

6 DINNERS + DESSERT!

*Mini BBQ Meatloaves *Chicken Avocado Ranch Wraps

*Beef & Broccoli over Rice *Chicken Bacon Ranch Pizza

*Sausage & Pepper Sheet Pan *Taco Soup

-Pumpkin Fluff Dip-

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Lettuce
- Tomato (x3)
- Avocado
- Cucumber
- Mango
- Onion

MEAT DEPT

- Ground Beef (3lbs)
- Rotisserie Chicken
- Bacon Pieces (2.5oz)
- Italian Sausage (5-6ct)

DAIRY

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

FROZEN

- Peppers & Onions (20oz)
- Broccoli (12oz)
- Whipped Topping (8oz)

PANTRY

- BBQ Sauce
- Breadcrumbs
- Green Beans (14.5oz)
- Flour Tortillas (10ct)
- Ranch Dressing
- White Rice (1lb)
- Mushrooms (6.5oz)
- Cream of Mushroom (10.5oz)
- Pizza Dough Mix
- Mayo
- Mustard
- Hoagies (6ct)
- Taco Seasoning
- Pinto Beans (15.5oz)
- Corn (14.5oz)
- Tomato Sauce (8oz)
- Tomatoes with Chiles x2 (14.5oz)
- Tortilla Chips
- Pumpkin (15oz)
- Instant Vanilla Pudding Mix
- Graham Crackers
- Pumpkin Pie Spice

Assuming you have cooking oil and your favorite seasonings

Mini BBQ Meatloaves with Roasted Potatoes & Green Beans

Need:

2lbs potatoes

Favorite Seasonings/ Oil

1lb Ground Beef

1/3 cup of BBQ

1/2 cup breadcrumbs

14.5oz can Green Beans

1. Line a large baking sheet with foil and spray the foil.
2. Wash and cut your potatoes into wedges or large 1.5 inch chunks. Toss these in oil and your favorite seasonings. I usually go with a garlic and herb blend or french fry seasoning. Place the potatoes on the sheet pan. Bake in 400 degree oven for 20 minutes.
3. Meanwhile, combine ground beef, bbq sauce, and breadcrumbs in a bowl. Mix this well with your hands and then form 4-6 mini meatloaves.
4. Pull out baking sheet with potatoes, and flip them and push to one side. Then add your meatloaves to the other side of the pan and bake for another 20-25 minutes. (You will want to check to make sure the potatoes are tender, and meatloaves are fully cooked.)
5. You can top the meatloaves with extra BBQ sauce at this point if you like!
6. Microwave or saute the green beans with your favorite seasonings.

Chicken Avocado Ranch Wraps

Need:

Rotisserie chicken or 1-2 cups of cooked chicken

Flour Tortillas (10ct)

Ranch Dressing

Lettuce

Tomato

Avocado

Shredded Cheddar Cheese

Cucumber

Mango

1. We will be using this rotisserie chicken for another meal, so we should go ahead and pull all the meat off and shred it. I find using two forks makes it easier to shred. ****Make sure to save about 1/3 for the other meal!*****
2. You can assemble these anyway that you like, but I start with the tortilla, then put down the ranch dressing. Top with lettuce, tomato, chicken, avocado, and cheese. Roll this tightly up. We like to slice these in half and sometimes use more ranch for dipping.
3. Serve the wraps with cucumber slices and sliced mango!

Beef & Broccoli over Rice

Need:

- 1 cup of white rice
- 2 cups water
- 1lb ground beef
- 10oz Frozen Pepper & Onions
- 12oz bag of Frozen Broccoli
- 6.5oz can Mushrooms
- 10.5oz Cream of Mushroom
- 1/2 cup water

1. In a pan, make your rice using 1 cup dry rice to 2 cups water. This will make a total of 4 cups cooked. If you need more, you can up the ratio of rice & water.
2. Brown your ground beef in a pan, and once fully cooked drain off any excess grease.
3. Add your frozen pepper and onions, and cook over medium heat until tender.
4. Add in your frozen broccoli and mushrooms, and continue to cook until they are tender.
5. In a small bowl, combine cream of mushroom with water and stir to thin. I usually add some extra seasoning like garlic and worcestershire sauce. Pour this over the beef and veggies. Heat to a slight boil and then reduce heat and let simmer for 3 minutes.
6. Serve the beef & veggies over rice!

*You can substitute the cream soup to any flavor & switch up the veggies to whatever you like!

Chicken Bacon Ranch Pizza with Side Salad

Need:

- 1 pack pizza dough mix
- Ranch Dressing
- Shredded Mozzarella Cheese
- Rotisserie Chicken (1 cup cooked chicken)
- Bacon bits or precooked bacon
- Tomatoes (diced)
- Lettuce

1. This pizza dough mix just requires hot water but some require oil. I like to mix these with a fork until it is combined, then shape into a ball and let rise for 20-30 minutes. You can also make a crust from scratch if you like! I do like to add a little garlic powder or Italian Seasoning when making the crust, but that is up to you.
2. Once your dough has risen, you will flatten it out in a greased baking dish, sheet pan, or pizza pan. I use a spoon and top the dough with Ranch dressing first.
3. We like to add a little shredded cheese down first, then add our cooked chicken, bacon bits, and diced tomato. Then we finish it off with more shredded cheese.
4. Bake per directions, which is usually about 15-20 minutes depending on mix.
5. We will serve this with a side salad of lettuce, tomato, and cucumber! (We will add any leftover shredded cheddar or any other cheeses we may have.)

Sausage & Pepper Sheet Pan with Potato Salad

Need:

2 lbs Potatoes
1/2 cup mayo
2-3 tbsp mustard
Favorite Seasonings/ Oil
5-6 Italian Sausage
10oz Frozen Peppers & Onions
Hoagies or Hot Dog Buns
Mozzarella Cheese

1. Wash and cut potatoes into chunks. Boil these until tender and then drain and set aside.
2. While that is cooking, slice your Italian Sausages into bit sized pieces. In a bowl, mix sausage and peppers & onions. Drizzle with oil and your favorite seasonings. I tend to go with garlic powder, onion powder, and black pepper.
3. Place your sausages & veggies on a greased sheet pan and bake at 375 for about 25-30 minutes. I usually flip these about half way. Depending on the thickness and type of sausage, your timing may vary.
4. Once your potatoes are tender, we will add in mayo, mustard, and your favorite seasonings. Lately I have been adding in 1-2 tbsp of pickle juice for a little extra zing. (This can be made ahead of time and refrigerated until time to eat!)
5. Serve your cooked sausage & veggies on buns topped with shredded cheese (place these back in the oven for 5 minutes until melty!

Taco Soup

Need:

1lb ground beef
1 onion
taco seasoning
15.5oz pinto beans
14.5oz can corn
8oz can tomato sauce
2- 14.5oz cans of diced tomatoes w/ chiles
Shredded Cheddar Cheese
Sour Cream
Tortilla Chips

1. Brown ground beef in a pan with the chopped onion. Once fully cooked, drain any excess grease. Add in 1 pack of taco seasoning and stir well.
2. Add in drained & rinsed pinto beans and corn. Next add tomato sauce and 2 cans of tomatoes with chiles.
3. Stir well, and let this cook over medium heat for about 20-30 minutes.
4. Serve your Taco soup with shredded cheddar cheese, sour cream, and tortilla chips!

Pumpkin Fluff Dip

Need:

15oz can pumpkin

3.4oz Instant Vanilla Pudding Mix

1-2 tsp Pumpkin Pie Spice

8oz whipped topping

Graham Crackers, Ginger Snaps, or Vanilla Wafers

1. In a large bowl, combine pumpkin, pudding and pumpkin spice. Mix well. (adjust seasoning as you like it)
2. Fold in whipped topping.
3. Chill in the fridge at least 1 hour, but honestly this is better after it sits overnight.
4. Serve with your choice of graham crackers (I really like the cinnamon ones), ginger snaps, or vanilla wafers!

Notes:
