

6 DINNERS UNDER \$60- WEEK #62

*Hawaiian Calzones *Honey Mustard Sheet Pan Chicken
*Ground Turkey & Mushroom Skillet *Crockpot Chicken Tacos
*Ham & Broccoli Hashbrown Bake *Chicken Fried Rice

SHOPPING LIST

PRODUCE

- ☐ Lettuce
- ☐ Roma Tomatoes (x3)
- ☐ Potatoes (5lb)
- ☐ Asparagus
- ☐ Mushrooms (8oz)
- ☐ Onion (x1)

MEAT DEPT

- ☐ Cooked Ham (1.5-2lbs)
- ☐ Chicken Breasts (5lbs)
- ☐ Ground Turkey (1lb)

DAIRY

- ☐ Mozzarella (8oz)
- ☐ Sour Cream (16oz)
- ☐ Cheddar (8oz)
- ☐ Eggs (6ct)

PANTRY

- ☐ Pizza Dough Mix
- ☐ Pineapple
- ☐ Mustard
- ☐ Honey
- ☐ Beef Broth (14.5oz)
- ☐ White Rice (1lb)
- ☐ Tomatoes with Chiles (10oz)
- ☐ Corn (14.5oz)
- ☐ Refried Beans (15oz)
- ☐ Tortillas/Taco Shells
- ☐ Cream of Chicken (10oz)
- ☐ Soy Sauce
- ☐ Taco Seasoning

FROZEN

- ☐ Peas & Carrots (12oz)
- ☐ Broccoli (12oz)

*Assuming you have your preferred cooking oil, your favorite seasonings, flour (2tbsp), and your preferred salad dressing.

Make Ahead Tips:

1. Two recipes this week will use cooked rice, so you can easily make this ahead of time in a rice cooker or use a slow cooker. We need about 6 cups of cooked rice total, so that would be 2 cups of dry white rice and 4 cups of water.
2. You can pre-prep your chicken this week as well. We will need 2 chicken breasts sliced long ways and then in half for a total of 8 pieces. We will also need about 1 lb (1-2 breasts) chopped into 1 inch chunks. You can pre-cut these and then store in plastic bags or containers. One night needs 2-3 breasts whole, so no cutting required.
3. Both ham recipes called for chopped or diced ham, so you can go ahead and pre-cut your ham. We will need one bag with about 1 cup chopped and another bag with 2 cups. Go ahead and chop up the rest of ham and bag it for the freezer!

Notes:

Hawaiian Calzones with Side Salad

Need:

Pizza Dough Mix

1 cup chopped Ham

1 cup chopped pineapple

1-2 cups mozzarella cheese

Lettuce/Tomato/Salad Dressing*

1. Prepare pizza dough per directions, then let rest for 20-30 minutes.
2. Once double, divide dough into 4 pieces. Using your hands or a rolling pin stretch the dough pieces out into a circle/oval shape.
3. Fill one half of the dough with chopped ham, pineapple and cheese. Fold over the dough and pinch the edges closed.
4. **You can brush the top with egg and or season the top of the crust with your favorite seasonings. I usually go with a garlic herb blend.**
5. Bake on a greased or lined sheet pan for 15-18 minutes at 400 degrees until golden brown. (You can check doneness by lifting a corner and looking at the bottom)
6. Serve with a side salad of lettuce, tomato, and salad dressing.

Honey Mustard Sheet Pan Chicken with Asparagus & Potatoes

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Need:

1/3 cup Dijon or yellow mustard

1/3 cup honey

2 tbsp oil

Favorite Seasonings

3-4 potatoes (diced)

2-3 Chicken breasts

1lb asparagus

1. In a small bowl, combine mustard, honey, 1 tbsp oil, and your favorite seasonings. Mix well to combine.
2. In another bowl, toss the diced potatoes with about 2 tbsp of the honey mustard sauce and spread them out on a greased/lined sheet pan. Roast in 400 degree oven for 15 minutes.
3. While that is roasting, slice chicken in half long ways, and in half again. This will speed up cooking. Pull pan out of the oven and move potatoes to place chicken. Brush or spoon honey mustard sauce over the chicken. Roast for another 15 minutes.
4. Wash and trim asparagus, then toss in honey mustard sauce. Flip the chicken over and add asparagus to the pan. Drizzle remaining sauce on potatoes and chicken, then roast a final 12-15 minutes or until chicken is done and potatoes are tender.

Ground Turkey & Mushroom Skillet with Rice & Veggies

Need:

1lb ground turkey

1 onion (diced)

8oz mushrooms (sliced)

6oz peas & carrots

2 tbsp flour*

14.5oz beef broth

Favorite Seasonings

½ cup sour cream

2-3 cups cooked white rice

1. In a large skillet, brown ground turkey and diced onion. Add in sliced mushrooms and ½ bag of peas & carrots. let cook for 5 minutes until veggies are tender.
2. Sprinkle flour over the top, and let cook for 1 minute. Then slowly add in beef broth and stirring constantly. Add your favorite seasonings, and let simmer for 5-7 minutes until thickened. (I like to add a little Worcestershire sauce or A1 sauce to up the flavor)
3. Remove from heat and stir in sour cream. Serve over hot cooked rice.

Crockpot Chicken Tacos with Corn and Refried Beans

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Need:

2-3 Chicken Breasts

10oz can tomatoes & chiles

Taco Seasoning

14.5oz can Refried Beans

14.5oz can Corn

Tortillas or Taco Shells

Lettuce/Tomato/Sour Cream/Cheddar Cheese

1. Place chicken breasts at the bottom of a greased crockpot.
2. Pour 1 can of undrained diced tomatoes with chiles on the top of the chicken. Sprinkle everything with taco seasoning.
3. Cook on high for 4 hours, or on low for 7-8 hours. Once chicken is done, use 2 forks to shred!
4. Serve your tacos with refried beans (I mix well, top with cheese, and microwave to heat) and canned corn (microwave or heat on stovetop)
5. Assemble your tacos with tortillas/taco shells, lettuce, tomato, sour cream, and cheddar cheese.

Ham & Broccoli Hashbrown Bake

Need:

12oz bag frozen broccoli

1 cup sour cream

10oz can cream of chicken soup

Favorite Seasonings

3-4 potatoes (shredded)

2 cups chopped ham

1.5 cups cheddar cheese

1. Steam broccoli in microwave, let cool a few minutes, and then rough chop it.
2. In a bowl, combine sour cream, chicken soup, and your favorite seasoning. Mix well, then add in shredded potatoes, ham, cheddar cheese, and chopped broccoli. Stir until well combined.
3. Pour into a greased baking dish. (I typically use a 9x13 pan) Bake uncovered for 45-50 minutes at 375 degrees. Should be bubbly hot and golden brown.
4. Let rest for 5-10 minutes and then serve.

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Chicken Fried Rice

Need:

2 Chicken breasts (chopped)

½ bag peas & carrots

2 eggs

2-3 cups cooked white rice

2-3 tbsp soy sauce

Favorite Seasonings

1. Heat 1-2 tbsp oil in a large skillet. Add chopped chicken to the pan, and let cook until browned and no longer pink. Remove from pan and set aside.
2. Next add the peas and carrots to the pan and cook over medium heat for 3-4 minutes until fully defrosted. Push the veggies to the side of the pan, and crack 2 eggs into the pan and let scramble.
3. Add cooked rice, chicken, soy sauce, and favorite seasonings to the pan. Stir well over medium heat until everything is hot.

*This is a great leftover buster for any cooked or frozen veggies you have!