 tsp. ground cumin
- ¼ cup Schnucks vegetable oil, divided
- 2 tsp. paprika
- ½ small yellow onion, grated
- ⅔ cup canned coconut milk
- ¼ cup Schnucks chunky peanut butter
- 1 tbsp. less-sodium soy sauce
- 2 tsp. brown sugar
- ½ tsp. crushed red pepper
- Sliced green onion, to serve (if desired)

1. Preheat oven to 425 degrees. Arrange potatoes on a foil-lined sheet pan. Bake 40–60 minutes or until tender.
2. On a separate rimmed sheet pan, spread chickpeas into a single layer; toss with cumin and 2 tablespoons oil. Roast 20–30 minutes or until browned and crispy, shaking pan every 10 minutes. Remove from oven and immediately sprinkle with paprika. Season with salt and pepper, if desired.
3. Meanwhile, in a medium pan, heat remaining oil over medium. Add onion and sauté until beginning to caramelize, 5–8 minutes. Stir in remaining ingredients, bring to boil and cook 1 minute, stirring constantly. Remove from heat. Season with salt and pepper, if desired.
4. Halve the sweet potatoes lengthwise. Push ends toward each other to loosen flesh; gently fluff with a fork. Serve topped with the peanut sauce, roasted chickpeas and sliced green onion (if using).

PER SERVING: CAL 575, FAT 31G (9G SAT. FAT), CHOL 0MG, SODIUM 665MG, CARB 64G (12G FIBER, 15G SUGARS), PRO 13G



MAKE THE BEST OF YOUR

Budget

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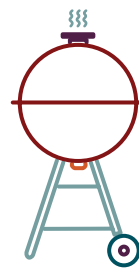
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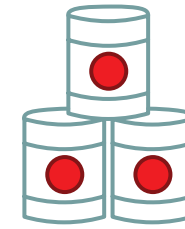
# thrifty festivities

You don't have to spend an arm and a leg to host a successful tailgate! With a bit of creativity and some helpful tips, you can host a party your friends won't be able to stop talking about!



## take your food further

Meat can be the most expensive part of a meal, so take it further by purchasing larger cuts. For example, a pork roast can be shredded for pulled pork sandwiches to feed a crowd!



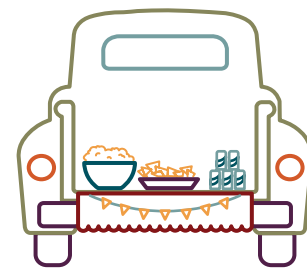
## raid your fridge, freezer and pantry

Before you go out shopping for ingredients, take a look at what you have on hand. Using what you already have as the base of your meal inspiration can help you to shop mindfully.



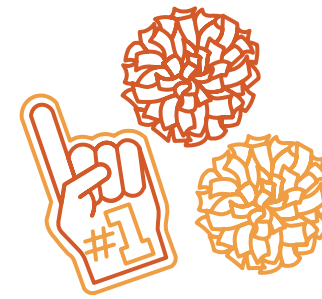
## plan a perfect potluck

Not only are potlucks fun, but they are also good for your wallet! As a host, offer to make the main dish and then have your guests bring over sides, desserts, and drinks! You can all enjoy a full dinner, plus you get to try new dishes!



## top your tailgate

Football season is upon us and having a great tailgate doesn't have to be expensive! Pack a simple tablecloth in your team's colors and grab snacks and drinks from your local Schnucks!



## shop your home

Look no further than what you have lying around when it comes to decorating for a tailgate or party! Bring out that foam finger from college and craft a pennant banner out of some string and colored paper. The possibilities are endless!



## on hand entertainment

All you need is a deck of cards to get the party started! If you want to spice it up a bit more, have everyone bring over their favorite board game and wait for the laughs to start flowing.

## get snackin'

Schnucks has a plethora of snacks fit for a tailgate at a great price. From sweet to salty, we have you covered! Plus, add more spice to your celebration with this easy, delicious and budget-friendly dip!



### FIESTA RANCH DIP

**SERVES:** 8  
**ACTIVE:** 5 MIN - **TOTAL:** 1 HR 5 MIN

- 1 10-oz. can Schnucks diced tomatoes with green chilies, drained
- 1 16 oz. tub Schnucks sour cream
- 1 packet Schnucks Ranch dressing mix
- 1 cup Schnucks shredded cheddar cheese, plus more for garnish
- Optional: sliced green onions and sliced black olives for garnish

1. In a medium bowl, add canned tomatoes, sour cream and ranch mix. Mix until thoroughly combined, about 1 minute. Mix in cheddar and garnish with extra cheese, if desired. Chill for 1 hour, then serve.

PER SERVING: CAL 184, FAT 16G (10G SAT. FAT), CHOL 44MG, SODIUM 535MG, CARB 7G (0G FIBER, 3G SUGARS), PRO 5G





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