

6 DINNERS + DESSERT UNDER \$70- WEEK 47

*Baked Italian Chicken *Pork Loin with Rice Pilaf

*Tater Tot Casserole *Chicken & Cabbage Soup

*Crustless Pork Quiche *One-Pot Lemon Chicken Orzo

-Pudding Cookies-

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Head of Cabbage
- Onion (x2)
- Spinach (10oz)
- Roma Tomatoes (x2)
- Grape Tomatoes (10oz)
- Lemons (x2)

MEAT DEPT

- Chicken Breasts (5lb)
- Pork Loin (1-1.5lbs)
- Ground Turkey (1lb)

DAIRY

- Butter (1lb)
- Cheddar Cheese (16oz)
- Eggs (dz)
- Feta Cheese (5oz)

PANTRY

- French Bread
- Italian Seasoning
- Orzo Pasta (1lb)
- White Rice (1lb)
- Chicken Broth (48oz)
- Cream of Mushroom Soup (10.5oz)
- Flour
- Vanilla Pudding Mix
- Cake Mix (any flavor)

FROZEN

- Broccoli (12oz)
- Peas & Carrots (12oz)
- Tater Tots (2lb)
- Mixed veggies (12oz)

Assuming you have cooking oil and favorite seasonings.

Baked Italian Chicken with Broccoli and Potatoes

Need:

2-3 chicken breasts

4 potatoes

12oz bag of frozen broccoli

1/4 cup melted butter

Italian Seasoning

French Bread

1. I like to cut my chicken in half longways and then cut them in half again. (so 4 pieces from each breast). Arrange these on a greased baking sheet or large glass lasagna pan.
2. For the potatoes, I dice mine to about 1 inch pieces and then sprinkle those around the chicken. Next add your frozen broccoli around the chicken.
3. Add Italian Seasoning to the melted butter, then drizzle over the chicken and veggies.
4. Let this bake in a 350 degree oven for about 45-60 minutes. (Timing can vary depending on the thickness of the chicken and potatoes)
5. I like to serve this with a slice of French bread and sometimes we will make that into garlic bread or cheesy bread!

PREP AHEAD- We will need cooked chicken for another recipe, so I would go ahead and throw 1-2 chicken breasts on a separate pan and bake at the same time! I usually go very simple on the seasoning and just do salt, pepper, and garlic powder. You can shred this while it warm or just chop it up and place in a container for later.

Pork Loin with Rice Pilaf & Sauteed Cabbage

Need:

1-1.5lb marinated pork loin

2 tbsp butter

1/2 cup orzo pasta

1/2 cup white rice

2 cups chicken broth

favorite seasonings

3/4 of a cabbage (sliced)

1. I like to cook my pork loin in the air fryer, but you can also bake it in the oven. I air fry at 325 degrees for about 25-30 minutes. Make sure to let your pork rest for at least 10 minutes before slicing. If you bake in the oven, it will be 350 degrees for about 55-60 minutes. ****Timing will depend on size of the pork loin****
2. For the rice pilaf, we will start with melting butter in a pan. Add in orzo and white rice, and stir for about 2-3 minutes. Slowly add in chicken broth. Add in your favorite seasonings at this point- I usually use a garlic herb blend or Italian Seasoning. Bring this to a boil, and then reduce heat. Cover and let simmer for about 18-20 minutes.
3. In a large skillet, we will saute the cabbage in a little butter. I also like to add in about 1/4 of water, and place the lid on top. This lets the cabbage steam.

PREP AHEAD-

We will be using the 1/4 of a head of cabbage later, so go ahead and slice the whole cabbage and save the rest. We will need any remaining pork loin, so before packaging it up, so ahead and chop it into 1/2 inch chunks to save time later!

Tater Tot Casserole with Veggies

Need:

1lb ground turkey

1 onion (chopped)

Favorite Seasonings

10.5oz can of cream of mushroom soup

1/4 cup water

12oz bag of peas & carrots

1lb tater tots

1 cup shredded cheddar cheese

1. In a large skillet, brown the ground turkey. Drain any excess grease. Add in chopped onion and keep cooking until tender. This would be a good time to add in your favorite seasonings. I go pretty simple with salt, pepper, and garlic powder.
2. Add in soup and water to the pan, and stir until well combined. Stir in frozen vegetables, and let cook for 2-3 minutes until defrosted.
3. Pour this mixture into a greased casserole dish. Top with tater tots and then sprinkle with cheese.
4. Bake in 350 degree oven for about 30-45 minutes until tater tots are golden brown!

**Substitutions: You can switch out cream of mushroom for cream of celery. You can switch out peas & carrots for sweet peas, corn, or mixed vegetables if you like.

Chicken & Cabbage Soup

Need:

1 small onion (chopped)

12oz bag of mixed vegetables

3 cups chicken broth

2 cups of water

2 potatoes (diced)

1/4 cabbage (sliced)

Favorite Seasonings

1-2 Chicken Breasts (cooked)

1. In a soup pot, saute chopped onion in oil until tender. Add in mixed vegetables and cook another 2-3 minutes.
2. Add in chicken broth, water, diced potatoes, cabbage, and your favorite seasonings. I sometimes add chicken boullion, poultry seasoning, etc depending on how strong of a flavor I want.
3. Bring to a boil the reduce heat and cover. Let simmer for 10-15 minutes.
4. Stir in shredded or chopped chicken. Serve soup with a slice of French Bread!

Another great leftover buster where you can add in any leftover veggies like carrots, celery, onion, etc to this dish as well!!

Crustless Pork Quiche with Roasted Potatoes & Side Salad

Need:

3-4 potatoes

Favorite Seasonings

Oil

1 -1.5 cup of diced pork loin (cooked)

2 cups shredded cheddar cheese

5 eggs

Fresh Spinach

2 Roma Tomatoes (diced)

1. Wash and chop potatoes into 1 inch dice, drizzle with oil and your favorite seasonings. Place on greased sheet pan and bake at 400 for 40-45 minutes.
2. Grease a 9x13 pan, and arrange diced pork at the bottom. Top with shredded cheese and your favorite seasonings.
3. Whisk 5 eggs until they turn light yellow, and then pour over the pork & cheese. Place in 400 degree oven and bake for 30-40 minutes until fully set.
4. We will serve our quiche and potatoes with a basic side salad of spinach, diced, tomatoes, and any salad dressing you have on hand.

Leftover Buster- This is a great dish to add in any leftover cooked veggies you already have in your fridge!

One Pot Lemon Chicken Orzo

Need:

1/2 cup flour

Favorite Seasoning

2-3 chicken breasts

1 cup chicken broth

1 cup water

1.25 cup orzo pasta

2 cups fresh spinach

10oz grape or cherry tomatoes (halved)

2 lemons (juice & zest)

Feta Cheese

1. Combine flour and favorite seasonings in a shallow bowl. We want our chicken cut into 1.5 inch chunks, and then we will dredge it in our seasoned flour.
2. In a large skillet, add oil and cook floured chicken over medium heat until fully cooked. This takes about 3-4 minutes on each side. Remove chicken from the pan and set aside.
3. Add to the pan the broth, water, and orzo. Bring to a boil and then reduce heat and let simmer for 8-10 minutes.
4. Stir in spinach, tomatoes, lemon juice & zest. Stir this well until spinach wilts. Add chicken back to pan and top with feta cheese.

Serve with any leftover French Bread!

