

6 DINNERS UNDER \$60 WEEK #55

*Cheeseburger Stuffed Shells *Sour Cream Chicken

*One Pot Taco Pasta *Rosemary Butter Chicken

*Italian Meatball Soup *Sausage Pierogies Skillet

SHOPPING LIST

PRODUCE

- Onion (x1)
- Lettuce
- Roma Tomatoes (x2)
- Potatoes (5lb)
- Baby Carrots (1lb)
- Rosemary

MEAT DEPT

- Ground Turkey (1lb)
- Chicken Breasts (5lb)
- Ground Pork (1.5lb)
- Smoked Sausage (14oz)

DAIRY

- Cheddar Cheese (8oz)
- Butter (16oz)
- Sour Cream (16oz)
- Half & Half (16oz)

PANTRY

- Jumbo Pasta Shells (12oz)
- Tomato Sauce (8oz)
- Paprika
- Chicken Broth (48oz)
- Sweet Peas (14.5oz)
- Taco Seasoning
- Diced Tomatoes w/ Chiles (10oz)
- Corn (14.5oz)
- Black Beans (14.5oz)
- Beef Broth (14.5oz)
- Rotini Pasta
- Italian Tomatoes (28oz)
- Italian Green Beans (14.5oz)

FROZEN

- Zucchini/ Squash (12oz)
- Pierogies (16oz)
- Broccoli (12oz)

Assuming you have your preferred cooking oil, your favorite seasonings, ketchup, mustard, flour, and salad dressing.

Cheeseburger Stuffed Shells with Side Salad

Need:

18 Jumbo Pasta Shells (half box)	1/2 cup ketchup
1lb ground turkey	1/4 cup mustard
1/2 medium onion (chopped)	1 cup shredded cheddar cheese
8oz tomato sauce	Lettuce/ 2 Tomatoes

1. Boil water for pasta. Cook until tender, then drain and set aside.
2. In a skillet, cook ground turkey and chopped onion. Drain any excess grease.
3. Stir in tomato sauce, ketchup, mustard, and half of the cheese.
4. Using a spoon, fill each jumbo shell with about 2 tbsp of meat mixture. Place filled shells onto greased casserole dish. Cover with aluminum foil.
5. Bake in 350 degree oven for about 12-15 minutes. Sprinkle with remaining cheese and then bake uncovered for about 5 minutes until melty.
6. We will serve this with a basic side salad of lettuce, tomato, shredded cheese, and your favorite salad dressing!

Sour Cream Chicken with Mashed Potatoes & Sweet Peas

Need:

3-4 potatoes	2 tbsp paprika
3 chicken breasts (sliced in half)	1 cup chicken broth
Favorite Seasonings	8oz sour cream
1/2 medium onion (chopped)	1 tsp flour
1.5 tbsp butter	15oz can sweet peas

1. Wash and chop potatoes into large chunks. Place in pot with water and boil until tender.
2. Slice chicken breasts in half long ways. Season with your favorite seasonings. (I typically go pretty basic with salt, pepper, and garlic powder) Saute chicken in a large skillet with your preferred cooking oil. Depending on size, it should take about 8-10 minutes for breasts to be fully cooked. Remove from pan and set aside.
3. Add diced onion and butter to the skillet and cook until tender. Add in paprika and stir well. Add in chicken broth and bring to a boil. Reduce heat down to a simmer.
4. Mix sour cream with 1 tsp flour and whisk this into the chicken broth. Once combined, add chicken back to the pan. Let simmer until sauce has thickened.
5. Once potatoes are tender, drain them. Add butter, sour cream, and seasonings to make mashed potatoes.
6. Heat sweet peas in the microwave or on the stove top.
7. Serve chicken with sauce on top or use that for gravy on mashed potatoes!

One Pot Taco Pasta

@lowdoughfamily

Need:

3/4 lb ground pork

Taco Seasoning

10oz diced tomatoes with chiles

15oz can corn (drained)

15oz black beans (rinsed & drained)

14.5oz beef broth

8oz rotini pasta

1 cup shredded cheddar

1. Brown ground pork in a large skillet. Drain any excess grease. Add taco seasoning.
2. Next add diced tomatoes with chiles, drained corn, drained & rinsed black beans.
3. Add beef broth and pasta. (You want the pasta mostly covered) Bring this to a boil, then cover and reduce heat. Let simmer for 15-20 minutes. I will stir this occasionally.
4. Once the pasta is tender, sprinkle the top with shredded cheddar cheese and replace lid so the cheese can melt.
5. We usually serve this with sour cream, leftover lettuce, and diced tomatoes!

Rosemary Butter Chicken with Roasted Carrots & Potatoes

Need:

3-4 potatoes

3/4 lb baby carrots

oil/favorite seasoning

3 Chicken Breasts (cut in half)

4 tbsp butter

1 cup chicken broth

1 cup half & half

1-2 tbsp fresh rosemary (minced)

1. Wash and cut potatoes into 1 inch chunks. Drizzle the potatoes and carrots with a little oil and your favorite seasonings. I typically go with a herb blend or salt/pepper/garlic. Spread these out on a greased sheet pan and bake in a 400 degree oven for about 30-40 minutes. (Timing will depend on size and amount of potatoes)
2. For the chicken, I like to slice these longways in half. Then we will season the chicken with your favorite seasonings. I like to keep it basic with just salt & pepper. We will saute this in 1 tbsp butter in a large skillet. It usually takes 4-5 minutes on each side. Once cooked, remove the chicken and set aside.
3. Add in chicken broth to the hot pan and scrape up any chicken from the pan. Next add half & half and bring to a boil. Reduce heat and let the sauce start to thicken. Add in 3 tbsp butter and rosemary to the sauce and stir to melt.
4. Add chicken back to the pan and make sure it is well coated in the sauce.

Italian Meatball Soup

Need:

3/4lb ground pork

28oz can Italian Tomatoes

2 cups chicken broth

2 cups water

1/4lb baby carrots (chopped)

12oz bag zucchini & squash

14.5oz Italian Green Beans

8oz Rotini Pasta

1. In a medium bowl, combine ground pork with your favorite seasonings, I typically use an Italian blend. Form the pork into meatballs. I tend to go for smaller meatballs the size of 1 tablespoon.
2. In a large pot, saute your meatballs in oil until well browned on all sides.
3. Add in Italian tomatoes, chicken broth, water, chopped carrots, zucchini/squash, and drained Italian Green beans. Stir this well.
4. Add pasta and stir to make sure pasta is covered. Heat to boiling, and then reduce to a simmer for about 15-20 minutes.
5. Double check that pasta is tender before serving!

Sausage Pierogies Skillet

Need:

cooking oil

16oz box pierogies

1/2 cup water

1 cup chicken broth

14oz smoked sausage (sliced into rounds)

12oz bag of frozen broccoli

Favorite Seasonings

1. Start by putting 1-2 tbsp of oil in a large skillet, then add pierogies to the pan. Let these cook over medium heat until bottoms of the pierogies start to turn brown. Pour in 1/2 cup water and simmer until water evaporates (about 5 minutes).
2. Once pierogies are steamed and tender, add in sliced smoked sausage. Cook this for 3-5 minutes over medium heat until both sausage and pierogies are browned.
3. Next add in frozen broccoli, chicken broth, and your favorite seasonings. Place lid on pan, and let steam for 5-7 minutes or until broccoli is fully defrosted and hot!
4. Remove lid, and let cook for a few minutes until most of the chicken broth is absorbed.
5. We serve these in a bowl with a little sour cream, parmesan, or mozzarella cheese on top!