

# SHOPPING LIST

## PRODUCE

- Egg Roll Wrappers or Wonton Wraps
- Yellow Summer Squash (x2)
- Bell Pepper (x1)
- Broccoli (x1)
- Cucumber (x1)
- Lettuce
- Sweet Potatoes (3lb)
- Tomatoes (x3)
- Garlic

## MEAT DEPT

- Meatballs (2lb bag frozen)
- Shrimp (12oz bag frozen)
- Chicken Breasts (5lb)

## DAIRY

- Mozzarella Cheese (8oz)
- Butter (8oz)
- Cheddar Cheese (8oz)
- Milk (1/2 gallon)
- Sour Cream (8oz)

## PANTRY

- Tomato Sauce (15oz)
- Carrots (14.5oz can)
- Mexican Rice Pack (5.4oz)
- Black Beans (15oz can)
- Corn (15oz can)
- Lemon Pepper Seasoning
- Cream of Chicken (10.5oz can)
- Stuffing Mix (6oz)
- Beef Broth (14.5oz can)
- Egg Noodles (1lb)
- Pesto Sauce Pack

## FROZEN

- Frozen Green Beans (12oz bag)

Assuming you have cooking oil, a little flour or corn starch, salad dressing, and your favorite seasonings.

## Lemon Pepper Chicken with Sweet Potatoes & Broccoli (serves 4-6)

Need:

2-3 Chicken Breasts (cut into 1/2 or 1/3 depending on size)

Lemon Pepper Seasoning

3-4 Sweet Potatoes

Broccoli (1 head)

Cooking oil

1. This is a super simple one sheet pan meal. If you don't have a big enough baking sheet, you can split this over 2 pans. (chicken and broccoli on one, potatoes on the other)
2. Depending on the size of your chicken, you will want to cut them in half or in thirds, this will make your cooking time less.
3. Start by seasoning your chicken with the lemon pepper seasoning, and place chicken on greased sheet pan.

\*\*\*\*Prep Ahead- Since I am going to open this pack and cut chicken, I would go ahead and cut up the rest of the pack of chicken into 1-2 inch size pieces and place in 2 ziploc bags. This will save us time later on\*\*\*

4. For the sweet potatoes, I like to chop them into about 1 inch thick chunks. You will drizzle them with your cooking oil of choice and add some seasoning. Lemon Pepper can get sort of strong, so I tend to put some onion powder, garlic powder, and salt/pepper on them!

5. We will bake the chicken and sweet potatoes in a 375 degree oven for about 30 minutes. After 30 minutes we will flip everyone in the pan over. At this point I like to add the broccoli. I drizzle it with a little oil and just salt & pepper. Bake for another 15-20 minutes until chicken is done and sweet potatoes are tender.

## Meatball Stroganoff with Sauteed Carrots(serves 4-6)

Need:

Frozen Meatballs (1lb or half a 32oz bag)

2 tbsp butter

1 tbsp cornstarch or flour

salt/pepper

2 cups Milk

14.5oz can Beef Broth

8oz egg noodles

1/2 cup sour cream

Sliced Carrots (14.5oz can)

2 tbsp butter

1 clove of garlic (minced)

1. Cook the 1lb of meatballs in a skillet. (Once done you can leave them as whole meatballs or cut them smaller. I usually pull them out and place on a cutting board to cool, then cut into quarters)
2. Add 2 tbsp butter, 1 tbsp cornstarch, and salt & pepper to the pan. Stir to combine, then pour in milk and beef broth.
3. Add your noodles, and stir so all the noodles are mostly covered with liquid. Cover the skillet and bring to a boil over medium-high heat. Stir occasionally and once boiling, drop the heat to medium and let cook covered for 10-15 minutes until noodles are tender.
4. While that is cooking, I will saute the drained carrots and garlic in butter. You can also add other seasonings as well.
5. This is the point I would add the meatballs back to the skillet if I cut them into quarters.
6. Stir in sour cream to the noodles & meatballs. This will thicken the sauce and make it creamy. I let this sit for a few minutes before serving.

# Chicken & Green Bean Casserole

(Serves 4-6)

Need:

- 2 Chicken Breasts (about 1-1.5lbs)
- Green Beans (12oz bag frozen or 14.5oz can)
- Cream of Chicken Soup (10.5oz)
- 1/2 cup of milk
- Stuffing Mix (6oz box)
- 1/2 stick of butter (1/4 cup)

1. We will be using chicken that is cut in about 1 inch pieces, and I place them at the bottom of a greased casserole dish.
2. Next, we will sprinkle our green beans around the chicken.
3. In a small bowl, mix the cream of chicken with milk, then pour over the chicken and green beans.
4. Melt the butter in the microwave and then combine with the stuffing mix. Just stir well and then spread the stuffing mix over the chicken and green beans.
5. Place aluminum foil over your casserole dish, and bake in 350 degree oven for 30 minutes.
6. After baking for 30 minutes, remove the foil, and cook another 15 minutes. I then let this sit for about 5-10 minutes before serving.

\*\*\*The stuffing on top can be super crunchy, if you don't want that just stir everything before putting it in the oven and maybe just save 1/2 a cup of stuffing to sprinkle on top.\*\*\*

# Shrimp Pesto Pasta with Summer Squash(serves 4-6)

Need:

- Pasta (8oz)
- 3 cloves of garlic (minced)
- cooking oil
- Pesto Sauce Pack
- Shrimp (12oz bag frozen)
- 1 tomato
- 2 yellow summer squash

1. Boil water for the pasta and cook until tender.
2. In a skillet, saute minced garlic in cooking oil for about 1-3 minutes.
3. Add your pesto seasoning packet with 3/4 cup water & 1/4 cup of oil. (Per Directions). We will bring this to a boil while we stir. Then reduce heat to low and let simmer.
4. Once simmering, we will add our shrimp and keep stirring. The shrimp will turn pink once fully cooked.
5. Once the shrimp is pink, you can add in your diced tomato and stir to combine.
6. At this point, I add my pasta to the sauce and stir everything together, but you can also serve the shrimp with sauce over the pasta. Go with whatever works for you!

\*\*\*You can saute your yellow squash in the pan with the minced garlic to be included in your pasta, or cook it in a separate pan. That is up to you. We usually season it with Italian seasoning or just use minced garlic.

This dish is really good with garlic bread or salad, so you can easily add those as well!

## Chicken Fiesta Rice Bowl (serves 4-6)

Need:

Cooking oil or butter  
Bell Pepper (chopped)  
2-3 chicken breasts (cut into 1-2 inch chunks)  
Black Beans (15.25oz can)  
Corn (14.5oz can)  
Knorr Mexican Rice Pack  
2 cups of water

1. In a large skillet, saute bell pepper in butter or cooking oil. Once tender, add chicken pieces and cook until done. This should only take 3-5 minutes depending on the size of the chicken pieces.
2. Drain and rinse the black beans and corn, then add to the cooked chicken in the skillet.
3. Add rice pack and 2 cups of water to the pan and stir to combine.
4. Bring water to a boil, then reduce heat and cover. Let cook for about 7-10 minutes until rice is tender.
5. I like to serve this with chopped lettuce, diced tomatoes, some shredded cheese, and sour cream on top!

## Meatball Sub Egg Rolls with Side Salad(serves 4-6)

Need:

Frozen Meatballs (1lb or 1/2 32oz bag)  
Egg Roll Wrappers or Wonton Wraps  
Tomato Sauce (15oz can)  
Mozzarella Cheese (shredded)  
Lettuce  
Tomato  
Cucumber  
Cheddar Cheese

1. In a skillet, heat meatballs so they are no longer frozen. I usually do this with a little water in the pan and cover over medium heat. Then I let them cool, so I cut them in half or into quarters. (You can do halves in egg roll wrappers or do quarters for wonton wraps.
2. Lay your wrapper down one at a time, place a small amount of tomato sauce, meatballs, and a little cheese. Then using your finger wet the edges lightly and roll into an egg roll or fold over like a ravioli depending on the size of the wrapper. (If using wontons, I like to crimp the edges with my fingers or a fork)
3. Once all are made, I prefer to fry these in oil until golden brown, but you can also bake these or air fry these.
4. We serve these with a simple side salad. I like to add a little Italian Seasoning to the leftover tomato sauce, then we use this to dip!