

6 Dinners + Dessert under \$70 – Week #40

Slow Cooker Teriyaki Pork with Rice French Onion Chicken with Pasta

Shepherd's Pie with Side Salad Broccoli Cheddar Chicken with Rice

Italian Pork Chops and Roasted Potatoes Carbonara Chicken Pasta

–Strawberry Cake Cookies–

SHOPPING LIST

PRODUCE

- Onion
- Carrots (1lb)
- Potatoes (5lb)
- Garlic
- Lettuce

MEAT DEPT

- Pork Loin (4-5lbs)
- Chicken Breasts (5lbs)
- Ground Turkey (1lb)

DAIRY

- Butter (1lb)
- Eggs (6pack)
- Parmesan Cheese (6oz)
- Sour Cream (8oz)
- Milk (1/2 gal)
- Cheddar Cheese (8oz)
- Cream Cheese (8oz)

PANTRY

- Chicken Broth (32oz)
- Teriyaki Sauce
- White Rice (1lb)
- Fettucine Pasta (1lb)
- Ranch Seasoning
- Fried Onions (6oz)
- Brown Gravy Mix
- French Bread
- Cheddar Cheese Soup (10.5oz)
- Crackers
- Italian Dressing
- Soy Sauce
- Corn (14.5oz)
- Green Beans (14.5oz)
- Vanilla
- Strawberry Cake Mix (15.25oz)

FROZEN

- Cauliflower (12oz)
- Sweet Peas (12oz)
- Broccoli (12oz)

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

Slow Cooker Teriyaki Pork with Rice

Need:

1/2 pork loin (about 2-2.5lbs)

1 cup chicken broth

1/2 cup teriyaki sauce

1/4 brown sugar

1/2 large onion (sliced)

1 cup white rice

4-5 carrots

oil/butter/favorite seasonings

1. We will be using half our pork loin for this meal, so save the other half. You can go ahead and cut the other half into thin pork chops to save time!
2. In a large skillet, brown the sides of your pork loin in oil. I usually do 5-8 minutes per side depending on the size. Once fully browned place pork loin in the crockpot.
3. In a small bowl, combine chicken broth, teriyaki and brown sugar. Put sliced onions on top of the pork and then pour the sauce over the top. Cook on low for 4-6 hours and turn the meat every 1-2 hours.
4. Closer to dinner time, make basic white rice with 1 cup rice & 2 cups water. Bring to a boil, then reduce heat, cover and simmer for 15-20 minutes.
5. Peel carrots and slice on the diagonal. I like to saute these in oil or butter until tender. You can also add your favorite seasonings, but I go pretty mild with salt, pepper, and garlic powder.
6. I serve this rice bowl style with rice on the bottom, carrots and pork with sauce on top!

French Onion Chicken with Pasta

Need:

2-3 chicken breasts

6oz bag of fried onions

1 egg + a little water

8oz fettuccine noodles

3 tbsp butter

1/2 cup parmesan cheese

12oz frozen cauliflower

Ranch Seasoning

1. We want our chicken on the thinner side, so break down your breasts. I like to slice in half long ways and then cut each slice into 2 pieces. (If 2 large breasts, you will have 8 pieces)
2. In a shallow bowl, crunch your fried onions into smaller pieces. In a separate bowl, beat 1 egg with a little water. We will be breading the chicken by dunking it in egg, then rolling it in the fried onion bits. Place breaded chicken on a greased sheet pan. *Go ahead and season another 2 breasts with salt, pepper, garlic then bake these at the same time on another sheet pan to prep the chicken for another dinner!)
3. Bake in 400 degree oven for about 20 minutes (total time will depend on the thickness of the chicken).
4. While that is baking, boil water for your pasta, and once pasta is tender drain. Add 3 tbsp butter to the hot pasta and stir until melted. Add your favorite seasonings like an herb and garlic blend! Top with 1/2 cup of parmesan cheese.
5. Steam cauliflower in the microwave per directions. Once cooked, place cauliflower in a tupperware container and add 2 tbsp butter and 1 tbsp ranch seasoning. Place lid on and shake, then let sit for butter to melt.

Shepherd's Pie with Side Salad

Need:

4-5 potatoes	12oz Frozen Peas
milk/ butter	Brown Gravy Mix
1lb ground turkey	Lettuce
1/2 onion	Parmesan Cheese
2-3 garlic cloves	French Bread
1-2 carrots (Diced)	

1. Boil water for potatoes. I like to cut the potatoes into 1 inch chunks so they cook faster. Once the potatoes are tender, drain and make basic mashed potatoes with butter and milk.
2. While the potatoes are cooking, Brown the ground turkey in a large skillet. Once fully cooked, drain off any excess grease. Add in 1/2 onion, minced garlic, and carrots. Cook over medium heat until tender.
3. Add brown gravy mix and 1 cup of water. Stir well and bring to a boil. Add in frozen peas and keep stirring until gravy thickens.
4. You can add your turkey and veggie mixture to a baking dish and top with mashed potatoes. Then bake in 350 degree oven for 20 minutes, but my kids don't like it all mixed together. So, we saute our veggies separately. Then put the meat & gravy mixture over the mashed potatoes with the veggies on the side.
5. Serve with sliced French bread and a simple side salad of lettuce, parmesan/cheddar cheese, and your favorite salad dressing.

