

TOM'S MARKET

Fresh. Local. Exceptional.

Not just a slogan, but something we strive to achieve across all our stores.

Weekly Specials Recipe Ideas

Ad Specials for Wednesday, November 9, 2022- Tuesday, November 15, 2022

Featured Recipes

1. *Slow Cooker Boneless Short Ribs*
2. **15 MINUTE MEAL ALERT** - *Sesame Garlic Noodles with Tom's Own Teriyaki Beef and Broccoli*
3. *Baked Zucchini Parmesan Fries*
4. *Linguini with Asparagus and Scallops**
5. *Scallop and Bacon Chowder**

**Scallop recipes- buy one bag, make two recipes!*

Other Menu Ideas for the Week

- *Roasted Tomato Bisque and Grilled Cheese*
- *Early Thanksgiving: Marinated Turkey Tenderloins with Gravy, Betty Crocker Potatoes, and Roasted Baby Carrots*
- *Breakfast For Dinner- Pancakes and Ham Steak*
- *Sausage and Apple -or- Chorizo and Apple Stuffed Pork Roast, Sweet Potato Wedges, and Squash*

Market Location and
Catering Office:
821 Tiogue Ave
Coventry, RI 02816
401.826.0050

Market Location
492 Main Road
Tiverton, RI 02878
401.816.0862

Market Location:
137 Child Street
Warren, RI 02885
401.289.2852

Slow Cooker Boneless Short Ribs

Prep time: 30 minutes

Cook time: 6-8 hours

Difficulty level: medium

Servings: 4-6



Crock Pot Short Ribs

Prep time: 30 minutes **Cook time:** 6-8 hours **Difficulty Level:** Medium **Servings:** 4-6

Ingredients

- 3 pounds boneless beef short ribs (or approximately 8-10 pieces)
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon canola oil
- 4 medium carrots, cut into 1-inch pieces
- 2 stalks of celery, cut into 1/2-inch pieces
- 1 cup beef broth
- 4 fresh thyme sprigs or 1 tablespoon dried thyme
- 1 bay leaf
- 1 large yellow onion, cut into 1/2-inch wedges
- 6 garlic cloves, minced
- 2 tablespoon tomato paste
- 3 cups dry red wine
- 4 teaspoons cornstarch
- 3 tablespoons cold water
- Salt and pepper to taste

Directions

1. Into a 4qt or 5qt slow cooker, add cut carrots, cut celery, beef broth, thyme, and bay leaf.
2. Pat short ribs dry and sprinkle all sides with salt and pepper. In a large skillet, heat oil over medium heat. In batches, brown ribs on all sides; transfer to slow cooker.
3. Add onions to the same skillet; cook and stir over medium heat 8-9 minutes or until tender. Add minced garlic and tomato paste; cook and stir 1 minute longer. Stir in wine. Bring to a boil; cook 10-15 minutes or until liquid is reduced by half. Liquid should appear thicker. Add to slow cooker on top of short ribs. Cook, covered, on low 6-8 hours or until meat is tender.
4. Once done, remove ribs and vegetables; keep warm. Transfer cooking juices to a small saucepan; skim off fat. Discard thyme (if fresh sprigs) and bay leaf. Bring juices to a boil. In a small bowl, mix cornstarch and water until smooth; stir into cooking juices, continuously whisking. Return to a boil; cook and stir 1-2 minutes or until thickened. If desired, sprinkle with additional salt and pepper. Serve with ribs and vegetables.

Special Ad Pricing: *Boneless Short Ribs- \$5.99lb*
2# Yellow Onions- 2/\$3.00; Celery or Baby Carrots- 2/\$4.00;
Eastern or Russet Potatoes 5# Bag- 2/\$6.00

**Market Location and
Catering Office:**
821 Tiogue Ave
Coventry, RI 02816
401.826.0050

Market Location
492 Main Road
Tiverton, RI 02878
401.816.0862

Market Location:
137 Child Street
Warren, RI 02885
401.289.2852

Sesame Garlic Ramen Noodles

with Tom's Own Teriyaki Beef and Broccoli (prepared case-food special)

