

SHOPPING LIST

PRODUCE

- Green pepper (x1)
- Jalapeno (x1)
- Garlic (1 head)
- Roma Tomatoes (x6)
- Onion (x1)
- Lemon (x1)
- Asparagus (1 bunch)
- Carrots (1lb)
- Potatoes (5lb)

MEAT DEPT

- Ground Turkey (2lb)
- Ham Lunchmeat (1lb)
- Chicken Breasts (5.5lb)
6-8 pieces

DAIRY

- Eggs (12ct)
- Parmesan Cheese (6oz)
- Butter (1lb)
- Swiss Cheese Slices
(8oz)
- Feta Cheese (6oz)

FROZEN

- Frozen Peas (12oz bag)

PANTRY

- Chili Ready Diced
Tomatoes (14.5oz can)
- Cannellini Beans
(15.5oz can)
- Bowtie Pasta (1lb)
- French Bread (sliced)
- Worcestershire Sauce
- Tomato Sauce (8oz)
- Italian Seasoning
- Canola Oil
- Penne Pasta (1lb)
- Beef Broth (14.5oz
can)
- Onion Soup Mix
- White Rice (1lb)
- Saltine Crackers

ADDITIONAL ITEMS

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Chicken Cordon Bleu with Smashed Potatoes & Peas (serves 4-6)

Need:

3 potatoes
2-3 chicken breasts
Swiss cheese
Ham lunchmeat
1/2 cup breadcrumbs
Bag of Frozen Peas

1. Wash your potatoes and cut them in half. Boil the potatoes in water until tender, then drain.
2. Slice chicken breasts in half long ways, and then pound them out pretty thin.
3. Lay Swiss cheese and ham slices on top of the chicken, and then roll them up. (Use toothpicks to keep closed if needed). Place the chicken in a greased casserole dish
4. Sprinkle the breadcrumbs over the chicken.
5. Place your potato halves on a greased sheet pan, and use a fork to smash each potato. I then top each potato with a little butter and some of your favorite seasonings.
6. Bake the potatoes and the chicken in a 350 degree oven for 30-35 minutes.
7. Steam the peas in the microwave, and serve with the cooked chicken and potatoes.

Crispy Baked Chicken with Onion Rice & Roasted Carrots (serves 4-6)

Need:

1 cup crushed saltine crackers
Favorite Seasonings
2-3 chicken breasts cut in half
3-4 carrots
cooking oil
1/4 cup butter (melted)
1 cup white rice
Onion Soup Mix (1 pack)
1/2 cup water
Beef Broth (14.5oz can)
1/4 cup of butter (sliced)
3-4 carrots

1. Mix together crushed crackers with your seasonings in a shallow bowl.
2. Dip your chicken in the melted butter, and then dredge it through our cracker mixture to coat.
3. Place chicken in greased casserole dish and bake in 425 degree oven for 45-60 minutes.
4. Wash, peel, and cut carrots into slices. Drizzle with oil, and your favorite seasonings. Spread them out on a greased sheet pan and back for about 30 minutes. Flip about halfway.
5. In a saucepan, melt sliced butter, add in rice, soup mix, water, and broth. Bring to a boil, then reduce heat and simmer about 20 minutes.

Lemon Asparagus Pasta with Chicken (serves 4-6)

Need:

- 1 box penne pasta
- 2 chicken breasts (cut into chunks)
- Italian Seasonings
- 1 bunch asparagus
- 1 lemon (zest & juice)
- 1 cup parmesan cheese
- 3 cloves garlic (minced)
- 1/2 cup olive or canola oil

1. Boil pasta in a large pot until tender.
2. In a saucepan, cook chicken pieces in a little oil. Add your favorite Italian seasonings. Once fully cooked, set chicken aside, and add asparagus to the pan. Cook another 5-7 minutes until asparagus is tender.
3. Once the pasta is drained, add back to the large pot, and stir in cooked chicken and asparagus.
4. Next add in lemon zest, juice, parmesan cheese, garlic, and oil. Stir well to combine and add any additional seasonings you like such as salt, pepper, garlic, etc.

Slow Cooker Ground Turkey Stew (serves 4-6)

Need:

- 1 pound ground turkey
- 3-4 carrots (chopped)
- 3-4 potatoes (diced)
- 1/2 onion (chopped)
- 8 oz can of tomato sauce
- 2 cups of water
- 1 tbsp Worcestershire sauce
- salt, pepper, favorite seasonings
- French Bread Sliced

1. In a small pan, brown the ground turkey. Once fully cooked, drain grease and add turkey to bottom of a slow cooker.
2. Add 3 chopped carrots, 3 diced potatoes, 1 sliced onion, tomato sauce, water, Worcestershire sauce, and any additional seasonings.
3. Stir until well combined then cover and cook for 6-8 hours on low or 3-4 hours on high.
4. Serve stew with bread or crackers!

Prep Ahead: Go ahead and cook both pounds of ground turkey but save the other half in a container for the other dinner that uses ground turkey!

Tomato Feta Pasta (serves 4-6)

Need:

1lb bowtie pasta
6 Roma Tomatoes (large dice)
Italian Seasoning
3 cloves garlic (chopped)
16oz can Cannellini Beans (rinsed & drained)
5oz feta cheese crumbles
parmesan cheese

1. In a large pot, boil water for pasta and cook until tender. Drain and set aside.
2. In a greased baking dish, add large diced tomatoes, Italian Seasonings, chopped garlic, cannellini beans, and sprinkle the feta cheese on top. Bake in 400 degree oven for about 25-30 minutes.
3. Once tomatoes are cooked, stir in cooked pasta and top with parmesan cheese. Serve with sliced French Bread!

We used crumbled feta because it was much cheaper than a block, but still the same flavor

This is meant to be a meatless dinner, but you could easily add cooked chicken, sausage, ground turkey or beef if you want to!

Eggs in Purgatory aka "Shakshuka" (serves 4-6)

Need:

1 pound ground turkey
1/2 onion (chopped)
3 cloves of garlic (minced)
1 green pepper (chopped)
1 jalapeno (chopped) *optional
Chili Ready Diced Tomatoes (14.5oz can)
4-6 eggs

1. In a large sauce pan, brown ground turkey and drain any excess grease.
2. Next add onion, garlic, green pepper, and jalepeno to the pan. Cook about 5-7 minutes until tender.
3. Add in chili-ready tomatoes (don't drain) and turn up heat to cook for about 10 minutes. This will boil off some of the liquid from the tomatoes.
4. Reduce heat to medium. Make 4-6 indentations (holes) in the tomato mixture. Crack an egg into each spot, then put the lid on the pan. Let cook for about 5 minutes or until eggs are fully cooked and not runny.
5. Serve with toasted French Bread and top with parmesan cheese if you want!