

6 Dinners + Dessert under \$70! – Week #42

*Stovetop Ham & Potato Soup *Turkey Nachos

*Pepperoni Pretzel Pizza *Sausage & Veggie Spaghetti

*Italian Grinder Salads *Easy Beef & Broccoli Noodles

–Cracker Toffee–

SHOPPING LIST

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

PRODUCE

- Carrots (1lb)
- Celery
- Onion
- Potatoes (5lb)
- Romaine Lettuce (3 pack)
- Tomato (x3)
- Zucchini

MEAT DEPT

- Ham Steaks (14oz)
- Ground Turkey (1lb)
- Pepperoni (6oz)
- Ground Sausage (1lb)
- Salami (6oz)
- Ground Beef (1lb)

DAIRY

- Butter (8oz)
- Milk (1/2 gallon)
- Cheddar Cheese (8oz)
- Sour Cream (8oz)
- Mozzarella (1lb)

PANTRY

- Chicken Broth (32oz)
- Flour
- Salsa (16oz)
- Black Beans (14.5oz)
- Tortilla Chips
- Pizza Dough Mix
- Tomato Sauce (29oz)
- Baking Soda
- Coarse Salt
- Spaghetti Noodles (16oz)
- French Bread
- Italian Dressing
- Ramen - Soy Flavor x2
- Saltine Crackers
- Brown Sugar
- Semisweet Chocolate Chips (12oz)

FROZEN

- Broccoli Stir-fry (20oz)

Stovetop Ham & Potato Soup

Need:

2 carrots (diced)

2-3 celery stalks (diced)

1/2 onion (diced)

2-3 medium potatoes (large dice)

32oz chicken broth

2 cups water

1 1/2 cups diced ham (about 1 ham steak)

2 tbsp butter

1/4 cup flour

2 cups milk

1. In a large pot, saute carrots, celery, and onion in oil until soft (about 5-6 minutes).

2. Add in potatoes, broth, water, and ham. Bring this to a boil, and let simmer for about 15-20 minutes. (potatoes should be tender)

3. In a small sauce pan, melt butter over medium heat and mix in flour with a whisk. Let this cook for about 1 minute. Slowly add in milk while stirring with the whisk.

4. Let this cook over medium heat about 4-5 minutes until it is thickened. Pour the milk sauce into the the soup pot, and stir well.

5. I like to cook this for another 10 minutes and then serve with toasted bread!

You can add 1/2 cup of sour cream or cream cheese towards the end to make this super creamy!

Turkey Nachos

Need:

1lb ground turkey

1 cup of salsa

14.5oz black beans

Tortilla Chips

2 cups cheddar cheese

Sour Cream

Lettuce (chopped)

Tomato (diced)

1. Brown your ground turkey in a large skillet. Once fully cooked drain off any excess grease. Add in salsa and drained/rinsed black beans. Let cook over medium heat for 2-3 minutes.

2. Assemble tortilla chips on a baking sheet. Top the chips with turkey mixture and add shredded cheese.

3. Bake in 400 degree oven for about 15 minutes until the cheese is nice and bubbly.

4. Top nachos with sour cream, lettuce, and diced tomato!

Pepperoni Pretzel Pizza

Need:

1 pack pizza dough mix

8oz tomato sauce

3oz pepperoni

1.5 cups mozzarella cheese

1/2 cup hot water

2 tbsp baking soda

1-2 tbsp coarse salt

Lettuce, cheese, tomato, Salad Dressing

1. Make pizza dough per pack, and let it sit for 20-30 minutes to rise.
2. Spread the dough out on a round pan or a deep dish pan. Top with tomato sauce, pepperoni, and mozzarella cheese.
3. In a small bowl, combine hot water and baking soda. Stir till dissolved, and then using a brush, spread the baking soda water around the edge of the pizza. Let sit for 2-3 minutes and then brush the edges again and sprinkle some coarse salt on the edge.
4. Bake in 400 degree oven for about 18-20 minutes. I like to turn it around the 10 minute mark.
5. Serve your pizza with a simple side salad using chopped lettuce, shredded cheese, diced tomato, and your choice of salad dressing.

Sausage & Veggie Spaghetti

Need:

8oz spaghetti noodles

1lb ground sausage

1/2 onion (diced)

1 zucchini (diced)

2 carrots (shredded)

1 cup salsa

21 oz Tomato Sauce

French Bread

1. Boil water for the pasta. Once boiling, add pasta and cook until tender. Drain the pasta and set aside.
2. While that is cooking, brown the ground sausage in a large skillet. Once fully cooked, drain any excess grease.
3. Add in diced onion, diced zucchini, shredded carrots, and salsa. Let cook over medium heat for about 5-7 minutes until onion and zucchini is tender.
4. Add in tomato sauce and your favorite Italian Seasonings.
5. Stir the cooked spaghetti pasta into the sauce, and serve with sliced bread.

Italian Grinder Salads

Need:

1 ham steak

3oz pepperoni

6oz salami

Lettuce (chopped)

Tomato (diced)

Mozzarella Cheese

(shredded or chopped)

Italian Dressing

French Bread

1. For a grinder style salad, we want to chop all of our meats (ham, pepperoni, and salami) into small chunks.
2. I like to toss everything together in one large salad bowl but you could do this for each plate separately. I combine the lettuce, tomato, mozzarella cheese, and meats together then slowly add Italian Dressing while stirring everything together. I don't want to drown it, so I add a little at a time.
3. Serve with toasted bread!

Easy Beef & Broccoli Noodles

Need:

1lb ground beef

2 packs of Ramen (soy flavor)

2.5 cups of water

20oz broccoli stir-fry

1. In a large skillet, brown the ground beef. Once fully cooked, drain off any excess grease. Add in one seasoning packet and stir well with the ground beef. Let cook a minute or two, and then remove beef from the pan and set aside. (If you don't want to use the flavor packet you can use soy sauce and any additional seasonings you like.)
 2. To the same pan, add in to packs of cumbled ramen, water, and broccoli stir-fry. Bring this to a boil and let simmer for 3-5 minutes until noodles are soft. If you like a strong flavor, you can add the other seasoning packet as well to the water.
 3. Add ground beef back to the pan and stir well.
- *This is a great leftover buster, and I would add any leftover vegetables to this dish as well! Depending on how many you have you could just do broccoli instead of stir-fry.

Cracker Toffee

Need:

1 pack of saltine crackers (4oz)

1 cup of butter

1 cup brown sugar

12oz semisweet chocolate chips

1. Cover a baking sheet with aluminum foil and spray well. Lay out your crackers evenly in the pan.
2. In a sauce pan, combine butter and brown sugar. Cook over medium heat and let come to a boil. Let boil for 3 minutes without stirring.
3. Pour the sugar mixture over the crackers and then bake in the oven for about 5 minutes at 350 degrees.
4. When you pull the pan out, top the crackers with your chocolate chips. Let them sit a minute or 2 to melt, then use a spatula to spread. (You can put back in the oven for 1 minute if it doesn't spread well).
5. Let cool about 20 minutes before breaking up the toffee into pieces!

Optional: You can also top this with your favorite chopped nuts, sprinkles, chopped up leftover Halloween Candy, or M&Ms!

Notes:
