

# 6 DINNERS UNDER \$60 (WEEK #35)

\* Baked Spinach Dip Chicken \* Hamburger Casserole

\* Italian Chicken Noodles & Green Beans \* BBQ Chicken w/ Pineapple Casserole

\* Creamy Turkey Enchiladas \* Crockpot Pork Tenderloin & Noodles

## SHOPPING LIST

### PRODUCE

- Garlic
- Onion (x2)
- Carrots (1lb)
- Zucchini

### MEAT DEPT

- Chicken Breasts (5lb)
- Ground Beef (1lb)
- Ground Turkey (1lb)
- Pork Loin (1-1.5lbs)

### DAIRY

- Cream Cheese (8oz)
- Parmesan Cheese (6oz)
- Mozzarella Cheese (8oz)
- Cheddar Cheese (8oz)
- Milk (pint)
- Sour Cream (16oz)
- Butter (8oz)

### PANTRY

- Chicken Bouillon
- White Rice (1lb)
- Cream of Mushroom (10.5oz)
- Green Beans (14.5oz)
- Fettucine Noodles (16oz)
- Sweet Peas (14.5)
- BBQ Sauce
- Pineapple (20oz)
- Crackers
- Cream of Chicken (10.5oz)
- Salsa Verde (7oz)
- Tortillas (10ct)

### FROZEN

- Spinach (10oz)
- Tater Tots (32oz)
- Broccoli (12oz)

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

## Baked Spinach Dip Chicken With Garlic Butter Rice

### Need:

10 oz Frozen Spinach	3 tbsp butter
4oz cream cheese (softened)	3 cloves of garlic (minced)
1/4 cup parmesan cheese	1.5 cups water
1/4 cup mayo	1 chicken bouillon cube
2lbs chicken breasts	favorite seasonings
1/2 cup mozzarella cheese	1 cup white rice

1. Microwave spinach to defrost and then squeeze out as much liquid as possible. Mix in softened cream cheese, parmesan cheese, and mayo. Stir well to combine and set aside.
2. Depending on your chicken breasts, you may want to cut them in half, so they are about 1 inch thick. I usually cut each piece into 2 smaller pieces.
3. In a skillet, brown your chicken breasts in oil. We want a good sear, so 3 minutes on each side. Place the chicken into a baking dish and top with the spinach mixture.
4. Bake at 375 degrees for 20 minutes. Add mozzarella cheese on top and bake for another 5 minutes until cheese is melted!
5. While that is cooking, melt 1 tbsp butter in a saucepan. Add in garlic and let cook for 1-2 minutes. Add in chicken broth (water + bouillon cube) and your favorite seasonings. Let this come to a boil.
6. Once boiling add your rice, stir well, and reduce heat to low. Cook covered for about 15-18 minutes until most of the liquid is absorbed. After cooking, removing from heat and let sit 5 minutes. Add 2 tbsp of butter and fluff before serving!

## Hamburger Casserole with Sweet Peas

### Need:

1 lb ground beef
1 onion (diced)
10.5 oz Cream of Mushroom Soup
2 cups cheddar cheese
16oz frozen tater tots
14.5oz can of green beans

1. In a large skillet, brown the ground beef. Add in diced onion and cook until tender. Drain off any excess grease. Season your beef with your favorite seasonings like garlic or hamburger seasoning.
2. In a greased casserole pan, place your onion beef mixture evenly on the bottom.
3. Spread mushroom soup over the beef mixture. (If your soup is too thick, add a little water until you can pour it nicely over the mixture.)
4. Sprinkle cheddar cheese over the top evenly.
5. Arrange your tater tots to cover the beef mixture.
6. Bake in 350 degree oven for about 20-30 minutes until tater tots are golden brown! (This can vary depending on your pan, so keep an eye on them.)
7. Microwave green beans or saute on the stovetop.
8. We like to add a few pickles on the side of the casserole, and my kids like to drizzle ketchup on top. Hubby and I like mustard on top!

# Italian Herb Chicken Pasta with Green Beans

## Need:

2 chicken breasts  
1.25 cups water  
1/2 cup milk  
2 chicken bouillon cubes  
2 tbsp butter  
4oz (1/4 box) fettucine noodles  
14.5oz green beans

1. Chop your chicken into small pieces, and then cook over medium heat in large skillet. Set aside. (You can also use precooked or leftover chicken for this step)
2. In a saucepot, add water, milk, bouillon cubes, butter, and break your noodles into thirds before adding them to the pot. This is where you can add your favorite seasoning, I usually use an Italian blend or garlic herb blend.
3. Bring to a boil and then reduce to a simmer. Cook uncovered for 15 minutes until pasta is tender. This will absorb most of the liquid. Remove from heat and place the lid on top. Let sit for 5 minutes- this will thicken the sauce.
4. Stir in your cooked chopped chicken and your drained green beans. I usually add a little more Italian Seasoning to taste before serving.

\*My kids don't like everything mixed together, so I usually make their plates with everything separate before mixing everything together for the rest of us!\*

# BBQ Chicken, Pineapple Casserole, and Broccoli

## Need:

3-4 Chicken Breasts  
BBQ Sauce  
20oz can of pineapple tidbits  
3 tbsp sugar  
2.5 tbsp flour  
1/2 cup shredded cheddar cheese  
4 tbsp butter (melted)  
15-20 crackers (crushed about 1/2 cup)  
12oz frozen broccoli

1. Depending on your chicken breasts, I like to cut them in half longwise and then cut them in half again. The smaller the pieces, the quicker it will cook. I lay these on a sprayed baking sheet, and then brush lightly with BBQ Sauce. Bake this in 375 degree oven for about 20 minutes.
2. In a bowl, combine 3 tbsp pineapple juice, sugar, and flour. Next add in your drained pineapple and stir. Pour the pineapple into the bottom of a baking dish. Top with shredded cheddar cheese. Combine your crushed crackers and butter, then sprinkle on the top of the pineapple. Bake this for 20-25 minutes until bubbly and melted.
3. Pull the chicken out of the oven and flip it over, then brush the top with more BBQ sauce. I usually do another 10 minutes at this point, but keep an eye on it. Total cooking time will depend on the thickness of your chicken.
4. Steam your broccoli in the microwave per bag directions!

# Creamy Turkey Enchiladas

## Need:

- 1lb ground turkey
- 1 cup Shredded Cheddar & Mozzarella Cheese
- 4oz cream cheese (softened)
- Flour Tortillas
- 10.5 oz can of cream of chicken soup
- 1.5 cups water
- 7 oz salsa verde
- 8oz sour cream
- 1 zucchini (sliced)

1. In a skillet, brown your ground turkey. Drain any excess grease and then add any seasoning you like. Sometimes I just use taco seasoning or garlic powder and black pepper. Let sit to cool.
2. Once cooled, mix the ground turkey with shredded cheese and softened cream cheese. We will spread this mixture out between 8 flour tortillas. Roll each tortilla and place seam side down on a sprayed casserole dish.
3. In a bowl, mix cream of chicken soup with water until smooth, next add in your salsa verde and sour cream. (You can add additional seasonings at this point if you like!)
4. Pour your creamy sauce over the enchiladas and make sure all your tortillas are covered. You can top with more cheese if you like. Bake in 350 degree oven for about 20 minutes.
5. Sauté sliced zucchini on the stove top. Serve enchiladas with sour cream on top!

# Crockpot Pork Tenderloin with Noodles and Carrots

## Need:

- 1 onion (sliced into rings)
- 1lb carrots (cut into chunks)
- 1-1.5lb marinated pork loin
- 8oz pasta
- 3 tbsp butter
- 1/2 cup parmesan cheese

1. I like to cut my onions into rings and the carrots into about 2 inch chunks, but you can really do whatever shape you like, just know that really small carrots may get mushy. I place these at the bottom of my sprayed crockpot.
2. I like to use a marinated pork loin so I don't have to worry about seasoning, but you can use a plain one and add whatever flavor you like. Place the pork loin on top of the carrots and onions. Cook for 3-4 hours on high or 5-6 hours on low - time will vary based on the weight of your pork loin.
3. Closer to dinner time, we will boil water to cook our fettucine noodles (or any shape will work). Once the pasta is cooked we will add 3 tbsp of butter, parmesan cheese, and your favorite seasonings. (This pork loin had a brown sugar marinade so I would probably go with a garlic herb blend but it all depends on which flavor of pork you choose.)
4. Remove pork from crockpot and slice. (Depending on the cut, it may shred and that's fine too!) Serve with the carrots & onions and parmesan noodles.