

6 Dinners + Dessert Under \$70

*Ground Sausage & Pepperoni Pizza *Sweet Dijon Chicken with Potatoes

*Cheesy Eggplant Pasta Bake*Turkey & Sausage Chili over Rice

*Creamy Italian Sausage Soup*Cottage Spinach Chicken with Rice

-Maple Peanut Butter Balls-

SHOPPING LIST

PRODUCE

- Mushrooms (6oz)
- Spinach (10oz)
- Tomato
- Potatoes (5lb)
- Eggplant
- Onion (x2)

MEAT DEPT

- Ground Sausage (1lb)
- Pepperoni (6oz)
- Chicken Thighs (3lb)
- Ground Turkey (1lb)
- Smoked Sausage (14oz)

DAIRY

- Mozzarella (8oz)
- Cottage Cheese (16oz)
- Milk (1/2 gal)
- Cream Cheese (8oz)
- Cheddar (8oz)

FROZEN

- Broccoli (12oz)

PANTRY

- Pizza Dough Mix
- Dijon Mustard
- Maple/Pancake Syrup
- Soy Sauce
- Pasta (1lb)
- Tomato Sauce (8oz)
- Crushed Tomatoes (15oz)
- Diced Tomatoes (28oz)
- Tomatoes w/ Chiles (14.5oz)
- Kidney Beans (15oz)
- Corn (14.5oz)
- Carrots (14.5oz)
- Chicken Broth (48oz)
- Chili Powder
- Italian Seasoning
- White Rice (1lb)
- French Bread
- Peanut Butter
- Powdered Sugar
- Semisweet Chocolate Chips

Assuming you have cooking oil, favorite seasonings, a little flour, and salad dressing.

Ground Sausage & Pepperoni Pizza

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Need:

Pizza dough mix

1lb Ground Sausage (we will only use half)

1 onion (diced)

8oz can Tomato Sauce

Sliced Mushrooms

Pepperoni

Mozzarella Cheese

Spinach

Diced Tomato

1. You can use a pizza dough mix or make your own dough. This mix just needs water and oil, then you mix it with a fork. I like to let mine sit for at least 20 minutes to rise.
2. While the dough is rising, we will brown our ground sausage in a pan. I like to go ahead and add my chopped onion as well to cut down cooking time. Once the sausage is fully cooked and onion is tender, we will drain off any grease and set this aside to cool. We will only use half of this mixture for the pizza tonight - save the other half for later on!
3. I like to make my pizza in a sheet pan instead of a circle, but you can do any shape you like. Make sure to spray the sheet pan first before spreading your dough out!
4. Top your dough with tomato sauce and save any extra sauce for another dish! Top your pizza with sliced mushrooms, sausage/onions, pepperoni, and mozzarella cheese. You can also add some seasoning like an Italian Blend to your pizza.
5. Bake in 400 degree oven for about 15-20 minutes. I like to turn the pizza about half way for even cooking.
6. We will serve the pizza with a simple side salad of spinach, diced tomato, and your favorite salad dressing!

Sweet Dijon Chicken

Need:

4-5 potatoes

oil/favorite seasoning

1/4 cup dijon mustard

2 tbsp maple syrup or pancake syrup

1 tbsp cooking oil

2 tsp soy sauce

favorite seasoning

4-6 chicken thighs

12oz frozen broccoli

1. Wash and chop potatoes into 1 inch chunks. Drizzle the potatoes with oil and sprinkle with your favorite seasoning. Since the chicken will be herby, I tend to keep the potatoes simple with garlic powder, salt, and pepper. Put potatoes on a sheet pan and bake in a 400 degree oven for about 30-40 minutes (time will vary based on size of potatoes)
2. In a small bowl, combine mustard, syrup, oil, soy sauce, and your favorite seasonings. I tend to go with dried herbs like rosemary or thyme. Using a brush, I coat the chicken thighs as good as possible. I usually bake these in a large cassrole dish or sheet pan. These will take about 30-40 minutes as well.
3. I serve the chicken and potatoes with some easy steam in the bag broccoli that I top with butter!

Cheesy Eggplant Bake

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Need:

- 1 lb pasta (any shape)
- 1 medium eggplant (peeled and chopped)
- 28oz can of crushed tomatoes
- 28oz diced tomatoes
- Italian Seasoning
- 1 cup of cottage cheese

1. In a large pot, boil water for the pasta. Once pasta is fully cooked and tender, drain and set aside.
2. Clean, peel, and then chop eggplant into 1/2 inch chunks. Season the eggplant with salt, pepper, and a little Italian Seasoning. In a large skillet, saute eggplant chunks until golden brown. Set aside.
3. In your hot pan, add crushed tomatoes and diced tomatoes. We are really just mixing and warming these up. You can add additional seasoning like garlic or herbs as well. Mix in your eggplant and cooked pasta.
4. In a large lasagna type pan, pour the eggplant/pasta/sauce and spread evenly. Next we will use a spoon and drop cottage cheese evenly over the pasta. Then sprinkle with mozzarella cheese.
5. Bake this for 15-20 minutes in a 375 degree oven until everything is hot and bubbly!

Turkey & Sausage Chili over Rice

Need:

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| 1 cup white rice | 15oz can of kidney beans |
| 1 lb ground turkey | chili powder |
| 1/2 lb already cooked sausage from pizza night | cheddar cheese (shredded) |
| any leftover tomato sauce | 14.5oz can of corn |
| 14.5oz can of tomato with chilies | |

1. The rice takes the longest to cook, so we will start by combining rice and water in a pan and bring to boil. Drop the temperature to low, cover, and let simmer for 15-20 minutes.
2. In a large pot, brown ground turkey until full cooked, drain any excess grease. Add in already cooked sausage and onions.
3. Next, we will add any leftover tomato sauce, canned tomatoes with juice, drained/rinsed kidney beans, and chili powder. I start with a little chili powder and add more as needed.
4. We will serve our chili over the rice with a side of corn. I actually like mixing the corn and chili together first, but my kids prefer everything separate. Their plates have everything by itself: rice, chili, and corn. Do what works best for your family!
5. Top your chili with shredded cheddar if you like, you can also add sour cream if you want!

Creamy Italian Sausage Soup

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Need:

14oz smoked sausage
1/2 onion (diced)
2 tbsp flour
1 cup of milk
8oz cream cheese

2-3 potatoes (chopped)
4 cups chicken broth
1-2 cups of spinach (chopped)
French Bread

1. In a large pot, saute sliced sausage in oil just to give it a nice color, then remove from pan. Add in onion and saute over medium heat until tender.
2. Add in 2 tbsp flour and stir well. Next add in 1 cup of milk and stir in chunked cream cheese until melted. Add in potatoes and chicken broth. Simmer for 15-20 minutes until potatoes are starting to soften.
3. Add in chopped spinach and stir well. Remove from heat and let sit 5-6 minutes until spinach is fully wilted.
4. Serve soup with french bread!

Cottage Spinach Chicken

Need:

1/2 onion (chopped)
2-3 cups of spinach (chopped)
4-6 chicken thighs
1 cup of cottage cheese

Mushrooms (chopped)
1 cup rice
2 cups chicken broth
14.5oz canned Carrots

1. In a small skillet, saute chopped onion until tender. Add in chopped spinach and saute over medium heat until mostly wilted. Set aside to cool. Once cooled, mix with the cottage cheese. Set aside.
2. This dish can be made with thighs or chicken breasts. I like to spread out my chicken and pound it down if it is a little too thick to work with. Season the chicken with salt, pepper, and your favorite seasonings.
3. Divide the spinach cheese mixture between the chicken thighs and pinch the sides together to mostly close. I use a toothpick to hold the chicken together. I place the chicken in a greased casserole or baking dish. Bake in 350 degree oven for about 25-30 minutes (This will vary depending on the size of the chicken).
4. Saute mushrooms in a sauce pot until soft. Add in rice & favorite seasonings (I usually do a garlic and herb blend) and stir for about 1-2 minutes. Add in chicken broth and let come to a boil. Reduce heat and cover for 15-20 minutes.
5. Serve chicken with a side of rice and canned carrots (we do these in the microwave)!

Maple Peanut Butter Balls

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Need:

- 1 cup peanut butter
- 1/2 cup maple syrup or pancake syrup
- 3/4 cup powdered sugar
- 1/2 cup semi sweet chocolate chips

1. Combine all ingredients in a bowl. This takes a minute, and it looks like it won't come together, but it will. (If your hands hurt like mine, you can mix this without the chocolate chips in a mixer using the flat attachment on low. Then fold in the chocolate chips at the end once everything is smooth.)
2. Using a scoop or a spoon, measure out the mixture and use your hands to shape into balls. (You can also squash these down to be mini cookies!) Refrigerate at least 1 hour, these will firm up the longer they are cold.

Alternative:

1. Combine peanut butter, syrup, and powdered sugar until well combined. Roll into balls and place on plate with parchment or wax paper. Refrigerate until firm.
2. In a microwave safe bowl, melt chocolate with 1 tsp oil (coconut, veg, or butter) in microwave in 30 second increments and stir well. Once fully melted, I used toothpicks to dip the peanut butter balls and then refrigerate to let harden!
3. These came out similar to buckeyes but with a maple flavor added!

Notes:
