

# 6 Dinners + Dessert Under \$70! – Week #44

\*French Dip Pulled Pork \*Quick Orange Chicken over Rice

\*Easy Chili over Sweet Potatoes \*Brunswick Stew

\*Chicken & Artichoke Mini Pizzas \*Baked Chili Cheese Dogs

–Cookie Truffles–

## SHOPPING LIST

### PRODUCE

- Sweet Potatoes (3lb)

### MEAT DEPT

- Pork Tenderloins (2.5lb)
- Rotisserie Chicken
- Ground Pork (1.5lb)
- Hot Dogs (8ct)

### DAIRY

- Butter (8oz)
- Swiss Cheese Slices (8oz)
- Cheddar Cheese (8oz)
- Mozzarella Cheese (8oz)
- Cream Cheese (8oz)

### FROZEN

- Stir Fry Veggies (20oz)
- Broccoli (12oz)

### PANTRY

- Onion Soup Mix
- Hamburger Buns
- Green Beans (14.5oz)
- White Rice (1lb)
- BBQ Sauce
- Orange Marmalade
- Soy Sauce
- Tomato Sauce (15oz)
- Kidney Beans x2 (15oz)
- Chili Seasoning Pack
- Mixed Veggies (14.5oz)
- Corn (14.5oz)
- Diced Tomatoes (14.5oz)
- Cornbread Mix
- English Muffins (x6)
- Ranch Dressing
- Artichoke Hearts (14oz)
- Flour Tortillas (8ct)
- Sweet Peas (14.5oz)
- Sandwich Cookies
- Chocolate Chips

Assuming you have cooking oil and favorite seasonings.

## French Dip Pulled Pork with Sweet Potato Fries

Need:

2-2.5lb pork tenderloin

1 pack onion soup mix

1 stick of butter

2-3 Sweet potatoes

Oil/Favorite Seasonings

Hamburger Buns

Swiss Cheese Slices

14.5oz Green Beans

1. Place pork tenderloins in crockpot. Sprinkle with onion soup mix. Chunk butter and lay on top of the pork. Cook on high for 4-6 hours, or on low for 8 hours.
2. At dinner time, slice your sweet potatoes into fry shapes or wedges. Drizzle with oil and sprinkle with favorite seasonings. (I like French Fry seasoning) Then air fry at 340 for 15-20 minutes, or bake in 400 degree oven for 30-45 minutes. I like to flip about half way!
3. Once your pork is fully cooked, I like to remove it from the crockpot. Place in bowl and shred with forks. Top the bottom of the buns with pork and cover with a slice of swiss cheese. Place these in the oven or air fryer to melt the cheese. (My air-broil option on my air fryer took 4 minutes)
4. Serve your sandwiches with a cup of the juice left in the crock pot! Microwave or saute your green beans with your favorite seasonings.
5. Save all pulled pork in the juice for the Brunswick Stew!

## Quick Orange Chicken over Rice

Need:

1 cup white rice

2 cups of water

1.5-2 cups cooked chicken

1/2 cup of BBQ sauce

1 cup orange marmalade

1/4 cup soy sauce

20 oz Frozen Stir Fry Veggies

1. Boil rice and water in a pot. Once boiling, reduce to low and cover with lid. Simmer for 15-20 minutes until rice is fully cooked.
2. Cut your cooked chicken into chunks and set aside.
3. In a saucepan, combine BBQ sauce, marmalade, and soy sauce. Use a whisk and stir this over medium heat until sauce is hot and smooth.
4. Microwave the Stir Fry Veggies, then combine with cut chicken. Toss with the orange sauce until well coated.
5. Serve your chicken and veggies over rice.

## Easy Chili over Sweet Potatoes

Need:

2-3 sweet potatoes

1.5lbs ground pork (or turkey or beef)

15oz tomato sauce

2 cans (15oz) Kidney beans

1 pack chili seasoning

(or 2tbsp chili powder)

Cheddar Cheese

12oz Frozen Broccoli

1. Depending on the size of the sweet potatoes, I like to “bake” them in the microwave. I poke holes in them with a fork and place on microwave safe plate. Heat for 3 minutes, flip, and go another 3 minutes. Keep repeating until soft.
2. You can also roast the potatoes in the oven. Drizzle them with oil and your favorite seasonings. Then bake in 400 degree oven for about 30-45 minutes.
3. For the chili, we will brown the ground pork. Once fully cooked, drain any excess grease. Add in tomato sauce, drained kidney beans, and chili seasoning/chili powder. Let this simmer over medium heat for about 20 minutes.
4. Steam the broccoli in the bag per directions!
5. I like to serve the chili over the sweet potatoes, but you can keep everything separate. Top chili with shredded Cheddar Cheese!
6. Save your leftover chili for the Baked Chili Dogs!

## Brunswick Stew with Cornbread

Need:

Leftover Pulled pork with Juices

14.5oz Mixed Vegetables

14.5oz Corn

14.5oz diced tomatoes in juice

1/4 cup BBQ sauce

1 box corn bread mix

1. In a pot on the stove, add your leftover pulled pork with all the juices. Add in drained mixed veggies and corn. Add in diced tomato with the juices.
2. Stir this all together and add BBQ sauce to taste. If you don't have much pork juices, you can add water or broth but everything should be covered and have a thin liquid.
3. Bring to boil and let simmer over medium heat about 15-20 minutes.
4. While this is cooking, make cornbread per directions!
5. Serve your Brunswick style stew over the cornbread, beside the cornbread, or crumble the cornbread on top!

## Chicken & Artichoke Mini Pizzas

Need:

6 English Muffins

1-1.5 cups cooked chicken (chopped)

3/4 cup Ranch Dressing

14oz can Artichoke Hearts (chopped)

1 cup Mozzarella Cheese

1. Lay out English muffin on a greased baking sheet.
2. In a bowl, combine chopped chicken, ranch dressing, drained and chopped artichoke hearts and 3/4 cup of mozzarella cheese.
3. Using a spoon, mix well and then divide between your English Muffins.
4. Top each one with the remaining mozzarella cheese. (If you have it, Parmesan cheese is really good on top of this too! I also like to add some Italian Seasoning Blend.
5. Bake in 375 degree oven for 15 minutes. Let sit for 3-6 minutes before serving!

## Baked Chili Cheese Dogs

Need:

Leftover Chili

8 hot dogs

8 flour tortillas

1 cup Cheddar Cheese (shredded)

14.5oz sweet peas

1. Roll each hot dog in a flour tortilla and place in a greased casserole dish with seam side down. (Sometimes I like to add a little cheese inside the tortilla too!)
2. Pour leftover chili over the top of the hot dogs rolls. (If your chili is really thick, you can add a little water and microwave it. This will thin it out!)
3. Bake in 350 degree oven for about 20 minutes. Pull the casserole out and top with shredded cheese. Return to the oven for about 5-7 minutes until cheese is fully melted!
4. Microwave or Saute the sweet peas on the stove with your favorite seasonings!

# Cookie Truffles

Need:

20 sandwich cookies

4oz cream cheese (softened)

1 cup chocolate chips

1 tbsp oil

1. Put cookies in a food processor and pulse until small crumbs.
2. Add cream cheese to the food processor, and pulse until well combined.
3. Transfer to a large bowl, and knead this with your hands until you can start to form little balls.
4. I can usually make 12-18 balls depending on size.
5. In a microwave safe bowl, add chocolate chips and oil. Then microwave for 30 seconds. Stir and microwave another 30 seconds. Keep doing this until the chocolate is fully melted and smooth.
6. Using a toothpick or a spoon, dip the balls into the chocolate until fully coated. I place these on parchment paper and then when all the balls are dipped, place in fridge for at least 5-10 minutes.
7. You can sprinkle the top of the chocolate balls with sprinkles or colored sugar if you like!

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