

# 6 DINNERS UNDER \$60 - WEEK #65

\*Pineapple BBQ Chicken \*Bean & Cheese Burritos

\* One Pot Cabbage Roll Pasta \* Chicken Egg Roll in a Bowl

\*Air Fryer Chicken Parm Melts \*Cajun Rice Skillet

## SHOPPING LIST

### PRODUCE

- ☐ Romaine Lettuce
- ☐ Avocado (x1)
- ☐ Roma Tomato (x1)
- ☐ Lime (x1)
- ☐ Cabbage
- ☐ Sweet Potatoes (x2)
- ☐ Onion (x1)
- ☐ Bell Pepper (x1)

### MEAT DEPT

- ☐ Chicken Breasts (5lb)
- ☐ Ground Turkey (1lb)
- ☐ Smoked Sausage (12-14oz)

### DAIRY

- ☐ Cheddar (8oz)
- ☐ Mozzarella (8oz)
- ☐ Parmesan Cheese
- ☐ Butter (8oz)

### PANTRY

- ☐ BBQ Sauce
- ☐ Crushed Pineapple
- ☐ White Rice (2lb)
- ☐ Pinto or Black Beans (15oz)
- ☐ Flour Tortillas
- ☐ Diced Tomatoes (14.5oz)
- ☐ Pasta Sauce (24oz)
- ☐ Pasta (any shape- 16oz)
- ☐ Soy Sauce
- ☐ Croutons
- ☐ Caesar Dressing
- ☐ Red Beans (15oz)
- ☐ Cajun Seasoning

### FROZEN

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

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

Make Ahead Tips:

3 recipes this week call for white rice, so this can easily be made ahead of time in a slow cooker or rice cooker! (This can also be frozen)

3 recipes will use Chicken this week: 2 breasts leave whole, 1-2 breasts diced, 2 breasts cut longways and then in half for thin pieces.

Cabbage: Half needs to be shredded. Other half needs to be chopped.

Pre-wash and chop lettuce ahead of time.

Chop onion & bell pepper!

Notes:

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## Crockpot Pineapple BBQ Chicken over Rice & Broccoli

Need:

2 Chicken breasts

1 cup BBQ Sauce

1 cup crushed pineapple

1 cup white rice

2 cups water

12oz Frozen Broccoli

1. Place chicken in a greased crockpot. Then pour BBQ sauce and crushed pineapple with juice over the chicken.
2. Let cook on low for 6-7 hours, or on high for 3-4 hours.
3. Closer to Dinner Time: Make basic white rice by putting rice and water in a saucepan. Bring to a boil, then cover and reduce heat. Let simmer for 15-20 minutes.
4. Steam frozen broccoli in the microwave per bag directions.
5. Using 2 forks, shred the chicken and stir well with the bbq sauce and pineapple. We will serve the chicken over the rice with broccoli on the side!

## Bean, Cheese, Rice Burritos with Guacamole Salad

Need:

15oz pinto beans or black beans

Favorite Seasonings

1.5-2 cups cooked white rice

Flour Tortillas

1 cup shredded cheddar cheese

1 avocado

1 roma tomato

1 lime

Romaine Lettuce

1. In a sauce pan, warm the beans with a little water. Stir well, and add your favorite seasonings. (we typically use taco seasoning or cumin)
2. Heat cooked rice in the microwave or in another saucepan.
3. Top each flour tortilla with rice, beans, and cheese. Pinch closed the ends and then roll.
4. Optional: Heat a clean pan, and lightly toast each burrito for extra crunch.
5. In a bowl, combine 1 avocado mashed, 1 tomato diced, and juice of one lime. Stir well to combine and add your favorite seasonings. Serve the mashed avocado over chopped Romaine Lettuce as a side salad.

## One Pot Cabbage Roll Pasta

Need:

1lb ground turkey

Favorite Seasonings

½ head cabbage (chopped-4 cups)

14.5oz diced tomatoes (with juice)

1 cup tomato/pasta sauce

8oz pasta (any shape)

2-2.5 cups water

Mozzarella Cheese

1. In a large skillet, brown ground turkey. Drain any excess grease and season with your favorite seasonings. (I tend to go with an Italian Blend)
2. Stir in chopped cabbage, diced tomato, and tomato sauce. Let cook about 5-10 minutes until cabbage is wilted down.
3. Stir in pasta and water. Bring to a boil over medium heat. Reduce heat, cover, and let simmer for 12-15 minutes. (pasta should be tender and most liquid absorbed) You can add additional water if needed if pasta is still hard. keep cooking until tender.
4. Sprinkle the top with mozzarella cheese, add cover and let melt.

## Chicken Egg Roll in a Bowl

Need:

1 cup white rice

2 cups water

1-2 chicken breasts (diced)

½ head cabbage (shredded-4 cups)

Favorite Seasonings

2-3 tbsp soy sauce

Optional: Sesame Oil

1. In a saucepan, make basic white rice. Add rice and water to pan, and bring to a boil. Reduce heat, cover, and let simmer for 15-20 minutes.
  2. Heat oil in a large skillet, and add diced or chopped chicken. Stir frequently until chicken is fully cooked. Add your favorite seasonings and remove chicken from pan. Set aside.
  3. Next add in the shredded cabbage. Saute for 8-10 minutes until mostly wilted.
  4. Add chicken back to the pan, and mix well with the cabbage.
  5. Stir in soy sauce and optional sesame oil to taste.
  6. Serve the chicken and cabbage mixture over the rice.
- Optional: Drizzle sweet and sour sauce on top!

## Air Fryer Chicken Parm Melts with Pasta & Caesar Side Salad

Need:

2 chicken breasts	8oz Pasta (any shape)
1/2 cup bread crumbs	2-3 tbsp butter
1/4 cup Parmesan Cheese	Favorite Seasonings
1 egg/ 2 tbsp mustard/ 2 tbsp mayo	Romaine Lettuce
1 cup pasta sauce	Croutons
Mozzarella Cheese	Caesar Dressing

1. Slice chicken in half longways and in half again so each piece is thin sections.
2. We will dip each piece in the binder (egg, mustard, or mayo) and then dip into breadcrumbs (we will use croutons for this that we smash or chop in a food processor.)
3. Place chicken in air fryer single layer, then bake at 375 for 10-12 minutes. I like to flip half way for even browning.
4. Boil water for pasta, cook until tender, and then drain. Add butter and favorite seasonings to pasta and stir well.
5. Top each chicken piece with pasta sauce and mozzarella cheese, air fry another 2-3 minutes to melt cheese.
6. Serve chicken with pasta and a Caesar style side salad.

## Cajun Sweet Potato Skillet

Need:

12-14oz smoked sausage  
2 sweet potatoes (diced)  
1 onion (diced)  
1 bell pepper (diced)  
15oz red beans  
2-3 tsp Cajun Seasoning  
12oz green Beans

1. In a large skillet, heat oil and add sliced smoked sausage. We are trying to get a little color here, and then will remove them from the pan.
2. Next add more oil, and then add diced sweet potatoes. Saute for about 8-10 minutes until tender. You can also add a little water to soften and steam them quicker.
3. Add diced onion and pepper to the skillet, and cook for 4-5 minutes until translucent.
4. Stir in red beans (drained and rinsed), cooked sausage, and Cajun Seasoning to taste.
5. Cook another 2-3 minutes until everything is hot!
6. Steam green beans in microwave, or add them to the skillet for a true one pot meal!