

6 Dinners + Dessert Under \$70! (Week #41)

*Chicken Fingers with Pasta Salad *Tacos Skillet with Rice

*Turkey BLTs with Home Fries * Cheesy Chicken Pasta

*Stuffing Meatloaf with Cheddar Biscuits

*One Pot Shrimp and Rice

-Peach Cobbler-

SHOPPING LIST

PRODUCE

- Lime X2
- Cucumber
- Roma Tomatoes x3
- Onion x1
- Lettuce
- Potatoes (5lb)

MEAT DEPT

- Chicken Breasts (3lb)
- Ground Beef or Turkey (2lb)
- Bacon (12-16oz)
- Turkey Lunchmeat (1lb)
- Raw Shrimp (12oz)

DAIRY

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

PANTRY

- Baking Mix
- Pasta (1lb) *any shape*
- Diced Tomato w/ chiles (14.5oz)
- White Rice (1lb)
- Taco Seasoning
- Corn (14.5oz)
- French Bread
- Stuffing Mix (6oz)
- Green Beans (14.5)
- Chicken Broth (14.5oz)
- Cinnamon
- Peaches (29oz)

FROZEN

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

Assuming you have cooking oil,
favorite seasonings, and white or
brown sugar.

Parmesan Chicken Fingers with Pasta Salad

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|-------------------------------------|-----------------------------|
| Need: | 8 oz pasta (any shape) |
| 3/4 cup baking mix | 1 lime |
| 1/2 cup parmesan cheese | 1/2 cup hummus (any flavor) |
| 1 egg + water | 1/2 cucumber chopped |
| 2-3 chicken breasts cut into strips | 1-2 roma tomatoes |

1. In a ziploc bag combine baking mix, parmesan cheese, and your favorite seasonings.
2. In a bowl, whisk egg and a little water until light yellow. We will dip our chicken in the egg and then place in bag with baking mix to coat.
3. Put all breaded chicken strips on a greased baking pan. Bake in 400 degree oven for 12-18 minutes, and I usually flip them halfway. You also do these in the air fryer. Timing will vary depending on thickness of chicken!
4. While that is cooking, boil water for the pasta. Once pasta is tender, drain and set aside to cool. (I like doing ice baths so it cools quickly.) Add in hummus, juice of one lime, chopped cucumber, tomato and any additional seasonings you like. Stir to combine. This pasta salad can be served warm or cold.
5. Serve your chicken fingers with any of your preferred dipping sauces! We usually use ranch or the kids like ketchup!

Tacos Skillet with Rice

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|-----------------------------------|------------------------|
| Need: | |
| 1 lb ground beef or ground turkey | taco seasoning |
| 1/2 onion (diced) | 1 cup shredded cheddar |
| 14.5oz diced tomatoes with chiles | shredded lettuce |
| 2 cups water | 14.5oz corn |
| 1 cup rice | |

1. In a large skillet, brown ground meat. Drain any excess grease and add in diced onion. Let cook over medium heat until onions are soft.
 2. Stir in tomatoes, water, rice, and taco seasoning. Bring to a boil, then reduce heat to a simmer, cover, and let cook for about 20 minutes or until rice is tender!
 3. Top with shredded cheese and shredded lettuce! Serve with canned corn.
- *You can also add sliced avocado, sour cream, or anything else you would normally like on your tacos!*

Turkey BLTs with Home Fries

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|-------------------------|-------------------|
| Need: | Lettuce |
| 4-5 potatoes | Sliced Tomato |
| 12-16oz bacon | Hummus |
| oil/favorite seasonings | Turkey Lunch Meat |
| Sliced Bread | Sliced Cucumbers |

1. Wash and slice potatoes into wedges or fry shapes. Toss with oil and your favorite seasonings. Place on baking sheet and bake in 400 degree oven for about 20-30 minutes. (This can also be done in the air fryer)
2. Place bacon on baking sheet, and bake for 20 minutes in 400 degree oven. (We will only use half tonight, so save the rest)
3. For our BLTs, I like to toast the bread, then spread each side with hummus. Top with sliced turkey lunch meat, bacon, lettuce, and tomato!
4. We will serve our sandwiches and fries with cucumber slices.

