

6 DINNERS UNDER \$60- WEEK 65

*Mini Beef Pot Pies *Garlic Butter Chicken & Pasta

* Cheeseburger Flatbreads * Chicken Ceasar Salad Wraps

*Salisbury Steak with Mashed Potatoes *Chicken Fajita Rice Bowls

SHOPPING LIST

PRODUCE

- ☐ Onion x2
- ☐ Garlic
- ☐ Cucumber
- ☐ Roma Tomato (x3)
- ☐ Romaine Lettuce
- ☐ Watermelon
- ☐ Bell Pepper

MEAT DEPT

- ☐ Ground Beef (3lb)
- ☐ Chicken Breasts (5lb)

FROZEN

- ☐ Mixed Veggies (12oz)
- ☐ Broccoli (12oz)
- ☐ Green Beans (12oz)

PANTRY

- ☐ Cream of Mushroom (10oz)
- ☐ Italian Dressing
- ☐ Pasta (any shape)
- ☐ Pizza Dough Mix
- ☐ Burger Sauce
- ☐ Caesar Dressing
- ☐ Tortillas
- ☐ Beef Broth (14.5oz)
- ☐ Instant Potatoes
- ☐ White Rice
- ☐ Black Beans (14.5oz)
- ☐ Corn (14.5oz)
- ☐ Fajita Seasoning

DAIRY

- ☐ Biscuits (8ct)
- ☐ Butter (8oz)
- ☐ Cheddar Cheese (8oz)

*Assuming you have your preferred cooking oil, your favorite seasonings, corn starch, and pickles/relish.

Make Ahead Tips:

1. Two recipes will use ground beef, so you can pre cook 8 patties ahead of time, so that is ready to go!
2. Two recipes will use sliced chicken that is sauted. You could go ahead and cook these without seasoning, and just add your seasoning on each night! *One night will use bite size pieces of chicken, so that could be pre-cut and bagged*
3. You will need 1 onion diced (2 meals) and 1 onion sliced (2 meals)
4. Pre-wash and chop lettuce ahead of time.
5. Pre-make tomato/cucumber salad!

Notes:

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Mini Beef Pot Pies with Cucumber/Tomato Salad

Need:

1lb ground beef (4 hamburger patties)

1/2 onion (diced)

1-2 garlic cloves (minced)

1-2 cup frozen mixed veggies

10oz cream of mushroom

Favorite Seasonings

8ct biscuits

Cucumber

Tomato

Italian Dressing

1. In a skillet, brown ground beef with garlic and onions until fully cooked and tender. Drain any excess grease.
2. Add in frozen mixed veggies and cook until fully defrosted. Stir in cream of mushroom soup, and your favorite seasonings.
3. Press biscuit dough into greased muffin cups to form crusts. Then fill each cup with the beef & veggie filling.
4. Baking in 375 degree oven for about 15-20 minutes until biscuit dough is golden brown.
5. While that is baking, chop cucumber & tomato then toss in Italian Dressing.

Garlic Butter Chicken Bites with Pasta & Broccoli

Need:

8oz pasta (any shape)

1-1.5lbs chicken breast (cut into bite size)

2 tbsp cooking oil

6 tbsp butter

3 cloves garlic (minced)

Favorite Seasonings

12oz Frozen Broccoli

1. Boil water for pasta (any shape will work) and cook until tender, drain pasta and set aside.
2. While that is cooking, heat oil in skillet to med-high, then saute your cut chicken pieces until golden (about 5-6 minutes).
3. Reduce heat, then add in the butter, minced garlic, and your favorite seasonings (I like to use Italian Seasoning too). Let cook for 1-2 minutes. Stir well to coat the chicken in butter.
4. Steam broccoli in microwave per bag directions.
5. At this point you can add the pasta and the broccoli to the pan to mix everything together.
6. Otherwise, you can serve chicken and sauce over the pasta with broccoli on the side!

Cheeseburger Flatbread with Side Salads

Need:

Pizza Dough Mix (or homemade/pre-made)

1lb ground beef (4 hamburger patties)

Burger Sauce

1 cup shredded cheddar cheese

Diced Pickles/ Relish*

½ onion (diced)

Romaine Lettuce

Tomato/Cucumber/Italian Dressing

1. Make dough according to directions (usually needs to be mixed with water), then let rest for 15-20 minutes.
2. While that is resting, brown ground beef until done and drain excess grease. Add your favorite seasonings, I usually add a Steak Seasoning blend)
3. Spread dough out on a greased sheet pan and use a fork to make holes all over.
4. Top the dough with burger sauce, then cooked ground beef, cheese, pickles, and onions.
5. Bake in 400 degree oven for about 15-20 minutes until crust is golden brown.
6. Serve flatbread with side salad!

Chicken Ceasar Salad Wraps with Watermelon

Need:

1-1.5lbs chicken breast (cut into thin strips)

favorite seasonings

cooking oil

Romaine Lettuce

Caesar Dressing

Tortillas

Watermelon

1. Season the chicken with your favorite seasonings. I usually go with a garlic herb blend or salt/pepper/garlic powder.
2. Heat oil in a pan over med-high heat, add chicken and cook for about 5-7 minutes until fully cooked. Set chicken aside to cool.
3. Chop lettuce, and then toss lettuce with Ceasar Dressing.
4. Top each tortilla with lettuce, croutons, cooled chicken, and roll into a wrap.
5. Serve with watermelon on the side!

Salisbury Steak with Mashed Potatoes & Green Beans

Need:

4 frozen burger patties

(or 1lb ground beef, $\frac{1}{4}$ cup breadcrumbs,

1 egg or 1 tbsp mustard)

Favorite Seasonings

1/2 onion (sliced)

14.5oz beef broth

1 tbsp corn starch*

2 tbsp water

Instant Mashed Potatoes

12oz Frozen Green Beans

1. In bowl, combine beef, breadcrumbs, egg/mustard, and favorite seasonings. Mix well and create 4-6 burger shaped patties. (If using premade burger patties, skip to next step)
2. In a pan sear each burger shaped patty on each side (about 3 minutes) then remove from pan. (It's ok if not fully cooked)
3. Add onions to the pan and saute until tender. Next add beef broth and bring to a simmer.
4. Mix together corn starch and water to make a slurry, then add to the pan while stirring. Add burger patties back to the pan, and let simmer in gravy for 10-15 minutes.
5. While that is cooking, make instant potatoes and microwave or saute the frozen green beans.

Chicken Fajita Rice Bowls

Need:

1 cup white rice

2 cups water

1-1.5lbs chicken breast (cut into thin strips)

1/2 onion sliced

1 bell peppers

Fajita Seasoning

14.5oz black beans

14.5oz corn

Cheddar Cheese

1. In a pan combine white rice and water. Bring to a boil, then reduce heat and let simmer covered for 15-20 minutes until tender.
2. Heat oil in a pan over med-high heat, add chicken and cook for about 5-7 minutes until fully cooked. Remove from pan and set aside.
3. Add onions and peppers to the pan and saute until tender.
4. Return chicken to the pan, add fajita seasoning, and a little water. Let cook for 2-3 minutes.
5. Heat the corn in a microwave safe bowl, as well as rinse & drain the black beans.
6. Assemble bowl with rice at the bottom, top with chicken/veggies/beans, and sprinkle with cheddar cheese.
7. Optional - serve with leftover tortillas if you like!