

SHOPPING LIST

PRODUCE

- Carrots (1lb)
- Yellow Squash (x1)
- Zucchini (x1)
- Avocado (x1)
- Potatoes (5lb)

DAIRY

- Cheddar Cheese (16oz)
- Monterey Jack (8oz)
- Sour Cream (8oz)
- Crescent Rolls
- Eggs (6ct)
- Butter (1lb)
- Milk (half gallon)

MEAT DEPT

- Bacon Pieces (2.5oz bag)
- Turkey Sausage (13oz)
- Chicken Breasts (5lb)
- Beef Lunchmeat (3 x 2oz)

PANTRY

- Chicken Broth (14.5oz can)
- Green Beans (14.5oz can)
- White Rice (1lb)
- Salsa Verde (16oz)
- Elbow Noodles (16oz)
- Bread Crumbs
- Ranch Dressing
- Flour (2lb)
- French Bread (sliced)

FROZEN

- Frozen Cauliflower (12oz bag)
- Frozen Peas (12oz bag)
- Frozen Corn on the Cobb (6ct)
- Frozen Broccoli (12oz bag)

Assuming you have cooking
oil and your favorite
seasonings.

Chipped Beef Toast, Home Fries, and Green beans (serves 4-6)

Need:

4 Potatoes
oil & favorite seasoning
2 tbsp butter
2 tbsp flour
1.5 cups of milk
3 packs (6oz) beef lunch meat
French Bread
Green Beans (14.5oz can)

1. Wash and slice your potatoes into wedges. Drizzle with oil and your favorite seasoning. Bake in 400 degree oven for 25-30 minutes. I flip halfway, and the size of your potatoes will make cook times vary. ****Potatoes can also be done in the air fryer for about 20 minutes and flipping half way.*****
2. On the stove, melt butter and stir in flour. Add milk a little at a time and keep stirring or whisking. Bring the milk to a boil and keep stirring until thickened.
3. Chop your beef into small pieces, and add it to your milk sauce. Season with pepper but don't use salt because the beef is already pretty salty.
4. Heat green beans in the microwave or in a pot on the stove. I add a little extra butter to them but that's about it.
5. Toast 4-6 slices of French bread in the toaster or in the oven. Serve the beef and sauce over the toast.

Baked Mac and Cheese Chicken (serves 8-10)

Need:

8 oz elbow noodles (1/2 a box)
2-3 chicken breasts
4 tbsp butter
1/3 cup of flour
3 cups of milk
Frozen Broccoli (12oz bag)
4 cups shredded cheddar cheese
1/2 cup breadcrumbs
2 tbsp butter

1. Boil water and cook pasta until tender. Drain water and set pasta aside.
2. While that is cooking, cut your chicken into bite sized chunks. Then saute the chicken in a little oil until done. Set chicken aside.
3. Add 4 tbsp of butter to the pan and melt it. Add in flour and whisk. Add your favorite seasonings like salt, pepper, garlic powder, onion powder, etc. Once that has cooked for at least 1 minute, Whisk in the milk. Heat to boiling and keep stirring. After boiling a minute, remove from heat.
4. Stir in 3 cups of shredded cheese, cooked chicken, cooked pasta, and frozen broccoli. Pour the mixture into a greased baking dish.
5. Melt 2 tbsp of butter in the microwave and mix with the breadcrumbs. Top your baking dish with the remaining cup of cheese and breadcrumbs.
6. Bake in 375 degree oven for about 35 minutes. Your mixture should be bubbly, and breadcrumbs should be browned.

Potato Onion Bacon Bake w/ Carrot Ribbons (serves 6-8)

Need:

2-3 potatoes

Bacon Pieces (about 6-8 slices worth)

1 onion (chopped)

Crescent Roll Dough

1 cup Monterey Jack (shredded)

1 egg

1/4 cup of milk

2-4 carrots

1. Slice potatoes in thin rounds, and then boil in water on the stove for about 8-10 minutes until tender. Drain from water and set aside.
2. In a pan, cooked chopped onion in a little oil (or in bacon grease if you use raw bacon).
3. Unroll crescent dough on a greased or parchment lined sheet pan. I use my fingers to close any gaps so it is one big sheet with no holes.
4. Layer your boiled potato slices, onions, bacon and 1/2 cup of cheese in the center of your dough but leave a 2 inch border all around. Once all your center is filled, fold the dough up and over the filling. (The center will still be open but you will have a folded over crust around the edge.
5. In small bowl, whisk egg and milk together and any seasonings you like. (I usually do pepper and garlic or ranch seasoning or a garlic herb blend). Pour the egg mixture on top of the exposed center part. Cover the opening with the other 1/2 cup of shredded cheese.
6. Bake in 375 degree oven for 20-25 minutes until golden brown!
7. For the carrots, I wash them and then use a veggie peeler to make long ribbons. Sautee your carrot ribbons in a pan with butter and your favorite seasoning. (I usually go with minced garlic and salt & pepper.

Ranch Chicken Tenders with Rice and Peas & Carrots (Serves 4-6)

Need:

1/2 cup ranch dressing

1 cup bread crumbs

2-3 chicken breasts

1 cup white rice

Chicken Broth (14.5oz can)

Frozen Peas (12oz bag)

2-3 Carrots

1. We will first put our ranch dressing in a small bowl, and our bread crumbs on a plate.
2. Next we will cut our chicken breasts down into the size of chicken tenders. I like to cut across the short way on the breasts. Depending on the size of your chicken you may get 6-8 tenders out of each.
3. Dip the tenders into the ranch dressing and then roll into the breadcrumbs. Place the breaded tenders onto a greased baking sheet. (Throw away any ranch dressing or bread crumbs that are left over in the bowl and plate.)
4. Bake in 400 degree oven for 20-25 minutes. The thickness of the chicken will make cooking times vary.
5. In a pot on the stove we will make our rice using chicken broth. The broth in the can is not quite 2 cups, so you will need to add a little water to have 2 cups total of liquid.
6. For the carrots, I will wash and peel them, then cut into small rounds. In a pan with a little oil, I like to saute my carrots and then add my frozen peas. I usually add in some garlic powder, salt & pepper.
7. Serve your chicken tenders with more ranch dressing for dipping!

Sausage & Veggie Foil Packs

(serves 4-6)

Need:

Turkey Sausage (13oz)

1 Zucchini

1 Yellow Squash

2-3 potatoes

4-6 corn on the cobb pieces

oil

favorite seasonings

sour cream

shredded cheese

1. We want to cut all our veggies (zucchini, squash, and potatoes) into 1 inch bite sized pieces. We will also cut our turkey sausage into about 1 inch thick pieces. (I like to cut it on an angle.)
2. I lay out pieces of foil for each person/serving. Then I split the veggies and sausage between each piece. I also add a piece of corn on the cobb to each serving. Drizzle each serving with a little oil and add your favorite seasonings. I usually do minced garlic, salt, pepper, and a herb blend. You could do lemon pepper, ranch seasoning, or even a mesquite seasoning.
3. Using your fingers, crimp the foil into packets and make sure everything is sealed so it can steam.
4. Place in 400 degree oven, and bake for 30 minutes.
5. After the foil packs are done baking, let cool for a few minutes, and then serve in foil pouch or empty each one out on a plate. We usually add some sour cream and shredded cheese on top too!

Crockpot Salsa Verde Chicken with Rice & Cheesy Cauliflower

(serves 6-8)

Need:

2-3 chicken breasts

Salsa Verde (16oz)

1 cup white rice

2 cups water

Frozen Cauliflower

shredded cheese

sour cream

avocado

1. In a greased crockpot, place your chicken breasts on the bottom, then pour the salsa verde over the top. Cook for 4-5 on low.
2. When it's time to make dinner, we will make some basic white rice using 1 cup rice and 2 cups water. You want to heat to boiling, then simmer for 20 minutes until rice is tender.
3. Steam your cauliflower in the microwave per directions. Once cooked, mix in sour cream and shredded cheese. I just eyeball the amounts depending on my mood.
4. Using two forks, shred your chicken in the crockpot.
5. When time to serve, I like to serve the chicken with salsa over the rice. Then top with chopped or sliced avocado and some sour cream.