Cheesy Chicken Pasta

Need:

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|---------------------------------------|----------------------------------|
| 8oz pasta (any shape) | 1/2 cup parmesan cheese |
| 2-3 Chicken breasts (cut into chunks) | 1 cup shredded mozzarella cheese |
| 2 tbsp oil or butter | chopped bacon |
| 2 tbsp flour | 12oz bag of sweet peas |
| 1.5 cups of milk | Sliced Bread |

1. Boil water for pasta, cook pasta until tender, then drain and set aside.
2. Saute chicken chunks in oil or butter until fully cooked, then remove from pan.
3. Add flour to the pan and stir well. Let cook 1-2 minutes, then slowly add in milk using a whisk. Let the milk simmer over medium high heat for 2 -3 minutes, then add chicken, bacon, and pasta to the pan. You can also add your frozen peas at this point or keep them separated.
4. Slowly add in in parmesan and mozzarella cheese and stir to melt. Let pasta sit for 5 minutes off the heat.
5. Serve the pasta with sliced bread!

Stuffing Meatloaf with Cheddar Biscuits

Need:

4-5 potatoes

1lb ground turkey or ground beef

6oz box of stuffing

2 eggs

14.5oz can of green beans

milk/butter

(for mashed potatoes)

2 cup baking mix

2/3 cup of milk

1/2 cup shredded cheddar

melted butter

1. Clean and chop potatoes into 1 inch chunks. We will boil these until tender to make mashed potatoes with butter and milk.
2. While that is cooking, combine ground turkey/beef with stuffing and 2 eggs. I do this with my hands and then form mini meat loaves. Place the meatloaves on a greased sheet pan and bake in 350 degree oven for about 30-40 minutes. Timing will vary based on the shape of the meatloaf.
3. In a bowl, combine baking mix, milk, shredded cheese, and your favorite seasoning. I typically use a ranch or garlic herb blend. Using a spoon drop biscuits onto a greased sheet pan 1 inch apart, and bake for 12-15 minutes. Once bake, drizzle with melted butter.
4. Heat green beans in the microwave or saute in a pan on the stovetop.
5. Serve the meatloaf with mashed potatoes, canned green beans, and biscuits!

One Pot Shrimp and Rice

Need:

1/2 onion (diced)

14.5oz chicken broth

1/4 cup water

1 lime (zest & juice)

1 cup white rice

12oz raw shrimp

4 tbsp butter or margarine (chunks)

1/2 cup parmesan cheese

12oz frozen broccoli

1. Saute diced onion in a skillet in oil or butter. Once tender, add in chicken broth, water, and lime zest. Bring to a boil.
2. Stir in rice, cover, and reduce heat to low. Let simmer for about 10 minutes until rice has absorbed most of the water.
3. Lay shrimp evenly on the top of the rice, then top with butter chunks and add in lime juice. Cover and let cook another 5-7 minutes.
4. Remove from heat and stir in parmesan cheese.
5. You can steam the broccoli in the microwave and add it directly to the skillet or serve it on the side!

Peach Cobbler

Need:

1 cup baking mix

1 cup milk

1/2 tsp cinnamon

1/2 cup of butter (melted)

3/4 cup white or brown sugar

29oz can of peaches (drained)

1. In a 8x8 baking dish, combine baking mix, milk, cinnamon, and melted butter.
2. In a small bowl, combine drained peaches and sugar. Spoon the peaches on top of the batter in the pan. I like to squish the peaches down a little bit but don't mix them with the batter.
3. Bake in 375 degree oven for about 45-50 minutes until golden brown and toothpick comes out clean. (Cool for at least 20 minutes before serving.)

*I like this plain, but you could top with whipped cream/topping or ice cream!

Notes:
