

WEEK #26
6 DINNERS FOR
\$60

* Bacon Brown Sugar Chicken w/
Broccoli Cheese Rice

* One Pot Tuna Pasta

* Chili Pups with Air Fried Pickle
Chips

* BLT Pasta Salad

* Italian Sloppy Joe's with Fries &
Corn

* Chicken and Rice Salad Bowl

Total was \$59.95 at the Sata Rosa, CA area Walmart.

SHOPPING LIST

PRODUCE

- Garlic
- Lemon Juice
- Green Onions
- Roma Tomatoes (x4)
- Spinach (8-10oz)
- Bell Pepper
- Onion
- Carrots (1lb)
- Cucumber

MEAT DEPT

- Boneless Chicken Thighs (3lbs)
- Bacon (12oz)
- Lil Smokies (14oz)
- Ground Turkey (1lb)

DAIRY

- Cheddar Cheese (8oz)
- Parmesan Cheese (6oz)
- Eggs (6ct)

PANTRY

- Brown Sugar
- White Rice (1lb)
- Chicken Broth (32oz)
- Bowtie Pasta (1lb)
- Tuna in Oil (5oz)
- Italian Bread
- Pizza Dough Mix
- Chili (10.5oz)
- Dill Pickles
- Ranch Dressing
- Tomato Sauce (15oz)
- Tomato Paste (6oz)
- Wild Rice Mix (4.3oz)
- Italian Dressing

FROZEN

- Broccoli Cuts (12oz)
- Sweet Peas (12oz)
- French Fries (1-2lbs)
- Corn (12oz)

Assuming you have cooking oil, your favorite seasonings,
flour, and mayo!

Crockpot Bacon Brown Sugar Chicken with Broccoli Cheese Rice

Need:

6 Boneless Chicken Thighs
salt/pepper
2 cloves minced garlic
6 slices of bacon
1/3 cup brown sugar
1 cup white rice
3 cups chicken broth
1/2 bag of 12oz broccoli cuts
1 cup of shredded cheddar cheese

1. Season chicken with salt & pepper. Then wrap each thigh with a slice of bacon.
2. Put chicken thighs in a greased crockpot. Sprinkle with brown sugar on top.
3. Cook on low for 6-8 hours or on high for 4-5 hours.
4. When it is closer to dinner time, we will combine rice, broth, and salt/pepper to a pan. Bring to a boil and let simmer with lid on for 10 minutes.
5. Remove lid, add chopped frozen broccoli and cook with lid another 10 minutes until most of the water is gone but we want it to be a little runny.
6. Stir in the cheese until melted, then let sit for a few minutes.
7. Serve chicken with a side of the broccoli rice!

One Pot Tuna Pasta

Need:

3 cups of water
8 oz bowtie pasta
5oz can of tuna in olive oil (not drained)
12oz bag of peas
2 tsp lemon juice
parmesan cheese
Italian Bread

1. Boil pasta in water in a large skillet until tender. (Don't drain)
2. Add frozen peas to the skillet and any seasoning you like. I usually do garlic powder and black pepper. Keep cooking over medium heat until most of the water is absorbed.
3. In a small bowl, put your canned tuna and break it up using a fork. Add your lemon juice to the tuna.
4. Stir the tuna into the pasta, then top with parmesan cheese. Serve with butter bread or garlic bread!

Chili Pups with Air Fried Pickle Chips

Need:

- 1 pizza dough mix
- 14oz pack of Lil Smokies
- 1 egg
- 1 can chili (10.5oz)
- 2-3 chopped green onions
- 2 cups of dill pickles slices
- 1 cup flour

1. Make pizza dough per directions and allow to rise for 20-30 minutes.
2. Then make 1 inch balls with the dough (about 40 or so) and then brush the top of each roll with egg wash (1 egg and water whisked together).
3. Bake these in the air fryer or toaster oven until golden brown.
4. Meanwhile, in a pan saute your Lil Smokies until browned. Add your chili to the pan to heat it up.
5. Mix flour with any seasonings you like I usually just add pepper and garlic powder. Dip pickles in flour and make sure evenly coated.
6. Arrange pickles in single layer in air fryer. Spray the pickles lightly with pan spray.
7. Air Fry for 5 minutes at 400 degree. Flip them gently and air fry for another 5 minutes until golden & crispy.
8. Take each cooked roll, and slice the top half way down (not all the way through), add your lil smokie and chili into the slit. Top with chopped green onions.

*We should have some leftover carrots that you can add as additional side with ranch dressing!

BLT Pasta Salad

Need:

- 8oz bowtie pasta
- 1/2 pack of bacon
- 3/4 cup mayo
- 1/4 cup ranch dressing
- 1-2 tsp lemon juice
- 4 Roma Tomatoes
- 3-5 green onions
- 2 cups of spinach

1. Boil pasta until tender, then place in ice bath to cool down.,
2. Cook bacon in a large skillet until crispy and set aside. (Chop into small pieces once cooled)
3. In a bowl, combine mayo, ranch, lemon juice, and any seasonings you like. I usually add salt, pepper, and garlic powder.
4. Dice tomato and green onion. Chop the spinach into bite sized chunks. Then add it to a large bowl with the cooled pasta. Stir in dressing to coat and add bacon last.
5. We like this pasta chilled in the fridge for a few hours but you can totally eat it room temperature as well!

*You can also add some nice crusty bread or garlic toast as a side!

Italian Sloppy Joe's with Fries & Corn

Need:

1lb ground turkey
1/2 bell pepper
1 onion
2-3 cloves of garlic
15oz can of tomato sauce
6oz can of tomato paste
1/2 bag of Frozen French Fries
12oz bag of Frozen Corn
Italian Bread

1. In a large skillet, cook ground turkey, chopped bell pepper, and diced onion. Once the ground turkey is fully cooked, drain any excess grease if necessary.
2. Stir in minced garlic, tomato sauce, and tomato paste.
3. Let this simmer for about 5-10 minutes until it thickens up. I usually add some Italian Seasoning as well, but that is up to you.
4. We will air fry our frozen fries per package directions and microwave the corn per directions.
5. I add some butter to the corn once it is steamed.
6. Serve your sloppy joe mixture over slices of French and top with parmesan cheese!

Chicken and Rice Salad Bowl

Need:

4.3oz box of Wild Rice (Rice-a roni)
2-3 boneless chicken thighs
2 carrots
1 cucumber
1/2 bell pepper
2-3 green onions
1/2 cup Italian Dressing
2 cups Spinach

1. Prepare wild rice on the stove per package directions. Let cool for 10 minutes once fully cooked.
2. Dice Chicken into bite size pieces, and cook in skillet with a little oil until done, set aside to cool.
3. Chop your grate your carrots, chop cucumber/bell pepper/green onions. I like to cut my spinach down a little too.
4. In a large bowl, combine rice, chicken, and veggies. Stir in Italian Dressing.
5. We like to eat this warm/room temperature so it is more of a rice bowl, but you can also chill this to be more of a cold salad too!