

6 DINNERS UNDER \$60

*Crockpot Chicken & Dumplings *Bacon, Cabbage, & Noodles

*Air Fryer Parmesan Chicken *BLT Burgers w/ Zucchini Fries

*Fish Tacos with Peach Slaw *White Turkey Chili

SHOPPING LIST

PRODUCE

- Onion (x1)
- Cabbage
- Tomato (x1)
- Lettuce
- Zucchini (x2)
- Lime
- Peaches (.5lb)

MEAT DEPT

- Chicken Breasts (3lbs)
- Bacon (16oz)
- Ground Turkey (1lb) x2

DAIRY

- Refrigerated Biscuits (8ct)
- Parmesan Cheese (5oz)
- Colby Jack Cheese (8oz)

FROZEN

- Mixed Vegetables (12oz)
- Fish Sticks/Filletts (25oz)

PANTRY

- Cream of Chicken (10oz) x2
- Egg Noodles
- Mayo
- Ranch Seasoning
- Breadcrumbs
- Garlic Butter Rice Mix
- Tortillas (10ct)
- Mustard
- Tortilla Chips
- Cannellini Beans (15oz) x2
- Chicken Bouillon Cubes
- Cumin
- Green Chiles (4oz)
- Hamburger Buns
- Green Beans (14.5oz)

Assuming you have cooking oil, poultry seasoning, sugar, flour, and your favorite seasonings

Crockpot Chicken & Dumplings

Serves: 6-8

Need:

1lb chicken breasts

1/2 onion (diced)

2 cans Cream of Chicken Soup (10oz each)

1-2 tsp Poultry Seasoning or Favorite Chicken Seasoning

8ct refrigerated biscuit dough

12oz frozen mixed vegetables

1. Add chicken and diced onion to your crockpot. In a small bowl combine cream of chicken soup with your favorite poultry seasoning and stir well. Pour this over the chicken.
2. Cook on low for 6 hours or on high for 3 hours.
3. Once chicken is done and easy to shred, use 2 forks to shred the chicken. Add your frozen mixed veggies to the crock pot.
4. Flatten each refrigerated biscuit dough and use a knife to make strips. Add biscuit strips to the crock pot and stir well.
5. Let cook for 45mins to 1 hour on high. Biscuit strips should be nice and fluffy when fully cooked.

Bacon, Cabbage, & Noodles

Serves: 6-8

Need:

2 cups uncooked egg noodles

1/2 pound bacon

1/2 head of cabbage (sliced)

Favorite Seasonings

1. Boil water in a pot, and cook noodles until tender. Drain pasta and set aside.
2. While that is cooking, chop your bacon into small pieces and fry that in a large skillet. Once the bacon is nice and crispy, remove it from the pan. I like to set it on paper towels to drain any excess grease. (Typically I cook the whole pound of bacon and save the rest for another dish!)
3. We want to keep about 3 tbsp of bacon grease in the pan, so depending on how greasy your bacon is, you may need to remove some.
4. Add your sliced cabbage to the skillet. We will cover and cook this for about 20 minutes or until cabbage is fully tender. I keep an eye on this and stir occasionally while cooking.
5. Once the cabbage is tender, add your cooked pasta and bacon back to the pan and stir well. We usually add a garlic and herb blend for seasoning, but you can use anything you like!

Air Fryer Parmesan Chicken

Need:

1/2 cup mayo
1/2 cup parmesan cheese
1 tbsp Ranch Seasoning
2lbs chicken breasts
1/2 cup Breadcrumbs
Garlic Butter Rice Mix
14.5oz Green Beans

1. In a small bowl, combine mayo, parmesan cheese, and ranch seasoning.
2. I like to slice my chicken breasts into smaller pieces, usually 2-3 pieces for each breasts. Arrange these into a single layer in your air fryer.
3. Using a spoon, spread the mayo mixture on top of each chicken breast.
4. Once all the chicken is coated, Sprinkle the breadcrumbs on top of the mayo mixture.
5. Cook in air fryer on 380 degrees for 15-20 minutes. (Timing will depend on the thickness of the chicken. If you notice chicken getting too dark on color, reduce heat by 25 degrees.)
6. This can also be cooked in the oven at 400 degrees for 25-30 minutes.
7. While chicken is cooking, make Butter Garlic Rice on the stove top.
8. Microwave green beans or saute in a pan on the stovetop.

BLT Burgers w/ Zucchini Fries

Need:

1 lb ground turkey
1 egg or 2tbsp mustard
1/2 cup of breadcrumbs
1/2 lb of bacon (cooked & crumbled)
Tomato (sliced)
Lettuce
Mayo
2 Zucchini
1/2 cup flour
1 egg or 2tbsp mustard
1 cup of breadcrumbs
1/3 cup parmesan cheese

1. In a large bowl, combine ground turkey, egg or mustard, cooked bacon, and your favorite burger seasoning. Make 4-6 patties, and cook these in a skillet until done.
2. Wash and slice your zucchini into a fry-like shape. We will do a classic breading on our zucchini. 1 bowl of flour, 1 bowl with a beaten egg or mustard, and 1 bowl with breadcrumbs, parmesan cheese, and your favorite seasoning.
3. Dredge the zucchini in flour, then dip into egg or mustard, then lightly coat it with the breadcrumbs. Repeat this for all the fries.
4. Cook in air fryer at 400 degrees for 9 minutes. (this may vary depending on size of the fries!)
5. Assemble your burger on toasted buns, with sliced tomato, lettuce, and mayo!

Fish Tacos with Peach Slaw

Need:

25oz Breaded Fish Sticks or Fillets
1/2 head of cabbage
1/2 pound of peaches (approx 1-2)
1 lime
2 tbsp sugar
1/2 cup mayo
10 ct tortillas

1. Air Fry the fish sticks or fish fillets per box directions in the air fryer. (You can also make these in the oven if you don't have an air fryer!)
2. Slice half a head of cabbage into slaw, dice peaches as well, and set aside in large bowl.
3. In a small bowl, combine mayo, sugar, zest & juice of 1 lime, and season with salt & pepper. You can add 1-2 tbsp vinegar or pickle juice if you like. Once mixed, add to cabbage and peaches. Stir well to coat and let chill in fridge. (These tastes even better the longer it chills)
4. To make your tacos, you start with your tortilla, add your fish sticks or fillet, and top with coleslaw.
5. My kids prefer the coleslaw on the side, and you can do that as well!

****Depending on the price of peaches, you may want to substitute canned peaches****

White Turkey Chili

Need:

1lb ground turkey
1/2 onion (chopped)
4oz green chiles
1 tbsp Ground cumin
2-3 chicken boullion cubes
5 cups of water
2 (15oz cans) cannellini beans
Tortilla Chips
Colby Jack cheese (shredded)

1. In a large pot, brown your ground turkey and drain any excess grease.
2. Add in chopped onion and chiles, cook over medium heat for about 3-5 minutes until onions are tender.
3. Add cumin (you can also use whatever seasonings you like if you don't want to use cumin.)
4. Combine boullion cubes with water until dissolved, then add to your pot.
5. Drain and rinse your cannellini beans, and add them to the pot as well!
6. Let this cook for about 20 minutes. If you like your chili smoother, you can remove some beans and puree in food processor.
7. Serve with tortilla chips and shredded cheese!