

6 DINNERS + DESSERT UNDER \$70- WEEK #48

- *KFC Bowls with Green Beans *Garlic Bread Pizza with Salads
*Chicken Snack Wraps with Tots *Double Decker Tacos with Rice
*Eggnog French Toast & Sausage *Creamy Chicken Tortilla Soup
-Iced Brownies-

SHOPPING LIST

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PRODUCE

- Romaine Lettuce (3 pk)
- Roma Tomatoes (x4)
- Blueberries (pint)

MEAT DEPT

- Pepperoni (5oz)
- Ground Beef (1lb)
- Sausage Links (12oz)

DAIRY

- Mozzarella Cheese (8oz)
- Colby Jack (8oz)
- Eggs (6ct)
- Eggnog (16oz)

FROZEN

- Chicken Tenders/Nuggets (29oz)
- Garlic Bread (8ct)
- Tater Tots (2lb)

PANTRY

- Instant Potatoes (4oz) x2
- Brown Gravy Mix
- Green Beans (14.5oz)
- Tomato Sauce (8oz)
- Ranch Dressing
- Double Decker Taco Kit
- Mexican Rice Pack
- French Bread (sliced)
- Pancake Syrup
- Can Chicken (12.5oz)
- Black Beans (15oz)
- Corn (14.5oz)
- Cream of Chicken (10.5oz)
- Tomatoes with Chiles (10oz)
- Chicken Broth (14.5oz)
- Taco Seasoning
- Brownie Mix
- Chocolate Icing
- Candy (m&ms, etc)
- Cinnamon
- Tortillas (8-10ct)

Assuming you have cooking oil, pan spray,
and favorite seasonings.

KFC Bowls with Green Beans

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Need:

about 1 lb of Chicken Tenders or Nuggets

2 packs (4oz) Instant Mashed Potatoes

Brown Gravy Mix

14.5oz Green Beans

1. Most chicken tenders or nuggets can be baked in the oven or in the air fryer. Check the packaging for best temperature and times.
2. While chicken is cooking we will make gravy using a pack. This one just requires 1 cup of hot water whisked together with the pack. Bring this to a boil and keep stirring until thickened.
3. Make the instant mashed potatoes per package. (These ones from Walmart just require mixed with hot water - no butter or milk needed)
4. Microwave green beans until hot.
5. We like to put the mashed potatoes in a bowl first, top with chopped chicken tenders, green beans, and then we add gravy.

*You can also corn for this dish, but we opted for green beans since we will be using corn in a different dinner.

Garlic Bread Pizza with Salads

Need:

8 slices frozen garlic bread

8oz can of tomato sauce

Mozzarella Cheese

Pepperoni

Lettuce

2 Roma Tomatoes

Ranch Dressing

1. Lay out the garlic bread on a greased baking sheet. Top each slice with tomato sauce, shredded cheese, and pepperoni. (You can also add whatever toppings you like)
2. Bake in 400 degree oven for about 7-10 minutes.
3. Meanwhile, chop lettuce for salads and diced tomatoes.
4. We will serve our mini pizzas with a basic side salad using Ranch Dressing or whatever salad dressing you already have.

*Alternate Method: You can also use a loaf of French Bread instead of frozen garlic bread. I just like the little extra flavor and ease of using the garlic bread.

Chicken Snack Wraps with Tots

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Need:

About 1lb of Chicken Tenders or Nuggets

1lb Tater Tots

Tortillas

Ranch Dressing

Shredded Lettuce

Colby Jack Cheese

- 1. On a greased baking sheet, lay out chicken.**
 - 2. On a separate baking sheet, lay out tater tots. These tater tots bake in a 400 degree oven for about 20-24 minutes. (Depending on brand of chicken, you may need to adjust timing to work with the tater tots.)**
 - 3. To assemble our wraps, we place the tortilla down first, top with lettuce & ranch dressing, then place sliced or whole tenders and shredded cheese. Roll these burrito style.**
 - 4. Serve with tater tots on the side.**
- *You can easily change up the sauce to any sauce that you like on nuggets. You can use BBQ sauce, a sweet and sour sauce, or even honey mustard.**

Double Decker Tacos with Rice

Need:

1lb ground beef

Mexican Rice Pack

Double Decker Taco Kit

Lettuce

Tomato (diced)

- 1. Brown ground beef in a pan over medium heat. Once fully cooked, drain off any excess grease. Add in taco seasoning packet with 3/4 cup of water and stir well. Simmer for about 5-10 minutes.**
- 2. In a sauce pan, make rice per directions. This one calls for 2 cups of water and 1 tbsp margarine or butter. You heat the rice and water to boiling, then let simmer covered for 7 minutes.**
- 3. This kit includes both soft and hard shell tacos, and we like to microwave these or place in the air fryer for a few minutes to heat them up. Velveeta cheese sauce also comes in the kit and we spread that between the soft shell and then wrap around a hard shell taco.**
- 4. Fill the taco with beef, lettuce, and tomatoes! Serve with a side of rice.**

Eggnog French Toast & Sausage

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Need:

2 eggs

2 cups of eggnog

1-2 tsp cinnamon

12 slices of French Bread

12oz sausage links

Blueberries

Pancake Syrup

1. In a bowl, whisk eggs until light yellow, then add in eggnog and cinnamon.
2. Dip each piece of bread into the eggnog mixture and then place on to a hot griddle or pan. Cook each side of the bread for about 3-5 minutes until golden brown.
3. Cook sausage links in a pan over medium heat, with a little water, until fully cooked.
4. Serve the French toast with blueberries and pancake syrup!

*If you like you can also top the French toast with whipped cream or powdered sugar!

Creamy Chicken Tortilla Soup

Need:

12.5oz can of chicken

15oz can of black beans

14.5oz can of corn

10.5oz can of cream of chicken soup

10oz can of tomatoes with chiles

14.5oz can of chicken broth

Taco Seasoning

1. Using a strainer, empty the chicken, black beans, and corn. Rinse these well with cold water.
2. Add chicken, beans, and corn to a large pot. Add the remaining ingredients and stir really well.
3. Bring the soup to a boil and then reduce heat and let simmer for about 20 minutes.
4. Serve the soup with any remaining French Bread slices. If you have any leftover tortillas from the snack wraps, you can fry these in a pan. Then slice them and top the soup.

Optional Toppings: shredded cheddar cheese, sour cream, avocado slices, and salsa.

Iced Brownies

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Need:

1 brownie mix

1 tub of chocolate icing

Candy of your choice

1. Make brownies per directions. (This one requires 1/3 cup of oil, 2 tbsp water, and 1 egg. It also has you bake it in 8x8 pan in 350 degree oven for 26-28 minutes)
2. Let brownies cool for at least 15-20 minutes.
3. Ice the brownies using chocolate icing, then top with your favorite holiday candy. These are the mint M&Ms I have found recently that I really like!

Other cheap holiday candy options:

Nerds

Junior Mints

Candy Canes

Butterfinger Baking Chips

Heath Bar Baking Chips

Notes:
