

# 6 DINNERS + DESSERT UNDER \$70

\*Ranch Chicken with Rice\*Greek Turkey Burgers & Fries

\*Slow Cooker Hawaiian Chicken\*Tex Mex Mac & Cheese

\*Bean & Cheese Burritos\*Italian Sausage & Peppers Pasta

-Pineapple Angel Food Cake-

## SHOPPING LIST

@lowdoughfamily

### PRODUCE

- Potatoes (5lb)
- Spinach (10oz)
- Baby Carrots (1lb)
- Roma Tomatoes (x2)
- Mushrooms (8oz)

### MEAT DEPT

- Chicken Breasts (3lb)
- Ground Turkey (2lbs)
- Italian Sausage (5ct)

### DAIRY

- Monterey Jack Cheese (8oz)
- Feta Cheese (5oz)
- Eggs (6ct)
- Butter (8oz)
- Milk (1/2 gal)

### FROZEN

- Peppers & Onions (20oz)
- Broccoli (12oz)
- Whipped Topping

### PANTRY

- Ranch Seasoning
- White Rice (1lb)
- Chicken Broth (32oz)
- Croutons
- Greek Dressing
- Hamburger Buns
- Honey BBQ Sauce
- Pineapple Chunks (20oz)
- Corn Starch
- Taco Seasoning
- White Cheddar Mac & Cheese
- Refried Beans (16oz)
- Salsa (7-8oz)
- Flour Tortillas (8-10 ct)
- Corn (14.5oz)
- Pasta - any shape (1lb)
- Italian Diced Tomatoes (28oz)
- Crushed Pineapple (20oz)
- Angel Food Cake Mix

Assuming you have cooking oil and favorite seasonings.

Total: \$68.70 prices from the Super Walmart in Oklahoma City, Oklahoma

## Ranch Chicken with Rice and Broccoli

Need:

- 1-1.5 pounds chicken breasts
- 1-2 cups pepper & onion blend
- 1 pack of ranch seasoning
- 1 cup white rice
- 2 cups chicken broth
- 1 cup shredded Monterey Jack cheese
- 12oz bag of Broccoli Florets

1. Cut chicken breasts into 1 inch pieces. Saute the chicken in a large skillet with oil over medium heat.
2. Add in frozen peppers and onions (or use fresh if you have it!). Continue cooking until chicken is fully cooked and veggies are tender.
3. Sprinkle ranch seasoning powder over the chicken. Then add broth and rice to the skillet. Stir this well and bring to a boil.
4. Reduce heat, place cover on pan, and let simmer for 15-18 minutes.
5. Stir in cheese until fully melted.
6. Steam broccoli in microwave per directions, and serve on the side!

\*You can mix the steamed broccoli in with the rice and chicken if you want, but my kids prefer it on the side!\*

## Greek Turkey Burgers & Fries

Need:

- 4-5 potatoes
- oil/favorite seasoning
- 3/4 cup breadcrumbs  
(we will use croutons for this)
- 1 pound ground turkey
- 1/4 cup Greek Dressing
- 1 cup fresh spinach (rough chopped)
- 2-3oz feta cheese
- 1 egg

Hamburger Buns

1. Wash and slice your potatoes into fry shapes or into wedges. Drizzle with oil and favorite seasonings. Place in Air Fryer at 350 degrees for 15-22 minutes or in 400 degree oven for 30-35 minutes. (Timing can vary based on size of the fries)
2. In a food processor or chopper, add about 1 cup of croutons, then blend until smooth. We will need about 3/4 cup of bread crumbs.
3. Add breadcrumbs to a bowl with the ground turkey, Greek Dressing, chopped spinach, feta cheese, and 1 egg. Using your hands, combine well and then form 4-6 hamburger patties.
4. You can grill these hamburgers outside or inside. Lately we have been using a George Foreman for burgers! You can also just saute in a large pan.
5. Serve your hamburger patties on buns with a side of fries!

## Slow Cooker Hawaiian Chicken with Rice

Need:

1-1.5lbs Chicken Breasts  
1.5 cups Honey BBQ Sauce  
20oz Pineapple Chunks (drained but  
save 1/4 cup juice)  
1 cup peppers and onions  
1lb baby carrots  
2 tbsp corn starch  
1.5 cups white rice

1. I like to cut my chicken breasts in half if they are really large and then place them in a crockpot.
2. Top with BBQ sauce, pineapple chunks + 1/4 cup juice, baby carrots, and peppers & onions.
3. Cook on high for 3 hours or on low for 5 hours.
4. Closer to dinner time, in a small bowl mix together 2 tbsp corn starch and 1/4 cup of water. Add this to the crockpot and stir well. Cook on high for 20-30 minutes to thicken sauce.
5. On the stove top, combine 1.5 cups of rice with 3 cups of water. Bring to a boil, reduce heat, cover, and let simmer for 18-20 minutes. (Save 1 cup of cooked rice for another meal!)
6. Serve the chicken and veggies over the rice with the sauce!

## Tex Mex Mac & Cheese with Side Salad

Need:

1lb ground turkey  
1 pack of taco seasoning  
1 box of white cheddar mac & cheese  
4 tbsp butter  
1/4 cup milk  
Fresh Spinach  
croutons/salad dressing  
2 Roma Tomatoes (chopped)

1. In a large skillet, brown ground turkey and drain off any excess grease. Add in your taco seasoning and mix well. Let simmer for 10 minutes
2. Meanwhile, boil water for the mac and cheese. Prepare mac and cheese per box directions.
3. Stir the cooked mac and cheese in with the cooked ground beef until well combined.
4. We will serve the pasta with a side salad made with spinach, croutons, chopped roma tomatoes, and your preferred salad dressing.

## Bean & Cheese Burritos with Roasted Potatoes & Corn

Need:

3-4 potatoes

oil/favorite seasonings

16oz refried beans

1 cup salsa

1 cup cooked white rice

1 cup shredded Monterey Cheese

8-10 flour tortillas

14.5oz corn

1. Wash and chop potatoes in 1 inch chunks. Drizzle with oil and favorite seasonings. Spread potatoes out on greased baking sheet. Bake in 400 degree oven for about 30-40 minutes (time will vary based on size)
2. In a bowl, combine refried beans, salsa, cooked white rice, and shredded cheese.
3. Divide this mixture between your tortillas, and roll your burritos. Place in greased baking dish. Bake in oven for about 20 minutes until tortillas are crispy.
4. Microwave or saute the canned corn with your favorite seasonings.
5. Serve the burritos with roasted potatoes and corn on the side.

## Italian Peppers & Sausage Pasta

Need:

8 oz pasta (any shape will work)

5 Italian Sausages

1-2 cups Onions & Peppers

8oz sliced mushrooms

28oz Italian Style Diced Tomatoes

1. Boil water for pasta. Cook pasta until tender, and then drain and set aside.
2. Slice the Italian Sausages into rounds, and saute in a pan with oil. Add in onions, peppers, and mushrooms. Cook over medium heat until sausage is fully cooked and onions/peppers are softened.
3. Add in Diced Tomatoes and stir well. (I use the kind with Italian Seasoning already, but if you use plain you can add your own seasoning.) Let this simmer for about 5-10 minutes.
4. Stir in cooked pasta and simmer another 5 minutes.
5. We will serve this with any leftover hamburger buns. I like to make a simple garlic bread in the air fryer, but you can also do this in the oven or toaster oven!

## Pineapple Angel Food Cake

Need:

20oz crushed pineapple

16oz angel food cake mix

8oz whipped topping

1. Combine crushed pineapple with juice and the angel food cake mix. Stir until well combined.
2. Pour cake batter into a 9 x 13 greased pan.
3. Bake at 350 degrees for about 25 minutes and the cake should be golden brown.
4. Let cake cool and then serve with whipped topping.

This is a great base recipe and you can easily switch out the fruit. Any canned or frozen fruit will work, but you may want to pop it in a food processor first, so it is similar in texture to crushed pineapple.

\*If you want, you can add shredded coconut and top with a cherry for a little extra Hawaiian flair!\*

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