Broccoli Cheddar Chicken with Rice

Need:

2-3 Chicken Breasts
10.5oz cheddar cheese soup
1/2 cup sour cream
1/2 cup milk
12 oz broccoli
1 cup shredded cheddar
2 cups crackers (crushed)
1 cup of rice
1 cup of chicken broth

1. Season chicken breasts with your favorite seasonings like salt, pepper, and garlic powder. (I cut my chicken down into smaller pieces) Place them in a greased baking dish. Top the chicken with frozen broccoli as evenly as possible.
2. In a bowl, combine cheddar soup, sour cream, and milk. Whisk well to combine. Pour this sauce over the chicken & broccoli. Sprinkle the top with crushed crackers and cheddar cheese. Bake in 350 degree oven for 30-45 minutes. (Time will vary depending on the thickness of the chicken. Thinner pieces will cook faster!)
3. While that is baking, we will make a simple chicken rice using 1 cup white rice, 1 cup chicken broth, and 1 cup water. I typically add a garlic and herb blend to this as well. Bring to a boil, reduce heat, cover, and let simmer for 15-20 minutes.
4. Once chicken is fully cooked, let sit for 5-10 minutes before serving. We like to serve this over the rice but you can keep it separate if you like!

Italian Pork Chops and Roasted Potatoes

Need:

1/2 pork loin (cut into 4-6 thin chops)

1 cups Italian Dressing

1/4 cup soy sauce

4-6 potatoes

oil/favorite seasonings

14.5oz corn

1. In a ziploc bag, combine pork chops, Italian Dressing, and soy sauce. You can add additional seasonings if you like or even add peppers and onions as well. Seal the bag and shake well. Let marinade for a few hours in the fridge, or you can even let this sit overnight.
2. Wash and slice potatoes into large chunks. Drizzle with oil and your favorite seasonings. I like to use a French Fry seasoning or an All Purpose seasoning.
3. Spread the potatoes out on a large sheet pan. Leave room to place pork chops on the pan as well. Bake in 400 degree oven for about 20 minutes.
4. Check your pork chops to see if fully cooked. This will depend on the thickness of the chops. Flip your potatoes and bake another 20 minutes. (Sometimes I have to remove the pork chops before the potatoes are done!)
5. Microwave corn with your favorite seasonings and butter, serve on the side with pork chops and roasted potatoes.

Carbonara Chicken Pasta

Need:

8oz fettucine noodles

1-2 chicken breasts

4 cloves garlic

2 eggs

1/2 parmesan cheese

14.5oz green beans

French Bread

1. In a large pot, boil water for noodles. We will cook these until tender, and then drain. (save 1/2 cup of pasta water)
2. Cut your chicken into 1 inch chunks and season with your favorite seasonings. I like to use an Italian Blend and garlic powder.
3. In a large skillet, saute chicken in oil until fully cooked. (If starting with already cooked chicken wait to add chicken at the end.) Add in minced garlic to the pan and cook 1-2 minutes and reduce heat.
4. In a small bowl, whisk together 2 eggs and parmesan cheese.
5. Once pasta is fully cooked, add it to the skillet, and stir to combine. Pour in egg mixture, and keep stirring. Slowly add 1 tbsp of pasta water until you get the sauce the consistency you like. (Add in fully cooked chicken here)
6. Saute green beans in a pan or microwave to heat them up. I usually just add a little butter, salt, and pepper.
7. Serve pasta and green beans with a slice of French bread!

Strawberry Cake Cookies

Need:

- 8oz cream cheese (softened)
- 1 stick of butter (softened)
- 1 egg
- 1/4 tsp vanilla
- 15.25oz strawberry cake mix

1. In a stand mixer or a hand mixer, combine softened butter and cream cheese. I let these sit out while cooking dinner to soften. If these are not soft, it will not combine!
2. Add in one egg and vanilla. Mix well to combine.
3. Add in cake mix and stir until smooth. I'm using strawberry cake mix, but you can use any flavor you like. This is a great cookie formula for any flavor!
4. Scoop out the cake mixture into 1 inch drops and place evenly on parchment paper on top of a baking sheet. These will spread a little, so I try to leave 2 inches or so between drops.
5. Bake in 350 degree oven for about 10-14 minutes until set. These are soft baked, so check the bottom of the cookie. You want the bottom a little brown, but still gooey soft. As it cools it will fully firm up.
6. Let cool 5-10 minutes before removing from parchment paper.
7. I like to store these at room temperature in a Tupperware container. If you store in the fridge, they get very hard!

Notes:
