

6 Dinners + Dessert Under \$70

*Chicken Drumsticks & Mashed Sweet Potatoes

*Beef Enchiladas and Rice *Oriental Chicken Salad

*Sloppy Joe Pasta *Italian Sausage, Sweet Potatoes, & Veggies

*Hamburger Gravy over Rice –Apple Pie Enchiladas–

SHOPPING LIST

PRODUCE

- Sweet Potatoes (3lb)
- Onion (x2)
- Shredded Carrots
- Cucumber
- Brussel Sprouts (1lb)
- Apples (3lb)
- Romaine Lettuce
- Mushrooms (8oz)

MEAT DEPT

- Chicken Drumsticks (5lb)
- Ground Beef (3lbs)
- Italian Sausage (5-6 links)

DAIRY

- Butter (1lb)
- Cheddar Cheese (8oz)
- Sour Cream (8oz)

FROZEN

- Mixed vegetables (12oz)
- Vanilla Ice Cream

PANTRY

- Cinnamon
- Green Beans (14.5oz)
- White Rice (1lb)
- Taco Seasoning
- Tortillas (20ct)
- Enchilada Sauce x2 (10oz)
- Corn (14.5oz)
- Instant Ramen (any kind)
- Mandarin Oranges (15oz)
- Sesame Ginger Dressing
- Sloppy Joe Sauce (15oz)
- Elbow Noodles (1lb)
- French Bread
- Brown Gravy Mix
- Brown Sugar

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

Chicken Drumsticks & Mashed Sweet Potatoes

Need:

5lb bag of chicken drumsticks

oil/favorite seasonings

2-3 sweet potatoes

Butter

Cinnamon

14.5oz can of Green Beans

1. We are going to cook all the drumsticks today, but we will be saving half for another dinner. (Cook once- Eat Twice!) We will start by drizzling the drumsticks in oil and our favorite seasonings. The ones we eat tonight can be any flavor your like, but the ones we will use later, I would keep them pretty mild with salt, pepper, and garlic.
 2. Bake on sheet pan or large baking dish in 350 degree oven for about 30-45 minutes. I flip them once or twice to check how done they are. (This will vary based on size)
 3. Wash and peel the sweet potatoes, then chop into 1 inch chunks. We will boil these in water until soft then drain. I like to add butter and cinnamon to mine, but you can also add a garlic and herb blend if you want them more savory.
 4. Microwave or saute in a pan the green beans with butter and favorite seasonings!
- *We will use about half of these drumsticks for dinner tonight, and the rest of them we will wait till they cool. Then pull all the chicken meat, and save that for another night! This will save us so much time later on in the week!*

Beef Enchiladas and Rice

Need:

1 cup white rice

1lb ground beef (4 burger patties)

1 onion (diced)

taco seasoning

8-12 flour tortillas (medium size)

2 cups shredded cheddar cheese

2 (10oz cans) Enchilada Sauce

14.5oz can corn

sour cream

1. In a saucepot, make basic white rice using 1 cup rice and 2 cups water. I like to add a little taco seasoning and 2-3 tbsp of enchilada sauce to give it more of a Mexican rice vibe. You can add whatever seasonings you like!
2. Brown ground beef in pan and add diced onion. Once the beef is fully cooked and the onions are tender, drain any excess grease. Add taco seasoning and stir well. Set aside to cool for 5-10 minutes.
3. Once beef is easier to work with, you will start making your tortilla rolls. Depending on how big your tortillas are, I start with about 1/2 cup beef, top with with cheese, and then roll them up burrito style. Place these seam side down in large casserole or lasagna type pan.
4. Pour your enchilada sauce on top of your rolls and then top with shredded cheese. Bake in 400 degree oven for about 20 minutes until sauce is hot and cheese is bubbly.
5. Microwave your corn or saute in a pan to heat up. You can add any seasonings you like! My kids prefer it plain so we usually just add butter.
6. Top your enchiladas with a little sour cream!

Oriental Chicken Salad

Need:

1 pack Ramen (any flavor)

Romaine Lettuce (chopped)

Shredded Carrots

Cucumber (chopped)

15oz can of Mandarin Oranges

2-3 cups of cooked chicken (from previous night)

Sesame Ginger Dressing

1. Boil water for the noodles. I like to smash my noodles first before cooking and I don't include the seasoning pack. (save it for something else later). Once noodles are tender, I drain and set aside.
 2. I prefer my salad to be more chopped style, so I cut my lettuce very small, but that is up to you. In a large bowl, I combine lettuce, shredded carrots, drained mandarin oranges, chopped cucumber, chopped chicken, and cooled ramen noodles. (*Save your drained orange juice for another time*)
 3. I add about 1/2 cup of sesame ginger dressing and toss well. Then add more dressing as needed.
- *If you prefer a crunchier noodle you can leave the ramen uncooked or get dry chow mein noodles!

Sloppy Joe Pasta

Need:

1lb ground beef (4 burger patties)

1/2 onion (chopped)

15oz sloppy joe sauce

8oz elbow noodles

2 cups cheddar cheese

sour cream

1lb brussel sprouts

oil/favorite seasoning

French Bread

1. In a pot, boil water for pasta. We will cook the pasta until tender and set aside.
2. Clean and trim brussel sprouts. I like to cut them in half if they are large but leave whole if on the smaller side. Drizzle the Brussels with oil and your favorite seasoning. Place in airfryer at 360 degrees for about 9 minutes. I like to shake about halfway. You may add a few more minutes if you like them more browned.
3. In a large skillet, brown ground beef and chopped onion until fully cooked. Drain any excess grease. Then add in sloppy joe sauce and stir well to combine. Cook over medium heat until sauce starts to boil.
4. Add in cooked pasta and stir well. Turn off heat, sprinkle top with shredded cheese and put the lid on to melt the cheese.
5. Serve the pasta with a side of Brussel sprouts and a slice of French Bread. (You can make it into garlic bread as well if you like!)

Italian Sausage, Sweet Potatoes, & Veggies

Need:

1/2 onion (sliced)

2-3 Sweet Potatoes

2 apples

5-6 links Italian Sausage

Oil/ Favorite Seasonings

Lettuce/ Shredded Carrots

1. Slice the onion into long slices, peel and chop the sweet potatoes into 1 inch chunks, and core/slice the apples. I put everything together in a bowl and drizzle it with oil and seasonings. I prefer to do either an Italian Blend or Garlic Herb blend, but you can use whatever seasonings you like.
2. Arrange the veggies on a greased sheet pan or large baking dish. I then drizzle the sausage with a little oil too and lay those on the pan as well.
3. Bake in 400 degree oven for about 20 minutes, flip everything over and bake another 15-20 minutes. I let everything rest about 5 minutes, and then slice the sausage into rounds, but you can leave them whole as well.
4. Serve your Sausage & Veggies with a side salad of leftover lettuce, carrots, and any salad dressing you already have!

Hamburger Gravy over Rice

Need:

1 cup of white rice

1lb ground beef (4 burger patties)

8 oz mushrooms (sliced)

Brown Gravy Mix

12oz bag of Mixed Vegetables

French Bread

1. In a sauce pan, combine 1 cup white rice & 2 cups water. Bring to a boil, and then cover and reduce heat for about 20 minutes.
2. In a large skillet, brown the ground beef and saute the sliced mushrooms. Once fully cooked, drain any excess grease.
3. Add in gravy pack and amount of water per directions. Bring to a boil and reduce heat.
4. My kids don't like everything mixed together, so now I microwave the veggies in order to keep them separate. Otherwise, I would add the frozen veggies to the pan with the beef and onions, mix well, and stir until fully defrosted.
5. We like to serve the hamburger gravy over the rice with a side of french bread. You can easily make that into butter bread, garlic bread, or use any leftover cheese for cheesy bread.

