

# 6 DINNERS UNDER \$60

\*Crockpot Chicken Gyro Bowls \*BLT Hot Dogs \*AF Chicken Stir Fry with Noodles

\*Turkey, Cabbage, & Rice Skillet \*Shrimp Salad Buns

\*Cheesy Goulash with Garlic Bread

## SHOPPING LIST

### PRODUCE

- Garlic
- Cucumber
- Roma Tomatoes (x4)
- Leaf Lettuce
- Onions (x2)
- Coleslaw Mix or Cabbage (1lb)
- Lemon Juice
- Fresh Dill

### MEAT DEPT

- Chicken Breasts (3lb)
- Ground Turkey (2lb)
- Cooked Shrimp (12oz)
- Hot Dogs (8ct)
- Bacon Pieces (2.5oz)

### FROZEN

- Stir Fry Veggies (20oz)

### PANTRY

- White Rice (1lb)
- Greek Seasoning Mix
- Chicken Broth (32oz)
- Teriyaki Sauce
- Thin Spaghetti (1lb)
- Hamburger Buns
- Potato Chips
- Sliced Potatoes (15oz can)
- Carrots (14.5oz can)
- Hot Dog Buns
- Italian Tomatoes (14.5oz)
- Tomato Sauce (8oz)
- Elbow Noodles (1lb)
- Corn (14.5oz)

### DAIRY

- Greek Yogurt (5.3oz)
- Feta Cheese (5oz)
- Cheddar Cheese (8oz)

Assuming you have cooking oil, butter, soy sauce, mayo, ranch dressing and your favorite seasonings

## Crockpot Chicken Gyro Bowls

### Need:

1.5lbs chicken breasts  
Greek Seasoning Pack  
1 Onion  
1 cup chicken broth  
2-3 cloves of garlic  
2.5 cups white rice  
5.3oz cup of Greek Yogurt  
1 cucumber  
2 Roma Tomatoes  
Shredded Lettuce  
Feta Cheese  
5.3oz cup of Greek Yogurt

1. Chop onion and place at the bottom of the crock pot.
2. Season chicken breasts on both sides with Greek Seasoning. Place on top of onions.
3. Pour chicken broth over chicken and add minced garlic.
4. Cook on high for 4-5 hours or on low for 6-8 hours until chicken is fully cooked.
5. Closer to dinner time, we will go ahead and make 2.5 cups of dry rice with 5 cups of water. (We are going to use half for this meal and half for another meal!)
6. Mix together Greek Yogurt and remaining Greek seasoning for the sauce.
7. Remove chicken from crockpot and shred with a fork. Add back and combine with onions.
8. Top rice with chicken, diced tomato & cucumber, lettuce, feta, and Greek Sauce.

## BLT Hot Dogs with Air Fryer Potatoes & Carrots

### Need:

8ct hot dogs  
Sliced Potatoes (15oz can)  
Carrots (14.5oz can)  
oil/seasoning  
Bacon Pieces  
Lettuce (chopped)  
2 Roma Tomatoes (chopped)  
Ranch Dressing  
Hot Dog Buns

1. Boil, grill, or saute hot dogs and set aside.
2. Drain and rinse carrots and potatoes. Pat dry with paper towels. Toss the potatoes and carrots in a little oil and your favorite seasonings. (I usually use a garlic herb blend or salt/pepper/garlic)
3. Place potatoes & carrots in air fryer. Air fry at 400 degrees for about 8-14 minutes. (I flip about half way) Depending on how crunchy you want these, you can go longer and they taste similar to roasted!
4. In a small bowl combine bacon pieces, chopped lettuce, chopped tomatoes, and just a enough ranch dressing to combine. (we don't want to drown it, just enough to coat!)
5. Top hot dogs in buns with the BLT mixture or serve the BLT mixture on the side with the roasted carrots & potatoes.

## **Air Fryer Chicken Stir Fry with Noodles**

### **Need:**

1.5 lbs Chicken Breasts

Teriyaki Sauce

8oz thin spaghetti noodles

20oz bag of frozen stir fry vegetables

cooking oil

1. Cut chicken into 1 inch cubes. In a bowl, combine chicken with teriyaki sauce to slightly coat. (You can change the sauce to sweet & sour if you are not a fan of teriyaki).
2. Place chicken cubes on greased air fryer basket. Air fry at 380 degrees for 8 minutes. (I shake about half way)
3. Boil thin spaghetti in water until tender, then drain and set aside.
4. In a bowl, lightly coat the stir fry veggies in oil and add to the air fryer. Cook for 6-10 minutes. (I shake and stir about half way.) \*\*\*Timing will depend on type of veggies so I just keep an eye on it every few minutes\*\*\*
5. Combine chicken, veggies, and pasta together. Add any additional teriyaki sauce as needed.

\*\*\*If you don't have an air fryer, this can be made on the stove top in a large skillet\*\*\*

## **Ground Turkey & Cabbage Rice Skillet**

### **Need:**

1 onion

1lb ground turkey

1lb of chopped cabbage

1/4 cup water

2 cups cooked rice

2 tbsp butter

1 tbsp soy sauce

1. Dice onion and saute in large pan until clear.
2. Add ground turkey and brown until fully cooked. Drain any excess grease. I usually season the meat with a steakhouse blend or an all purpose seasoning.
3. Add chopped cabbage and water to the pan and allow to cook covered until it starts to become tender.
4. Add cooked rice and butter to the pan, and stir well to combine.
5. Cook over medium until everything is hot, add some soy sauce for more seasoning. Start small and add more if needed.

Hubby and I also like to add some Yum Yum sauce to the top, but that's totally up to you!

## Shrimp Salad Buns with Potato Chips

### Need:

12oz cooked Shrimp  
1/2 cup mayo  
1 tbsp lemon juice  
2 tsp fresh or 4tbsp dry dill  
hamburger buns  
lettuce  
Potato Chips

1. Thaw frozen shrimp, and then rough chop the shrimp into small pieces.
2. In a bowl, combine mayo, lemon juice, and dill. Mix to combine and add any additional seasonings like salt, pepper, chives, etc.
3. Add shrimp, and stir till well coated.
4. Line the hot dog buns with a lettuce leaf, then place shrimp salad inside the lettuce. (This helps keep the shrimp from falling out and soaking the bread)
5. Add extra dill on top if you want a stronger flavor.
6. Serve with potato chips!

\*This would be a great night to use up any leftover tomato & cucumber from Gyro Night!

## Cheesy Ground Turkey Goulash with Corn & Garlic Bread

### Need:

1lb ground turkey  
2 cloves of garlic (minced)  
Canned Italian Tomatoes (14.5oz)  
Tomato Sauce (8oz can)  
1/2 cup chicken broth  
8oz elbow noodles  
1 cup of shredded cheddar cheese  
Can Corn (14.5oz)  
Leftover Hamburger or Hot Dog Buns

1. In large pot, brown ground turkey until done and drain any excess grease. Add in minced garlic and cook another 1-2 minutes.
2. Add in Italian Tomatoes with juice, tomato sauce, and chicken broth. You can add additional seasonings at this point if you like! Let this come to a boil.
3. Stir in macaroni noodles, reduce heat and let simmer for about 15-20 minutes until noodles are tender.
4. Remove from heat and sprinkle the cheddar cheese on top and let melt.
5. Microwave canned corn and add your preferred seasonings.
6. We will probably have some leftover buns, so we are going to use them up by making garlic bread or cheesy bread!