

6 DINNERS UNDER \$60

*Ranch Chicken Burgers *Antipasto Salad *Potato & Kielbasa Hash

*Spinach Corn Pesto Salad with Shrimp *Turkey Grinder Style Subs

*Chicken Tortilla Soup

SHOPPING LIST

PRODUCE

- Red Potatoes (3lb)
- Garlic (1 head)
- Spinach (10oz)
- Tomatoes on Vine (1lb)
- Corn on the Cob (x6)
- Bell Pepper
- Onion
- Avocado

MEAT DEPT

- Ground Chicken (1lb)
- Pepperoni (5-6oz)
- Salami (5-6oz)
- Kielbasa Sauce (12-14oz)
- Raw Shrimp (12oz)
- Turkey Lunchmeat (1lb)
- Boneless Chicken Breast/
Thigh (1lb)

FROZEN

- Broccoli (12oz)

PANTRY

- Ranch Seasoning
- Hamburger Buns
- Rotini Pasta (1lb)
- Chickpeas (15.5oz)
- Italian Dressing
- Italian Bread
- Tortilla Chips
- Taco Seasoning
- Fire Roasted Tomatoes
(10oz)
- Diced Tomatoes
(14.5oz)
- Black Beans (16oz)
- Chicken Broth (14.5oz)
- Bread Crumbs
- Wooden Skewers

DAIRY

- Mozzarella Cheese (8oz)
- Cheddar Cheese (8oz)

Ranch Chicken Burgers with Potato Wedges & Corn on the Cobb

Need:

1-1.5lbs potatoes
oil & seasoning
1lb ground chicken
ranch seasoning packet
1-2 garlic cloves
1/4 cup bread crumbs
Hamburger Buns
Spinach
Sliced Tomato
3 Corn on the Cob

1. Wash potatoes and slice into thin wedges. Toss potatoes in oil and seasoning. We will cook these in an air fryer on 390 degree for about 20 minutes. I flip/shake at about 10 minutes. (time will depend on thickness of the potatoes)
2. In a bowl, combine ground chicken, ranch seasoning, minced garlic and breadcrumbs. This will make 4 large burgers or 6 medium burgers.
3. We will cook the burger on a grill. It usually takes about 5-6 minutes on each side.
4. Shuck and clean the corn, then break each cob in half for a total of 6 pieces. Place in microwave safe container. Add 2-4 tbsp of water at the bottom, then top each corn with a little butter. Steam in the microwave for about 2-3 minutes. (May need more time depending on size of corn)
5. Top burgers with sliced tomato and spinach!

Antipasto Salad

Need:

8oz Rotini Pasta
1-2 tomatoes
1 Bell Pepper
15.5oz can Chickpeas
2-3oz Pepperoni
2-3oz Salami
Mozzarella Cheese
Italian Dressing

1. Boil water and cook pasta till tender. Drain and place pasta in ice bath to fully cool.
2. Meanwhile, chop tomatoes and bell pepper into small- medium pieces. I like to cut my pepperoni and salami into either halves or quarters. Cut mozzarella into small cubes.
3. Drain and rinse chick peas.
4. In a large bowl, combine all ingredients with Italian Dressing. I usually use about a half cup of dressing. You want everything coated but not drowning.

If making ahead of time, wait to add cheese until the very end or it will get gummy

Potato & Sausage Hash

Need:

1/2 onion

2-3 cloves of garlic

1.5lbs of potatoes

12-16oz kielbasa sausage

Frozen Broccoli (12oz)

Cheddar Cheese

Cooking Oil

1. Chop onion and mince garlic. Cube potatoes into 1/2 inch pieces. Cut kielbasa into half moons (slice long ways then slice)
2. In a large skillet, saute onion in a little oil until tender. Add garlic and cook for another minute.
3. Add in potatoes, and cook uncovered for 20 minutes. Stir occasionally. (I usually add in my favorite seasonings at this point like an herb blend or all purpose seasoning)
4. Steam your broccoli in the microwave and set aside.
5. Add your kielbasa and broccoli to the pan once potatoes are tender. Stir well, then top with shredded cheese.
6. I turn off the heat and add the lid to melt the cheese!

Spinach Pesto Corn Salad with Shrimp & Garlic Bread

Need:

3 Corn on the Cobb

1/2 cup Spinach

1/4 cup oil

1-2 cloves garlic

salt & pepper

1-2 tomatoes

1 Avocado

12oz bag of Raw Shrimp

1. Boil corn in large pot, or steam in the microwave.
2. Meanwhile, in a food processor combine spinach, oil, garlic, salt and pepper. (I smash the garlic first before adding it) . Pulse until well blended.
3. Cut the corn off the cob and place in a bowl, Add diced tomatoes, chopped avocado, and 2/3 of spinach mixture. Stir gently to combine.
4. Thread defrosted shrimp onto skewers and brush with remaining spinach mixture. (Soak skewers in water to prevent sticking)
5. Grill shrimp on hot grill about 2-4 minutes on each side until pink.
6. While grill is hot, toast leftover hamburger buns and rub with garlic and top with cheese if you like!
7. Remove shrimp from skewers, and serve shrimp over corn salad!

My kids love to top this with sour cream as well

Turkey Grinder Style Subs with Tortilla Chips

Need:

Italian Bread
Turkey Lunchmeat
Salami
Pepperoni
Spinach
Tomatoes
Mozzarella Cheese
Italian Dressing
Tortilla Chips

1. I like to make this similar to a chopped grinder salad. So I like to chop my meats, chop spinach & tomatoes, and shred the cheese.
2. I combine these in a bowl and toss with Italian dressing.
3. Slice the Italian or French bread lengthwise, then stuff the salad onto the bread. Slice the loaf into 4-8 pieces.
4. Serve with Tortilla Chips!

You can also layer your items individually on the bread if you don't want to chop all the ingredients. Either way is totally fine and taste so yummy!

Chicken Tortilla Soup

Need:

1/2 onion
1-2 garlic cloves
1lb chicken (BLSL breasts or thighs)
taco seasoning pack
10oz can fire roasted tomatoes
14.5oz can diced tomatoes
16oz can of black beans
14.5oz chicken broth
Leftover Corn
Tortilla Chips
Shredded Cheddar Cheese

1. Dice onion and garlic. Add chicken to the bottom of the crockpot. Top with onions, garlic, taco seasoning, both cans of tomatoes with juice, drained & rinsed black beans, any leftover corn.
2. Pour chicken broth and 2 cups of water over everything and stir well.
3. Cook on high for 4 hours or low for 6-8 hours.
4. After cooking, remove chicken and shred. Add chicken back to soup and stir well.
5. Serve with tortilla chips and shredded cheddar cheese!