

6 DINNERS + DESSERT UNDER \$70

*Pulled Pork Fajitas w/ Rice *Pesto Chicken Bake

*Caribbean Shrimp Rice Bowls *Slow Cooker Cabbage & Kielbasa

*Orange Chicken Thighs *Cabbage Roll Casserole

-Apple Spice Monkey Bread-

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Grape Tomatoes (10oz)
- Avocado
- Cabbage
- Apples (x2)

MEAT DEPT

- Pork Loin (1-1.5lbs)
- Chicken Thighs (3lb)
- Shrimp (12oz)
- Smoked Sausage (13-14oz)
- Ground Turkey (1lb)

DAIRY

- Cheddar Cheese (8oz)
- Sour Cream (8oz)
- Cinnamon Rolls

FROZEN

- Peppers & Onions (20oz)
- Broccoli (12oz)

PANTRY

- Fajita Seasoning
- Salsa
- White Rice (2lb)
- Tomato Sauce (8oz)
- Tortillas (10ct)
- Pesto Sauce
- Black Beans (15oz)
- Crushed Pineapple (20oz)
- Jerk Seasoning
- Chicken Broth (14.5oz)
- BBQ Sauce
- Orange Marmalade
- Teriyaki Noodles
- Pasta Sauce (24oz)
- Beef Broth (32oz)
- Cinnamon
- Corn (14.5oz)

Assuming you have cooking oil and your favorite seasonings.

Pulled Pork Fajitas with Mexican Rice

Need:

Pork Loin/Roast (1-1.5lbs)

Fajita or Taco Seasoning

1 cup salsa

Frozen Peppers & Onions (20oz)

1 tbsp oil

1.5 cup white rice

2.5 cups water

8oz tomato sauce

14.5oz can corn

Tortillas

Shredded Cheddar Cheese

Sour cream

1. Place pork loin at the bottom of a crockpot. Add peppers and onions, seasoning, and salsa to the top. Cook over high heat for 4-6 hours or low for 6-8 hours. Timing will depend on the size of the pork loin.
2. Closer to dinner time, add oil and rice to a pan and let cook 1-2 minutes. Add in water and tomato sauce. You can also add any additional seasoning like garlic powder and black pepper. Bring to a boil and then reduce heat and cover. Let simmer for 30 minutes.
3. Microwave canned corn or saute on the stove with additional seasonings.
4. Using 2 forks, shred the pork and mix well with the salsa and peppers/onions. Serve the pork in the tortillas and top with shredded cheese and sour cream!

Pesto Chicken Bake with Potatoes & Tomatoes

Need:

1.5lbs chicken thighs (4-6 pieces)

1 cup pesto

2 tbsp oil

2 tbsp water

2lbs potatoes (1 inch chunks)

10oz cherry or grape tomatoes

1. In a bowl, add chicken, pesto sauce, 1 tbsp oil, and 1 tbsp water. Mix until chicken is well coated and place on a greased baking sheet or large casserole/lasagna pan.
2. In same bowl, add chopped potatoes, tomatoes, 1 tbsp oil, and 1 tbsp water. You can add whatever seasoning you like and I typically go with an Italian Blend. Mix well until potatoes and tomatoes are coated. Add these to the pan with the chicken.
3. Bake in 400 degree oven for about 45 minutes. I like to flip and stir them about half way. (Total time will depend on the thickness of the chicken and the potatoes. Occasionally I have had to remove the chicken early if they are smaller thighs)
4. Let the pan rest for 5-10 minutes before serving!

Caribbean Shrimp Rice Bowls

Need:

1 cup rice

2 cups of water

1 avocado

1/2 cup sour cream

15oz can of black beans

1 cup crushed pineapple

1/2 cup salsa

12oz raw shrimp

jerk seasoning

1. We will be using basic white rice for our base, so you will make rice using 1 cup white rice and 2 cups water. Bring to a boil, reduce heat, cover, and let simmer for 15-20 minutes.
2. In a bowl, combine smashed avocado with sour cream. I like to add a little salt and pepper to this. Set aside.
3. Combine rinsed & drained black beans, 1 cup of pineapple tidbits with juice, and salsa in a small pan. We are basically just heating this up, so I cook over medium heat for about 5-7 minutes.
4. Toss the defrosted shrimp in jerk seasoning. If you like spicy go heavy on the seasoning, if you want a more mild flavor use less. Add shrimp to heated oil in a pan, and cook for about 2-3 minutes until shrimp turns pink.
5. Put your rice at the bottom of your bowl, top with bean/pineapple mixture, add shrimp, and serve with avocado cream!

Slow Cooker Cabbage & Kielbasa

Need:

2 lbs potatoes (1-1.5 inch chunks)

1/2 head of cabbage (chopped)

13-14oz smoked sausage

favorite seasoning

14.5oz can of chicken broth

1. In a slow cooker, add potato chunks to the bottom. Then add chopped cabbage.
2. Slice sausage into rounds, and add that to the top of the cabbage.
3. Add your favorite seasonings. (I really like using a steak seasoning like a Montreal Steak blend, but you can use whatever you like!)
4. Pour chicken broth over the top. It is ok that the broth won't cover everything! As this cooks, it will have plenty of liquid.
5. Cook on high for 4 hours or on low for 8 hours.
6. I like to stir this really well before serving and adjust seasonings as needed.

*This is a great leftover buster as well! You can easily add some raw carrots, onions, peppers, garlic, etc to this dish!

Orange Chicken Thighs with Noodles

Need:

1/2 cup orange marmalade

2-4 tbsp of BBQ sauce

1.5lbs chicken thighs

Teriyaki Noodles

12oz frozen broccoli

1. In a bowl, mix together orange marmalade and bbq sauce. If your marmalade is really thick, I microwave it for 30 seconds and then stir.
2. Add chicken thighs to the bowl, and coat the chicken well. Place coated chicken on a greased baking sheet or casserole dish.
3. Bake in 400 degree oven for 30-40 minutes. (Timing will be based on the size of the chicken thighs)
4. While chicken is baking, prepare teriyaki noodles per package and microwave broccoli.
5. I really like this sauce, so I make another small batch to use as an additional sauce that I pour over the cooked chicken!

Cabbage Roll Casserole

Need:

1lb ground turkey

1/2 head of cabbage (chopped)

24oz can pasta sauce

1 cup white rice (uncooked)

3 cups beef broth

1. Brown ground turkey (or any other ground meat you prefer). Drain off any excess grease.
2. In a large casserole pan or lasagna type pan, add chopped cabbage, tomato sauce, white rice, and cooked ground turkey. Stir well and then spread evenly.
3. Pour beef broth over the mixture in the pan, and then cover with aluminum foil.
4. Bake for 45 minutes to 1 hour in a 400 degree oven. (Usually at the 45 minute mark, I remove the foil, stir everything really well, and then cook for another 15-20 minutes to make sure the cabbage and rice is fully cooked)
5. I like to let this sit for 5-10 minutes because it is super hot. You can add shredded mozzarella cheese to the top if you like!

Apple Spice Monkey Bread

@lowdoughfamily

Need:

2 apples

1 tsp cinnamon

2 tbsp water

1 can of Cinnamon Rolls with Icing

1. Peel and chop apples. Place them in a microwave safe bowl with cinnamon and water. Give them a stir, and then microwave for 2 minutes. Set aside and let cool.
2. Open the cinnamon rolls and cut each roll into 6-8 pieces. Combine pieces with cooled apples and stir to combine.
3. Add dough and apples to greased 9x13 pan or cake pan. I like to gently press them down a little bit so they are even in the pan. (Don't squash them or they may not rise as much!)
4. Bake for 25-28 minutes in 350 degree oven.
5. I like to top these once cooked with the icing that comes in the package, but you can also melt 4-6 tbsp of butter combined with 1 tsp cinnamon, and 2 tbsp brown sugar. This would be poured over the top before you bake it!

Notes:
