

6 DINNERS UNDER \$60 - WEEK #57

*Slow Cooker Creamy Ranch Chicken *Shrimp Fettucine with Spinach

*Slow Cooker Ham & Potato Soup *Chicken Parmesan Meatballs

*Ham & Veggie Casserole *Crispy Chicken Thighs with Roasted Potatoes

SHOPPING LIST

PRODUCE

- Spinach (10oz)
- Roma Tomatoes (x2)
- Potatoes (5lb)

MEAT DEPT

- Chicken Thighs (3lb)
- Shrimp (12oz)
- Cooked Ham (2lbs)
- Ground Chicken (1lb)

DAIRY

- Feta Cheese (5oz)
- Cream Cheese (8oz)
- Cheddar Cheese (8oz)
- Italian Blend (8oz)

FROZEN

- Sweet Peas (12oz)
- California Veggies x2 (12oz)

PANTRY

- Cream of Chicken (10.5oz)
- Ranch Seasoning Pack
- Chicken Broth (32oz)
- White Rice (1lb)
- French Bread
- Fettucine Noodles (16oz)
- Panko Breadcrumbs
- Mustard
- Tomato Pasta Sauce (24oz)
- Cream of Celery (10.5oz)
- Mayo
- Green Beans (14.5oz)

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

Slow Cooker Creamy Ranch Chicken over Rice w/ Sweet Peas

Need:

10.5oz cream of chicken soup

1 pack ranch seasoning mix

1/2 cup chicken broth

3-4 boneless Chicken Thighs

1 cup white rice

2 cups water

12oz bag sweet peas

Sliced French Bread

1. Mix together cream of chicken, ranch mix, and chicken broth. Place chicken in the bottom of a slow cooker, then pour soup mix over the top. Cook on high for 4-5 hours, or on low for 6-8 hours.
2. Closer to dinner time, we will make a basic rice. Start with 1 cup rice and 2 cups of water. Bring to a boil, then cover and reduce heat. Let simmer for 15-20 minutes until rice is tender.
3. Steam sweet peas in the microwave per bag directions.
4. Use forks to shred the chicken in the gravy, then serve over rice with a side of sweet peas and a slice of french bread!

Shrimp Fettucine with Spinach & Tomatoes

Need:

8oz fettucine noodles

2 tbsp oil

3 cups fresh spinach

12oz small shrimp

2 Roma Tomatoes (diced)

Favorite Seasoning

5oz feta cheese

Sliced French Bread

1. Boil water for fettucine noodles. Cook until tender, then drain and set aside.
2. In a large skillet, heat oil and then add fresh spinach. Let this wilt over medium heat for about 2-3 minutes.
3. Add shrimp, diced Roma tomatoes, and your favorite seasoning. I like to go with a garlic powder and Italian Seasoning. Saute about 3-5 minutes until shrimp is pink.
4. Once shrimp is cooked, add your cooked fettucine noodles to the skillet and stir well to combine.
5. Top the pasta with feta cheese and serve with sliced French bread

Slow Cooker Ham & Potato Soup

Need:

3lbs potatoes (chopped)

2 cups cooked ham (diced)

3.5 cups chicken broth

1 cup water

Favorite Seasoning

8oz cream cheese (chunked)

1 cup cheddar cheese

Sliced French Bread

1. Wash and chop potatoes into small chunks. Add these to the bottom of a greased crockpot.
2. Top with diced ham, broth, water, and favorite seasoning. Cook on high for 4-5 hours, or low for 6-8 hours.
3. Closer to dinner time, stir in cream cheese chunks shredded cheddar cheese. Mix well and let cook on low for 30 minutes.
4. Serve soup with a slice of French Bread!

Chicken Parmesan Meatballs with Noodles & Spinach Salad

Need:

8oz fettucine noodles

1lb ground chicken

1/2 cup panko breadcrumbs

1 tbsp mustard

24oz tomato pasta sauce

Favorite Seasoning

1 cup Italian Blend Cheese

1. Boil water for noodles. Cook until tender and then drain and set aside.
2. In a bowl, combine ground chicken, breadcrumbs, mustard, 2 tbsp tomato sauce, and favorite seasonings. I typically go with garlic powder and Italian Seasoning. Once mixed, form meatballs. I usually get 16 medium sized meatballs.
3. In a large skillet, add meatballs and let cook for 3-5 minutes on each side to get color. Add the rest of the tomato sauce to the pan, and cover. Let simmer over medium heat until meatballs are fully cooked (about 8-10minutes).
4. Top with Italian Blend Cheese and cover to let melt.
5. Serve meatballs and sauce over the pasta. Make a simple spinach salad for a side dish. (We usually do spinach, shredded cheese, and ranch dressing.)

Ham & Veggie Casserole

Need:

2-12oz bags California Style mixed vegetables

2 cup cooked white rice

2 cups cooked ham (chopped)

Favorite Seasonings

10.5oz Cream of Celery soup

1/4 cup water

1 cup shredded cheddar cheese

1/4 cup breadcrumbs

1. Steam veggies in the microwave per bag directions.
2. In a large bowl, combine vegetables, cooked rice and chopped ham.
3. In a small bowl, mix together soup, favorite seasoning, 1/4 cup water, and shredded cheese. Once combined, pour over veggies & ham. Mix well to combine then pour into a greased casserole dish.
4. Top with breadcrumbs and bake in 400 degree oven for 20-30 minutes until hot and bubbly!

Crispy Chicken Thighs with Roasted Potatoes

Need:

2lbs potatoes

oil/favorite seasonings

1 cup mayo

4-5 boneless chicken thighs

1 cup panko breadcrumbs

Favorite Seasonings

14.5oz green beans

1. Wash and chop potatoes into chunks. Drizzle with oil and add favorite seasonings. I typically use French Fry Seasoning or black pepper & garlic powder. Spread these out on a greased sheet pan. Bake in 400 degree oven for about 30-40 minutes. (Timing will vary based on size of potatoes)
2. In a small bowl, mix together mayo and your favorite seasonings. I usually do a garlic and herb blend or a Mrs. Dash blend. In a separate bowl, place breadcrumbs.
3. Take each chicken thigh and coat with seasoned mayo, then place in breadcrumbs to coat. Place breaded chicken on greased sheet pan and bake in 400 degree oven for about 30 minutes until fully cooked. (Check with thermometer - timing will vary based on size.)
4. Microwave or saute green beans with favorite seasonings.
5. Serve chicken with side of potatoes and green beans!