

# 6 DINNERS UNDER \$60 - WEEK #63

\*Pork Tenderloin Street Tacos \*Sticky Soy-Garlic Drumsticks

\* Bratwurst Cabbage Skillet \* Zesty BBQ Meatballs

\*Crockpot Apple & Onion Pork \* Mississippi Chicken & Noodle Bowls

## SHOPPING LIST

### PRODUCE

- ☐ Garlic
- ☐ Cabbage
- ☐ Carrots (1lb)
- ☐ Lime (x1)
- ☐ Lemon (x1)
- ☐ Onion (x2)
- ☐ Red/Small Potatoes (3lbs)
- ☐ Spinach (10oz)
- ☐ Apples (x2)

### MEAT DEPT

- ☐ Pork Tenderloin 2 pack (2.5-3lbs)
- ☐ Chicken Drumsticks (5lbs)
- ☐ Bratwurst/Smoked Sausage (14oz)
- ☐ Ground Chicken/Turkey (1lb)

### PANTRY

- ☐ White Rice (1lb)
- ☐ Salsa
- ☐ Taco Seasoning
- ☐ Mayo
- ☐ Tortillas
- ☐ Soy Sauce
- ☐ Egg Noodles
- ☐ Mustard
- ☐ Bread crumbs
- ☐ BBQ Sauce
- ☐ Green Beans (14.5oz)
- ☐ Ranch Seasoning
- ☐ Au Jus Pack
- ☐ Pepperoncini/Banana Peppers
- ☐ Brown Sugar

### FROZEN

- ☐ Broccoli (12oz)

### DAIRY

- ☐ Butter (8oz)

\*Assuming you have your preferred cooking oil and your favorite seasonings.

## Make Ahead Tips:

1. Two recipes call for cabbage this week. You will want to use half for coleslaw and this can be done sliced or chopped in a food processor. The other half just needs to be chopped. Bag this so it is ready to go on each night!
2. This is a 2 pack of pork tenderloins, we will use one that is whole and the other tenderloin will need to be sliced into strips.
3. Two recipes use white rice this week, so that can be made ahead of time. (Also can be frozen!) You can mix the salsa and garlic into the rice the night of to have a similar flavor.
4. You can pre-make your meatballs and freeze them uncooked. This will allow you to go from freezer to oven right away, just make sure to grease the pan well, and it may take an extra 5 minutes to bake.

Notes:

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## Pork Tenderloin Street Tacos with Slaw and Tomato- Garlic Rice

Need:

1 cup white rice	Taco Seasoning
½ cup salsa (or tomatoes with chiles)	½ head cabbage (shredded)
1-2 cloves garlic (minced)	½ cup shredded carrots
1.5 cups water	2 tbsp mayo
1 pork tenderloin (1-1.5lbs)	1 tsp lime juice
	Tortillas

1. In a saucepot, combine rice, garlic, salsa, and water. Bring to a boil, then reduce heat and cover. Let simmer for 15-20 minutes until tender.
2. In a bowl, combine mayo, lime juice, and favorite seasonings. Toss with cabbage & carrots and let refrigerate.
3. Slice pork into thin strips and then season well with taco seasoning.
4. Saute the strips in oil over medium heat until browned, then set aside.
5. Warm the tortillas, then fill with pork and top with slaw. Serve with rice on the side.

## Sticky Soy-Garlic Drumsticks with Rice and Broccoli

Need:

¼ cup soy sauce  
2 tbsp brown sugar or honey  
1 tbsp lemon juice or vinegar  
2 cloves garlic (minced)  
Favorite Seasonings  
2.5lbs chicken drumsticks  
1 cup white rice  
2 cups water  
12oz frozen broccoli

1. In a bowl, combine soy sauce, honey, garlic, lemon juice, and favorite seasonings. Toss the drumsticks in the sauce.
2. Place chicken on greased baking dish, then bake at 400 degrees for 35-45 mins. Flipping half way.
3. While that bakes, make rice by combining rice and water in a saucepan. Bring to a boil, then reduce heat to a simmer and cover for 15-20 minutes until tender.
4. Steam broccoli in the microwave.

## Bratwurst Cabbage Skillet with Noodles

Need:

8oz egg noodles

Bratwursts (or smoked sausage)

½ head of cabbage (chopped)

1 onion (sliced)

1 tbsp mustard (any kind will work)

Favorite Seasonings

1. Boil water for the noodles. Cook until tender and drain. Set aside.
2. Slice brats then saute in a skillet with oil until browned. Set these aside.
3. Add chopped cabbage and onion to the pan, and cook until tender.
4. Stir in mustard and add brats back to the pan.
5. You can add butter to the noodles if you like or leave them plain. Serve the brats and cabbage over the noodles.

## Zesty BBQ Meatballs with Smashed Potatoes and Spinach

Need:

1.5 lbs red or small potatoes

1lb ground chicken (or turkey)

½ cup breadcrumbs

Favorite seasonings

2 tbsp mustard (any will work)

¾ cup BBQ sauce

2 cups spinach

2-3 tbsp Butter

1. Boil potatoes in water for about 20 minutes until tender (not super mushy).
2. In a bowl, combine ground chicken, breadcrumbs, favorite seasonings, and mustard. Form these into meatballs. Bake these on a greased sheetpan for 20 minutes in a 400 degree oven.
3. Drain potatoes and mash them with a fork on a greased sheet pan. Top with butter and favorite seasonings. Bake these in the oven for 5-10 minutes until they start to get crispy.
4. After 20 minutes, pull meatballs from the oven, and spoon or brush with BBQ sauce. Return to oven for about 5-10 more minutes. (Use thermometer to make sure meat is fully cooked)
5. In a pan, saute spinach with oil/butter and favorite seasonings until wilted.

## Crockpot Apple & Onion Pork Tenderloin with Mashed Potatoes

Need:	Favorite Seasonings
2 apples (sliced)	1/2 cup water (or broth)
1 onion (sliced)	1.5lbs red or small potatoes
1 pork tenderloin (1-1.5lbs)	Butter
1 tbsp mustard	14.5oz green beans

1. Place sliced apples and onions at the bottom of a crockpot.
2. Rub the pork loin with mustard and favorite seasonings, then place on top of apples. Pour the water or broth around the pork. Let cook on low 6-7 hours or on high for 3-4 hours.
3. Closer to dinner time, boil potatoes. Once tender, drain them, and then make mashed potatoes with butter and seasonings.
4. Microwave or saute the green beans on the stovetop. Add butter and minced garlic if you like!

## Mississippi Chicken & Noodle Bowls with Spinach and Carrots

Need:  
2.5lbs Chicken Drumsticks  
Ranch Seasoning Pack  
Brown Gravy or Au Jus Pack  
1/2 stick butter (sliced)  
5-6 pepperoncini or banana peppers  
8oz egg noodles  
1 cup Carrots (sliced)  
2 cups Spinach

1. Place chicken drumsticks in a crockpot. Sprinkle with ranch and gravy mix. Top with sliced butter and peppers. Cook on low 5-6 hours or on high for 3-4 hours.
2. Closer to dinner time, boil noodles and drain.
3. Remove drumsticks from crockpot, remove meat and shred the chicken.
4. In a skillet, saute in oil sliced carrots until tender. Then add spinach and heat until wilted.
5. Place noodles in bowl, top with chicken/spinach/carrots, then use a spoon top with sauce from the crockpot.