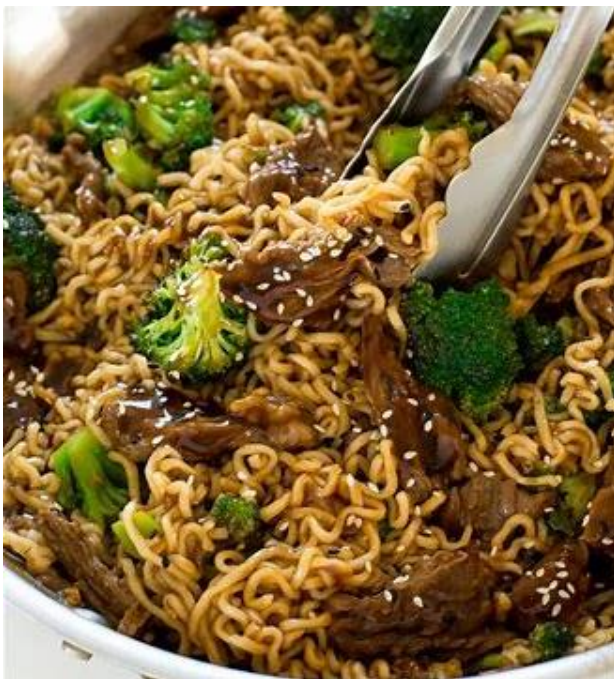
Prep time: 5 minutes **Cook time:** 10 minutes **Difficulty Level:** Easy **Servings:** 2-4

Ingredients

- 2 3-ounce packages of Ramen Noodles, Seasoning Packet Discarded
- 2 teaspoons sesame oil
- 4 cloves of garlic, minced
- ¼ cup soy sauce
- 1 teaspoon brown sugar
- 1 teaspoon sriracha, add more to taste if desired

Directions

1. Cook the ramen noodles without the seasoning packet as directed on package. Drain and set aside.
2. Heat the sesame oil in a small skillet or saucepan over medium heat then cook the garlic in the sesame oil, stirring constantly for 2 minutes.
3. Remove the pan from the heat and whisk into the garlic, the soy sauce, brown sugar, and sriracha until combined. Add more sriracha here to taste if desired
4. Toss the noodles with the sauce.
5. *Top, or even mix in with Tom's prepared "Teriyaki with Beef and Broccoli"*
6. Garnish with green onions and sesame seeds if desired



Special Ad Pricing:

Prepared Food Item: Tom's Own Teriyaki Beef and Broccoli
\$12.99lb

Additions: Add Pea Pods, Water Chestnuts, Baby Corn, and Red Peppers, to make a Ramen-Noodle Stir-Fry!

Market Location and Catering Office:
821 Tiogue Ave
Coventry, RI 02816
401.826.0050

Market Location
492 Main Road
Tiverton, RI 02878
401.816.0862

Market Location:
137 Child Street
Warren, RI 02885
401.289.2852

Baked Zucchini Parmesan Fries

A surprisingly tasty, yet healthy, alternative for your fry craving. Use marinara sauce, ranch sauce, or your favorite dipping sauce to finish off this tasty snack.

Prep time: 15 minutes Cook time: 15 minutes Difficulty Level: Easy Servings: 2

Ingredients

- 3 small zucchinis, cut into french-fry shaped pieces
- salt to taste
- 1 cup breadcrumbs
- ¼ cup grated Parmesan cheese
- 2 tablespoons Italian seasoning
- 2 eggs, beaten

Directions

1. Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil.
2. Season zucchini pieces with salt.
3. Mix breadcrumbs, Parmesan cheese, and Italian seasoning in a bowl.
4. Dip zucchini pieces into the beaten eggs and then press into breadcrumbs to coat; gently toss between your hands so any breadcrumbs that haven't stuck can fall away. Arrange breaded zucchini onto the prepared baking sheet in a single layer.
5. Bake zucchini in preheated oven until golden brown, about 15 minutes.

***NOTE:** recipe works amazing in an air fryer!*



Special Ad Pricing:

Zucchini- \$1.29lb

Progresso Breadcrumbs- 2/\$4.00

**Market Location and
Catering Office:**
821 Tiogue Ave
Coventry, RI 02816
401.826.0050

Market Location
492 Main Road
Tiverton, RI 02878
401.816.0862

Market Location:
137 Child Street
Warren, RI 02885
401.289.2852

Linguini with Asparagus and Scallops for Two

Ingredients

- 1lb fresh asparagus
- 1lb sea scallop pieces, defrosted
- 2 tbsp olive oil or butter
- 1 tbsp finely chopped garlic
- 1 cup halved Cherub tomatoes -or- ½ can Tuttorosso diced tomatoes
- Ground pepper, salt
- 2tbsp butter
- 2 tbsp fine chopped parsley
- 1tsp chopped fresh thyme or ½ tsp dried thyme
- 1 tbsp lemon juice
- 1/2lb linguini or other cooked pasta
- ½ cup white onion, diced

Directions

1. In a large pot, bring salted water to a boil to cook pasta.
2. In a small saucepan bring enough water to boil to cover the asparagus. Remove bottom ½-1 inch of asparagus known as the woody part and cut the remaining part into ½ inch pieces. Add asparagus to the boiling water in small saucepan and cook for 1 minute or until a fork can just barely pierce the asparagus. Do not overcook. Remove pan from heat and drain the asparagus in a colander.
3. Heat oil in skillet. Over medium high heat sauté onion until translucent and then add garlic and diced tomatoes and cook for an additional 1 minute. Season to taste with salt and pepper
4. Using a nonstick skillet large enough to hold the scallops in one layer, heat butter over high heat. Add scallops, cook, shaking so that scallops cook evenly and quickly, for about 2 minutes.
5. While scallops are cooking, add pasta to large pot of boiling water and cook until bite tender. Cooking times will vary depending on type of pasta used. Strain once al dente.
6. Add tomato, onion, and asparagus mixture to the scallops. Add the parsley and lemon juice and gently stir to combine. Once combined, add to strained pasta, and gently combine again. Serve with parmesan cheese and fresh cracked black pepper.

Special Ad Pricing: *Broken Scallop Pieces - \$9.95/2lb bag, Frozen*

Cabot Butter Quarters- 2/\$9.00

Cherub Tomatoes- \$2.99 each

Tuttorosso Diced Tomatoes- 14.05oz- 2/\$3.00

2# Yellow Onion- 2/\$3.00

Lemons- \$0.99 each

**Market Location and
Catering Office:**
821 Tiogue Ave
Coventry, RI 02816
401.826.0050

Market Location
492 Main Road
Tiverton, RI 02878
401.816.0862

Market Location:
137 Child Street
Warren, RI 02885
401.289.2852

Scallop and Bacon Chowder

Prep time: 15 minutes Cook time: 35 minutes Difficulty Level: Easy Servings: 4

Ingredients

- 4 slices bacon, chopped
- 12 ounces bay or sea scallops, thawed if frozen
- 1 medium onion, chopped
- 1 cup peeled and diced potatoes
- 1/4 cup chopped celery
- 1 cup fish stock, or chicken stock
- 1/4 cup all-purpose flour
- 1/8 teaspoon white pepper
- 1/4 teaspoon dried marjoram
- 2 1/2 cups milk
- 1 (12-ounce) can corn, drained



Steps to Make It

1. Gather the ingredients.
2. In a large stockpot, cook the bacon until crisp; remove from the pan, drain on paper towels, crumble, and set aside.
3. In the drippings, place the scallops and cook for 8 to 9 minutes for sea scallop pieces until opaque. Remove the scallops from the pot and set aside.
4. In the drippings in the pot, add the onion, potatoes, and celery and cook for 3 to 4 minutes. Add the fish stock and bring to a boil; reduce the heat, cover, and simmer for 8 to 10 minutes, until the potatoes are tender.
5. In a medium bowl, combine the flour, marjoram, pepper, and milk and mix with wire whisk until blended. Add to the pot along with the drained corn and bring to a simmer. Cook over medium heat for 12 minutes, stirring often until the soup has thickened and the vegetables are tender.
6. Add the cooked scallops and simmer for 3 to 4 minutes until the scallops are thoroughly heated.
7. Ladle into bowls and sprinkle the cooked bacon on top. Serve and enjoy.

Special Ad Pricing: *Broken Scallop Pieces - \$9.95/2lb bag, Frozen*

Cabot Butter Quarters- 2/\$9.00

2# Yellow Onion- 2/\$3.00

Celery or Baby Carrots- 2/\$4.00;

Eastern or Russet Potatoes 5# Bag- 2/\$6.00

**Market Location and
Catering Office:**
821 Tiogue Ave
Coventry, RI 02816
401.826.0050

Market Location
492 Main Road
Tiverton, RI 02878
401.816.0862

Market Location:
137 Child Street
Warren, RI 02885
401.289.2852