

6 DINNERS UNDER \$60

*Slow Cooker Crack Chicken Sandwiches *Zucchini & Sausage One Pot Pasta

*Chicken with Peach Cucumber Salsa *Cheeseburger Quesadillas & Fries

*Orange Chicken with Rice *Sweet Kale Pasta Salad

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Zucchini (x2)
- Peaches (x2)
- Onion (x1)
- Mint
- Kale Salad Kit (20+oz)
- Grape Tomatoes (10oz)
- Cucumber (x1)

MEAT DEPT

- Chicken Breasts (5.5lbs)
- Ground Sausage (1lb)
- Ground Turkey (1lb)
- Precooked Bacon (2.1oz)

DAIRY

- Cream Cheese (8oz)
- Cheddar Cheese (8oz)

PANTRY

- Ranch Seasoning Mix
- Hot Sauce
- Hamburger Buns
- Corn (14.5oz)
- Chili Ready Tomatoes
- (14.5oz)
- Pasta (any shape- 1lb)
- Mustard
- Orange Marmalade
- White Rice
- Chicken Broth (14.5oz)
- Tortillas (8-12ct)
- Ketchup
- BBQ Sauce
- Green Beans (14.5oz)
- Soy Sauce

FROZEN

- Broccoli (12oz)

Assuming you have cooking oil, flour or cornstarch, and your favorite seasonings

Slow Cooker Crack Sandwiches with Pan Fried Potatoes & Corn

Need:

2-3 chicken breasts
1 block cream cheese
1 Ranch Seasoning Pack
hot sauce to taste
1-2 lbs of potatoes
oil & seasoning
Hamburger buns
14.5oz can of corn

1. Place all ingredients in a slow cooker. Cook on low setting for 6 to 8 hours, or on high for 4 to 6 hours.
2. Use a fork to shred the chicken and combine with sauce.
3. Clean and cut potatoes into bite sized pieces. Put a good amount of oil in a skillet and fry the potatoes until golden brown. Season with your favorite seasonings, then place cooked potatoes on paper towel covered plate to soak up any excess grease.
4. Serve the chicken over toasted hamburger buns with a side of fried potatoes and corn.

Orange Chicken with Rice & Broccoli

Need:

2-3 chicken breasts
cornstarch or flour
oil
1/2 cup of orange marmalade
1/2 cup of BBQ sauce
2 tbsp soy sauce
1 cup white rice
2 cups water
Frozen Broccoli (12oz)

1. Cut chicken breasts into small 1 inch pieces. Light coat each piece in corn starch or flour, then fry in oil in a skillet until fully cooked and crispy.
2. In a microwaveable bowl, combine bbq sauce, marmalade, and soy sauce. Microwave for 30 seconds, stir, microwave 30 seconds, stir...until marmalade is fully melted and the sauce is glossy and thin.
3. Microwave the broccoli in the bag per directions to steam.
4. Pour the sauce over the cooked chicken and stir well.
5. We like to serve this rice bowl style with the chicken and broccoli served over rice!

*You can easily add any additional veggies you like!

Zucchini & Sausage Pasta One Pot Meal

Need:

1lb ground sausage
2 zucchini
14.5oz can of chili ready tomatoes
1 tsp mustard
8oz pasta (any shape)
Shredded Cheddar Cheese

1. Wash and slice zucchini into rounds or half moons.
2. Boil pasta until tender, then drain and set aside.
3. In a large skillet, brown sausage until fully cooked and drain grease.
4. Add sliced zucchini and cook over medium heat until softened.
5. Add your tomatoes (with juice), mustard, cooked pasta, and salt/pepper/favorite seasonings.
6. Stir well until everything is nice and hot, then top with cheddar cheese. Place lid on until cheese is fully melted!

*This has a nice chili flavor and it is nice to top it with crushed fritos or tortilla chips, for a little extra crunch too! We sometimes add a little sour cream on top.

Chicken with Peach Cucumber Salsa & Rice

Need:

2 peaches
1 cucumber
1/2 onion
1-2 tsp chopped mint
3-4 tbsp orange marmalade
3-4 chicken breasts
oil/seasoning
1 cup of white rice
2 cups chicken broth

1. For the salsa, we will peel the peaches and then dice them. Dice 1/2 an onion and the cucumber. Chop the mint into small pieces. In a bowl combine peaches & veggies with mint, salt/pepper and marmalade. Set aside.
2. Cook rice in chicken broth until fluffy. I like to add a garlic herb seasoning blend with this, but I try to keep the flavors pretty mild.
3. In a large bowl, drizzle the chicken with a little oil and season with salt/pepper/favorite seasonings. These breasts tend to be large so I will cut each breast in half long ways and then cut in half again for 4 pieces per breast.
4. Grill for about 7-8 minutes on each side until fully cooked. Let chicken rest for 5 minutes before slicing.
5. I prefer to serve the sliced chicken over the rice, and then topped with the salsa! (similar to a rice bowl)

So Easy Sweet Kale Pasta Salad with Garlic Bread

Need:

8oz pasta (any shape)
Family Size Kale Salad Kit
2.1oz precooked bacon
10oz Grape Tomatoes
Leftover Hamburger Buns

1. Boil pasta until tender, then drain. Place pasta in an ice bath to cool it down quickly and it won't become mushy.
2. Meanwhile, chop bacon into small pieces, and slice the tomatoes in half.
3. In a large bowl, combine Kale mix, bacon, tomatoes, and pasta. Then stir together with the dressing included in the kit.
4. Kale is similar to cabbage in texture, so you can easily make this salad ahead of time and refrigerate until you are ready. It will be similar to a coleslaw where the kale will soak in the flavors but not get gummy like lettuce does.
5. Serve the pasta salad with garlic bread made from leftover hamburger buns!

If you are not a fan of kale salad, you can easily do this with a Cesezar Salad kit, but don't premix and refrigerate ahead of time.

Cheeseburger Quesadillas with Homemade Fries & Green Beans

Need:

1lb ground turkey
1/2 onion
1/2 cup ketchup
1/3 cup mustard
Tortillas
Shredded Cheddar Cheese
1-2 lbs of potatoes
oil/seasonings
Green Beans (14.5oz)

1. Wash potatoes and slice them into your preferred fry shape. (wedges, long fries, rounds, etc.) Place potatoes in large bowl, then drizzle with oil and seasonings. Cook in Air Fryer for about 20-25 minutes at 350 degree until nice and golden crispy. (timing will depend on shape and thickness-so adjust as needed)
2. In a skillet, brown the ground turkey until fully cooked and drain any excess grease. Add diced onion to the pan and cook until clear.
3. Add ketchup and mustard, then cook over medium heat until the sauce thickens. Let sit for a few minutes to cool down.
4. You can make your quesadillas with one tortilla folded over or use tortillas to make a large quesadilla. We then brown the tortillas in the George Foreman grill, flat top, or in a large pan with a little oil.
5. Serve quesadillas with fries and green beans!