

SHOPPING LIST

PRODUCE

- Red potatoes (3lb)
- red onion (x1)
- Roma Tomatoes (x4)

FROZEN

- Frozen Spinach (12oz bag)
- Frozen Broccoli (12oz bag)
- Frozen Stir-Fry veggies (20oz)

ADDITIONAL ITEMS

MEAT DEPT

- Ground turkey (1lb)
- Chicken Thighs (3lb bag)
- Ham (14-16oz)
- Ground Sausage (1lb)

DAIRY

- Cheddar Cheese (1lb)
- Butter (1lb)
- Feta Cheese (5oz)
- Milk (half gallon)

PANTRY

- Thousand Island Dressing
- Hamburger Dill Pickles
- Mustard (ground, brown, dijon, etc)
- Mayonaise
- Corn (14.5oz)
- Italian Dressing
- Thin Spaghetti (1lb)
- Green Beans (14.5oz)
- White Rice (1lb)
- Cream of Mushroom (10.5oz can)
- Panko Breadcrumbs
- Cream of Chicken (10.5oz can)
- Mongolian Beef seasoning pack
- Cajun Seasoning
- Diced Tomatoes with Chiles (14.5oz can)
- Carrots (14.5oz)
- Pizza Dough Mix

Assuming you have cooking oil, a little flour, and your favorite seasonings.

Cheeseburger Stromboli with Potato Salad and Corn

(serves 4-6)

Need:

pack of pizza dough mix
1/2 bag of red potatoes (1.5lbs)
1 lb ground turkey
1/2 cup thousand island dressing
hamburger dill pickles
1 cup cheddar cheese
1 tbsp mustard
1/2 cup mayo
seasonings
Corn (14.5 oz can)

1. Prepare your pizza dough according to directions, and set aside to let rise.
2. Wash and cut potatoes into 1 inch chunks. Place in pot with water, and boil until tender.
3. Meanwhile, brown your ground turkey in a pan. Once cooked, drain any excess grease. Combine the cooked ground turkey with your dressing.
4. Using your fingers, spread your pizza dough out on a greased sheet pan. Using a spoon, spread your ground turkey mixture over the pizza dough, but leave a 1/2 inch border at the edges.
5. Sprinkle cheese on top of the meat, and lay out rows of pickles. (You can chop the pickles up and sprinkle them if you like.)
6. Roll the dough similar to rolling a cinnamon roll up. Place seam side down and bake in 400 degree oven for 18-20 minutes. The roll should be golden brown.
7. Drain your potatoes, and mix with 1/2 cup mayo, 1 tbsp mustard, and your favorite seasonings.
8. Place corn in microwave safe dish, and heat for 2-3 minutes. Add some butter or margarine for extra flavor.
9. Slice stomboli into 1 inch rolls, serve with additional Thousand Island for dipping!

Ham & Rice Casserole (Serves 6-8)

Need:

14-16oz ham
Frozen Spinach (12oz bag)
2 cups white rice (uncooked)
Cream of Mushroom Soup (10.5oz can)
1.5 cups of Milk
1.5 cup of water
2 tbsp mustard
1/2 cup panko bread crumbs
1 cup cheddar cheese (shredded)

1. Chop ham into small dice sized pieces. Break up the spinach in the bag with your hands. Place ham, spinach, and white rice at the bottom of a greased casserole dish.
2. In a small bowl, combine cream of mushroom, milk, water, and mustard. Whisk together to combine. You can also add any seasonings you like at this point as well. I usually add garlic powder, pepper, and onion powder.
3. Pour soup mixture over the ham & rice. Using a spoon, mix everything together until combined. Spread it out evenly, and then top the casserole dish with aluminum foil.
4. Bake in 400 degree oven for 30 minutes.
5. Remove casserole dish from oven, remove aluminum foil, then sprinkle the top with panko bread crumbs and cheese. Bake for another 5-7 minutes until melted.
6. After cheese is melted, I let the casserole sit for 10 minutes, and then serve.

****This casserole is really good next day and can be made in advance and reheated later. ****

Greek Chicken Sheet Pan with Green Beans and Butter

Pasta (serves 4-6)

Need:

Italian Dressing

4 Chicken Thighs

3/4 red onion

4 Roma tomatoes

1/2 box thin spaghetti

1/2 cup butter

Feta Cheese (5oz tub)

Green Beans (14.5oz can)

1. Place chicken thighs and enough Italian dressing to coat in a plastic Ziploc style bag. Place in refrigerator for at least 30 minutes. (You can also mix Italian dressing with Dijon mustard for extra flavor)
2. Cut red onion into long slices and the roma tomatoes into large chunks. Toss these in a bowl with Italian dressing.
3. On a greased sheet pan, spread marinated chicken, onions, and tomatoes out. Bake in 400 degree oven for about 30 minutes until chicken is done. (I flip about half way)
4. Meanwhile, boil water in a pan for the thin spaghetti. Cook until tender, and then drain.
5. Add butter in chunks to the pasta, and stir until melted.
6. Microwave green beans for 2-3 minutes. Once done, I like to add pepper and garlic for flavor.
7. To assemble plates, I start with the butter pasta on the bottom, top with chicken/onion/tomato, sprinkle feta cheese on top, and have green beans on the side.
8. My kids like everything separate and like the feta mixed with the pasta. For the kids, we slice the chicken thighs into smaller chunks.

