

6 DINNERS UNDER \$60 - WEEK #61

*Taco Spiced Cheddar Chicken *Unstuffed Pepper Skillet

*Creamy Garlic Chicken Pasta *Shrimp Corn Chowder

*Mediterranean Sausage Pasta *Slow Cooker BBQ Chicken Sandwiches

SHOPPING LIST

PRODUCE

- ☐ Bell Peppers (x2)
- ☐ Yellow Onion (x2)
- ☐ Mushrooms (8oz)
- ☐ Potatoes (5lb)
- ☐ Zucchini (x1)
- ☐ Red Onion (x1)
- ☐ Lemon (x1)
- ☐ Roma Tomato (x2)
- ☐ Coleslaw Mix (12-16oz)

MEAT DEPT

- ☐ Chicken Breasts (5lb)
- ☐ Ground Turkey (1lb)
- ☐ Shrimp (12oz)
- ☐ Italian Sausage (5ct)

FROZEN

- ☐ California Blend (12oz)
- ☐ Sweet Peas (12oz)
- ☐ Corn (12oz)

PANTRY

- ☐ Taco Seasoning
- ☐ White Rice (1lb)
- ☐ Chicken Bouillon Cubes
- ☐ Diced Tomatoes (14.5oz)
- ☐ Italian Seasoning
- ☐ Green Beans (14.5oz)
- ☐ French Bread
- ☐ Chicken Broth (32oz)
- ☐ Pasta (1lb)
- ☐ BBQ Sauce
- ☐ Hamburger Buns

DAIRY

- ☐ Cheddar Cheese (8oz)
- ☐ Milk (1/2 gal)
- ☐ Feta (5oz)

*Assuming you have your preferred cooking oil, your favorite seasonings, vinegar (or pickle juice), mayo, and white sugar! *

Taco-Spiced Cheddar Chicken with Rice & California Blend Veggies

Need:

2 Chicken Breasts

¼ cup mayo*

Taco Seasoning

1 cup shredded cheese

1 cup white rice

2 cups water

1-2 Chicken Boullion cubes

12oz California Blend

1. Slice each chicken breast in half for a total of 4 thin pieces. Place on greased baking dish.
2. In a small bowl, combine mayo and taco seasoning, then coat the top of each chicken breast. Sprinkle with cheddar cheese.
3. Bake in 350 degree oven for 25-30 minutes.
4. While this is baking, boil water-rice-chicken boullion cube. Reduce heat, cover, and let simmer for 15-20 minutes.
5. Microwave California Blend veggies per bag directions.

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Unstuffed Pepper Skillet

Need:

1 lb Ground Turkey

1-2 Bell Peppers (diced)

1 onion (chopped)

Favorite Seasoning

14.5oz diced tomatoes

Italian Seasoning

1 cup cooked white rice

14.5oz green beans

French Bread (sliced)

1. In a large skillet, cook ground turkey until browned. Drain any excess grease.
 2. Add in peppers, onions, and favorite seasoning. Cook until tender.
 3. Add in diced tomatoes and Italian Seasoning. Let simmer for 5 minutes.
 4. Stir in cooked white rice and let simmer another 3-5 minutes.
 5. Microwave or heat up green beans on the stove top. Serve with slice of French bread!
- Optional: Top with shredded mozzarella cheese and cover to let cheese melt!

One Pot Creamy Garlic Chicken & Mushroom Pasta

Need:

2 chicken breasts (diced 1 inch)

8 oz mushrooms (sliced)

Favorite Seasonings

2 cups chicken broth

$\frac{3}{4}$ cup of water

1 cup of milk

8oz pasta (any shape)

12oz Frozen Peas

1. In a large skillet, heat oil or butter, then add diced chicken and cook over medium heat until lightly browned (about 5-6 minutes). Remove chicken and set aside.
2. To the pan, add mushrooms and Favorite Seasonings (I usually go with a garlic and herb blend). Cook until browned.
3. Pour in the chicken broth, water, and milk. Stir in dry pasta. Mix this well and reduced heat to medium-low and let simmer covered.
4. Stir occasionally and cook for about 13-16 minutes until pasta is tender. Remove lid and let rest for 2-3 minutes so the sauce can thicken.
5. We serve the peas on the side and steam them in the microwave! (Serve with slice of French Bread or leftover hamburger buns if you like)

Shrimp Corn Chowder (Stove Top Version)

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Need:

1 onion (chopped)

Favorite Seasonings

2-3 potatoes (diced)

2-3 cup chicken broth

12oz Frozen Corn

1 cup milk

12oz shrimp (defrosted)

French Bread

1. In a large pot, heat oil or butter in a pan and add onion. Cook until tender. Add in your favorite seasonings, I tend to go with Garlic, black pepper, and Creole or Cajun Seasoning.
2. Add in diced potatoes and chicken broth. Let simmer for 10-12 minutes until potatoes are fork tender.
3. Stir in frozen corn and milk. Keep at medium and don't let this boil, just simmer for until corn is defrosted.
4. Add whole or chopped shrimp to the pot, and let simmer for 3-4 minutes until shrimp is pink.
5. Serve with sliced French Bread!

Mediterranean Sausage Pasta

Need:

8oz pasta (any shape)
5-6ct Italian Sausage Links
1 zucchini (diced)
1 red onion (diced)
Sliced Olives (optional)
1 lemon (zest & juice)
5oz feta cheese
2 Roma Tomato (chopped)

1. Boil water for pasta, and let cook until tender, drain and set aside. (Save 1 cup pasta water)
2. In a skillet, brown Italian Sausage until fully cooked and then remove from pan to cool.
3. Add in zucchini and onion, let cook until tender. Once sausage is cooled, cut into slices and add back to the pan.
4. To the pan, add lemon zest/juice and stir in feta cheese & tomatoes. Add a splash of pasta water to create sauce to your desired thickness.

Slow Cooker BBQ Shredded Chicken Sandwiches & Fries

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Need:

2 Chicken Breasts
1 cup BBQ Sauce
¼ cup water or broth
4-5 Potatoes/ oil/ favorite seasonings
Coleslaw Mix
½ cup mayo*
2-3 tbsp vinegar or pickle juice*
2 tbsp sugar*
Favorite Seasonings
Hamburger Buns

1. Place chicken at the bottom of the crockpot, then top with sauce and water/broth. Cook on high for 4 hours or low for 7-8 hours.
2. Closer to dinner time, slice potatoes into wedges. Drizzle with oil and favorite seasonings. Bake in 400 degree oven for 45 minutes or in an air fryer at 350 for 20-25 minutes.
3. In a bowl, mix together mayo/vinegar/sugar/seasonings. Add in coleslaw mix and then let sit in fridge for 20-30 minutes.
4. Using 2 forks, shred the chicken and mix with the sauce. Serve on toasted buns and top with coleslaw if you like. Otherwise serve coleslaw on the side with the potato wedges!