

# 6 DINNERS UNDER \$60 - WEEK #64

\*One Pot Sausage Mac & Cheese \*Garlic Parmesan Chicken Thighs

\* Kielbasa with Mustard Gravy \*Italian Chicken Thighs with Pasta

\* Shrimp Bowls with Coconut Rice \*Chicken & Potato Tacos

## SHOPPING LIST

### PRODUCE

Potatoes (5lb)

### MEAT DEPT

- Ground Sausage (1lb)
- Bone In Chick Thighs (4lbs)
- Kielbasa (13-14oz)
- Shrimp (12oz)
- Can Chicken (12oz)

### FROZEN

- Green Beans (12oz)
- Broccoli (12oz)
- Sweet Peas (12oz)
- Onions & Peppers (20oz)
- Stir Fry Veggies (20oz)
- Corn (12oz)

### PANTRY

- Elbow Pasta
- Garlic Powder
- White Rice (1lb)
- Chicken Broth (32oz)
- Mustard
- Pasta Sauce (24oz)
- Spaghetti Pasta
- Coconut Milk (14.5oz)
- Soy Sauce
- Italian Seasoning
- Taco Seasoning
- Tortillas (10ct)

### DAIRY

- Milk (16oz)
- Cheddar Cheese (8oz)
- Grated Parmesan
- Butter (8oz)

\*Assuming you have your preferred cooking oil, 1 tbsp flour, and your favorite seasonings.

## One-Pot Sausage Mac & Cheese with Green Beans

Need:

1lb ground sausage

8oz elbow pasta

3 cups water

1 cup milk

Favorite Seasonings

1.5 cups shredded cheddar

12oz Frozen Green Beans

1. In a large skillet, brown sausage. Once fully cooked drain excess grease.
2. Add elbow noodles, water, milk, and favorite seasonings. Bring to a boil, then simmer uncovered for 10-12 minutes. (Stir occasionally)
3. Once pasta is mostly cooked and liquid is absorbed, stir in shredded cheese until melted and creamy.
4. Microwave or saute green beans and serve on the side!

## Air Fryer Garlic Parmesan Chicken Thighs with Rice & Broccoli

Need:

4-6 Bone In Chicken Thighs

1-2 tbsp oil

1 tsp Garlic Powder

Favorite Seasonings

¼ cup grated parmesan

1 cup white rice

1 cup water

1 cup chicken broth

12oz frozen broccoli

1. In a bowl, drizzle chicken thighs with oil and toss to coat. Next season with garlic powder, your favorite seasonings, and grated parmesan.
2. Place in air fryer and cook at 360 degrees for about 20-22 minutes. I like to flip the chicken about halfway with tongs.
3. While those are cooking, we will make simple rice with 1 cup rice, 1 cup water, and 1 cup chicken broth. Bring this to a boil, then reduce heat. Cover and let simmer for 15-20 minutes.
4. Steam the broccoli in the microwave per bag directions.

## Kielbasa with Mashed Potatoes & Mustard Gravy

Need:

4-5 potatoes

13-14oz kielbasa sausage

½ cup milk

Favorite Seasonings

Butter/Margarine

1 cup chicken broth

1-2 tbsp Dijon or yellow mustard

1 tbsp flour

12oz Sweet Peas

1. Boil potatoes in water until soft, then drain. Mash them with milk, butter/margarine, and your favorite seasonings.
2. In a skillet, heat 1 tbsp oil, then brown your sliced kielbasa until browned. Remove from pan and set aside.
3. To the same pan, add 1 tbs butter/margarine and 1 tbsp flour. Whisk this together and let cook for 1 minute.
4. Slowly add in chicken broth and mustard. Simmer about 3-5 minutes until thickened.
5. Steam peas in the microwave.

## Slow Cooker Italian Chicken Thighs with Pasta

Need:

4-6 Bone In Chicken Thighs

1 tsp Italian Seasoning

2-3 cups diced onion & peppers

24oz pasta sauce

8 oz spaghetti (any shape will work)

Parmesan Cheese

1. Place chicken in a greased slow cooker. Sprinkle with italian seasoning and top with diced onion and peppers. Pour the pasta sauce over the top.
2. Cook on high for 4 hours or on low for 8 hours.
3. Closer to dinner time, you will want to boil the pasta until tender, and then drain.
4. Using tongs, remove the chicken from the crockpot and remove the meat. The chicken should fall off the bone and easily be shredded.
5. Stir the chicken back into the sauce, and serve over pasta. Sprinkle with Parmesan Cheese!

## Shrimp Bowls with Coconut Rice

Need:

1 cup white rice

1 cup water

1 cup coconut milk

1-2 tbsp oil or butter

20oz Stir Fry Veggies

2 tbsp soy sauce

1 tsp garlic powder

12oz frozen shrimp

Favorite Seasonings

1. In a pot on the stove, combine rice, water, and coconut milk. Bring to a boil, then reduce the heat. Cover and let simmer for 15-20 minutes until tender.
2. While rice cooks, saute the stir fry veggies in oil or butter with garlic powder and soy sauce for about 7 minutes until tender. Set the veggies aside.
3. Add more oil/butter to the pan. Season shrimp with your favorite seasonings, and then add to the pan. Saute for 3-5 minutes until shrimp turn pink.
4. Place rice at the bottom of a bowl, add stir fry veggies, and shrimp to the top. Add additional soy sauce if needed!

## Chicken & Potato Tacos

Need:

2 cups diced potatoes

1 tbsp oil

12oz canned chicken

2-3 cups peppers & onions

Taco Seasoning

12oz Frozen Corn

Tortillas

Shredded Cheddar

1. Boil potatoes in water until tender and then drain.
2. In a skillet, heat oil, and saute potatoes, peppers, and onions until potatoes are golden and veggies until tender. Remove from pan.
3. Add rinsed & drained chicken to the pan with taco seasoning and 1 tbsp of water. Cook until heated.
4. Steam corn in the microwave per directions.
5. Assemble tortillas with chicken, potatoes, and veggies. Top with Shredded Cheese.