*Alternate cooking method: Slice chicken thighs into small chunks, saute in pan with oil until done. Add onions and tomatoes to the pan and cook until tender. Both ways come out great! *

Party Chicken with Roasted Potatoes & Broccoli

(serves 4-6)

Need:

3-4 chicken thighs

1/2 cup of flour

Cream of Chicken Soup (10.5oz can)

1/2 cup mayo

1/2 cup panko bread crumbs

1 cup cheddar cheese shredded

1/2 bag of red potatoes (1.5lbs)

Frozen Broccoli (12oz bag)

1. Dredge chicken thighs in flour for a light coating. Set them in baking dish.
2. In a small bowl combine cream of chicken and mayo, then spoon the mixture on top of the chicken.
3. Mix together bread crumbs and cheese, then sprinkle on top of the mayo on the chicken.
4. Bake in 400 degree oven for 30-35. (Time will depend on the size of the chicken)
5. Wash & Slice potatoes into thin rounds. Drizzle with oil and your favorite seasonings. Then place on greased baking sheet. Put in the oven with the chicken, and flip these after about 15 minutes. These will take about 25-30 minutes total to be nice and golden brown. (Time will depend on how thick the potato slices are, so thinner is better!)
6. Steam broccoli in the microwave according to the package. Once steamed, I like to add a little garlic and butter for extra flavor.

Mongolian Meatballs with Pasta & Veggie Stir-Fry

(serves 4-6)

Need:

1lb Ground Sausage

1 cup of panko bread crumbs

1-2 tbsp of mustard

8oz thin spaghetti noodles

Frozen Stir Fry Veggies (20oz)

Mongolian Seasoning Pack

4 tbsp water

optional 1/4 cup soy sauce

1. Boil your water for pasta, we will use 1/2 a box. Once the pasta is tender, drain, and set aside.
2. In a bowl, combine ground sausage, mustard, and panko breadcrumbs. Use your hands to combine to make meatballs. You may need to add more panko depending on if the meatballs are too sticky. (We are using the mustard in place of an egg)
3. In a large skillet, brown the meatballs in a little oil. I like to get them brown first, then put the lid on and let them steam to fully cook quicker.
4. Once the meatballs are cooked, I add the frozen stir fry veggies. I like to keep the lid on to steam these as well and cook over medium heat until they look done.
5. In a small bowl, combine Mongolian seasoning pack with 4 tbsp of water. I use a fork to keep from getting clumps. *If you like soy sauce, you can add 2-3 tbsp of soy sauce instead of water*
6. Turn the heat off your skillet, and add your cooked pasta to the meatballs & veggies. Pour the sauce in and stir to coat. I like to let this sit for a few minutes to let the pasta absorb the liquid.

****My kids like this as is, but hubby and I add yum yum sauce or sriracha sauce for extra flavor. You can also add more soy sauce if you like that flavor. ****

Cajun Butter Chicken and Rice (serves 4-6)

Need:

3 Chicken Thighs

Cajun Seasoning

1/2 cup butter

2 cups white rice

4 cups water

Diced Tomatoes with Chiles(14.5oz can)

Carrots (14.5oz can)

1. For the rice, we will start by draining our tomato juice into a measuring cup. We need a total of 4 cups of water for the rice and we want to add extra flavor with the juice. (You can also add Cajun seasoning to the rice if you like more spice.) We will boil and then simmer our rice until tender.
2. I like to chop my chicken thighs into about 1 inch chunks and then season them with the cajun seasoning. (Go heavier for spicy, and lighter for a mild flavor)
3. In a skillet, heat oil and cook your chicken thigh pieces. Once the chicken is fully cooked, reduce heat and add 1/2 cup butter cut into chunks. Let this sit and melt the butter with no heat.
4. Microwave carrots for 2-3 minutes, and I usually add either brown sugar or a little syrup to make them sweet since the chicken and rice can get a little spicy.
5. Once the rice is fully cooked, mix in your drained tomatoes.
6. I like to serve this rice bowl style. So I do a scoop of rice at the bottom, carrots on the side, and then top with chicken and some butter sauce.