

6 DINNERS UNDER \$60

*Crockpot Mississippi Chicken with Rice *Garlic Shrimp & Spinach Pasta

*Philly Cheese Brats with Fries *Pulled Chicken Taco Salads

*Cheese Ravioli with Garlic Bread *One Pot Spanish Rice

SHOPPING LIST

PRODUCE

- Garlic
- Spinach (10oz)
- Lemon (x1)
- Onion (x1)
- Bell Pepper (x1)
- Lettuce
- Roma Tomatoes (x2)

MEAT DEPT

- Chicken Breasts (3lbs)
- Raw Shrimp (12-16oz)
- Brats (6ct)
- Ground Turkey (1lb)

FROZEN

- French Fries (2lbs)
- Ravioli (25oz)

DAIRY

- Parmesan Cheese (6oz)
- Mozzarella Cheese (8oz)
- Cheddar Cheese (8oz)

PANTRY

- Ranch Seasoning
- Au Jus Pack
- Pepperoncini Peppers
- White Rice (1lb)
- Green Beans (14.5oz)
- Spaghetti Noodles
- (16oz)
- French Bread Loaf
- Sub Rolls (6ct)
- Taco Seasoning
- Black Beans (15oz)
- Tomato Sauce (15oz)
- Diced Tomatoes
- (14.5oz)
- Tomato Juice (32oz)
- Corn (14.5z)
- Tortilla Chips

Assuming you have cooking oil, butter, chili powder, and your favorite seasonings

Crockpot Mississippi Chicken with Rice & Green Beans

Need:

3lb chicken breasts

1 ranch seasoning pack

1 au jus pack

1 stick of butter

5-6 pepperoncini peppers (plus juice)

1.5 cups white rice

3 cups of water

14.5oz can of Green Beans

1. Place the chicken breasts at the bottom of a greased crock pot. Depending on the size of the breasts, you may want to cut them in half.
2. Sprinkle packs of ranch and au jus over the chicken, place whole stick of butter on top, and then add some pepperoncini peppers with as much juice as you want. (If you like a little more tang add more juice- if you want less you can do just 1 tbsp).
3. Cover and cook on low for 6-8 hours or cook on high for 3-4 hours.
4. When it is closer to dinner time, we will make some basic white rice using 1.5 cups of rice and 3 cups of water. Let this come to a boil, then simmer for 15-20 minutes until tender.
5. Heat green beans in a pot on the stove or in the microwave.
6. I like to use two forks to shred my chicken breasts, and I serve the chicken and juice over the rice with the green beans on the side!

Garlic Shrimp & Spinach Pasta

Need:

8oz spaghetti noodles

3 tbsp oil

6 garlic cloves (minced)

1 cup fresh spinach

1 lemon (juice & zest)

12-16oz of raw shrimp

Parmesan Cheese

1/2 loaf of French Bread

1. Boil water and cook noodles until tender. Drain and set noodles aside.
2. In a large skillet, start with 1 tbsp of oil and 3 cloves garlic. Cook for 1-2 minutes, and then add in spinach. Once this is mostly wilted, you will remove it from the pan, and add your fresh lemon juice. Stir this in a large bowl.
3. Back in your pan, you want to add 2 tbsp oil and remaining garlic. Cook for 1-2 minutes, then add your defrosted shrimp. Cook and stir for about 3-5 minutes until all the shrimp are pink and fully cooked.
4. Add your cooked pasta and cooked spinach back to the skillet and stir well. Top with lemon zest and parmesan cheese
5. Serve with French Bread. We usually just butter it, but sometimes we do a parmesan cheesy bread as well in the air fryer!

Philly Cheese Brats with Fries

Need:

Frozen Fries or Potatoes
1/2 onion (sliced)
1/2 bell pepper (sliced)
6ct pack of brats
Mozzarella Cheese
6 sub rolls

1. If using frozen fries, cook these in the air fryer per bag directions. If using regular potatoes, wash and cut your potatoes to desired size (wedges, fries, slices, etc.) Drizzle with oil and your favorite seasonings. Air fry regular potatoes at 400 degrees for about 20 minutes. (Time will vary depending on potato thickness)
2. In a large skillet, saute sliced onion and peppers in oil until tender. This usually takes 5-6 minutes.
3. Add your brats to the pan and also add a few tbsp of water. Place the lid on and let the brats steam cook. (You can also grill your brats as well!)
4. Remove brats from the pan and place inside the sub rolls.
5. Sprinkle the onions and peppers with shredded mozzarella cheese and place lid on top to melt.
6. Add your veggies on top of the brats and serve with fries on the side!

Pulled Chicken Taco Salads

Need:

Leftover Mississippi Chicken
Taco Seasoning
15oz black beans
Cheddar Cheese (shredded)
Lettuce
2 Roma Tomatoes
Tortilla Chips
Ranch Dressing

1. The leftover Mississippi chicken tends to be a little wet, so I add it to a pan and season it with my taco seasoning. If your chicken is dry, you will need to add a little water. I cook this until chicken is warm and the liquid is mostly gone.
2. Add in drained and rinsed can of black beans.
3. Put your chicken & bean mixture on top of chopped lettuce. You can add in diced tomatoes, shredded cheese, crumbled tortilla chips, and ranch dressing.

****If you are not a huge fan of salads, this can easily be changed into Chicken and Black Bean Nachos. It is better if you top your nachos and then melt the cheese in the oven, but you can skip the oven part if you like!****

Cheese Ravioli with Garlic Bread

Need:

25oz bag of Frozen Ravioli

15oz Tomato Sauce

14.5oz Diced Tomatoes

1 cup of spinach

Parmesan Cheese

1/2 loaf of French Bread

- 1. Boil water for the ravioli. These cook very quick, and you will know when they are done because they will all float to the top. Drain and set aside.**
- 2. In same pan, add cans of tomato sauce and diced tomatoes. You can add the spinach at this point as well, or you can serve the spinach as a side salad- either way works! I usually add additional seasonings at this point like an Italian Blend, garlic, and black pepper.**
- 3. Once the tomatoes heat up, go ahead and cooked ravioli to the pot, and stir well to coat with sauce!**
- 4. Serve your ravioli with buttered French Bread or make garlic bread in the toaster oven or air fryer!**

One Pot Spanish Rice

Need:

1lb ground turkey

1/2 onion (chopped)

1/2 bell pepper (chopped)

2 garlic cloves (minced)

1 tbsp chili powder

32oz Tomato Juice

1 cup white rice

14.5oz can of corn

- 1. In a large skillet, brown ground turkey until fully cooked. Drain any excess grease.**
- 2. Stir in chopped onion, bell pepper, minced garlic, and chili powder. Cook until onions and peppers are tender.**
- 3. Stir in tomato juice, rice, and drained can of corn. Bring the liquid to a boil, then reduce heat and cover. Let cook for about 20-30 minutes until rice is tender and most of the liquid is absorbed.**
- 4. We serve this as is, but you can top with shredded cheese if you like! Sometimes my kids like a little sour cream on top too!**