

3 Quick Cheap Meals for Summertime!

Grocery List:

2lbs Chicken Breasts
Lemon Pepper Seasoning
White Rice
7-8oz elbow noodles
7oz fideo pasta (tiny)
Flour
Milk (2 cups)
Frozen Peas
Frozen Broccoli
Cheddar Cheese (8oz)
14.5oz corn
13-14oz Smoked Sausage
BBQ Sauce

*Assumed: cooking oil, favorite seasonings, and butter/margarine

@lowdoughfamily

Lemon Pepper Chicken with Pea & Pasta Pilaf

2 tbsp butter or margarine*
1 cup white rice
½ cup dry fideo-cut pasta
1 to 1½ cups frozen peas
2¼ cups water*
1 tbsp oil*
1 lb chicken breasts (diced)
1-2 tsp lemon pepper seasoning

1. In a pot, melt butter over medium heat. Add dry rice & pasta and toast for 2-3 minutes. Add water, frozen peas, and favorite seasonings. Bring to a boil, reduce heat, simmer covered for 15 minutes.
2. Heat oil in skillet, then add diced chicken to the pan. Season with lemon pepper, and let cook for 8-10 minutes until golden brown.
3. Serve chicken with the rice pilaf on the side!

One-Pot BBQ Sausage & Rice Skillet

1 tbsp oil*
12-14 oz smoked sausage (sliced)
1 cup white rice
Favorite Seasonings
14.5oz can corn
½ to ⅔ cup BBQ sauce
1½ to 2 cups water or broth*

1. In a large skillet, heat oil and cook sliced sausage for 4-5 minutes until browned.
2. Stir in rice and favorite seasonings. Let toast for 1-2 minutes.
3. Add water, BBQ sauce, and drained corn to the pan. Stir well and bring to a boil. Reduce heat and cover. Let simmer for 15-20 minutes.
4. Serve with extra BBQ sauce drizzled on top if you like!

Skillet Chicken Mac & Cheese

7-8oz dry elbow noodles
Water for Pasta*
1 tbsp oil*
1lb chicken breasts (diced)
2 tbsp butter or margarine*
2 tbsp flour
1½-2 cups milk
1½ cups shredded cheddar cheese
10.8oz Frozen Broccoli

1. Boil water for macaroni noodles. Cook until tender, then drain and set aside.
2. In a skillet, heat oil, and cook diced chicken for 8-10 minutes until browned and cooked through. Remove chicken from pan.
3. Add butter to the pan and let melt, stir in 2 tbsp flour. Let cook for 1-2 minutes. Slowly add milk to the pan and stir well. Let this cook for a few minutes to thicken. Then add cheese in small batches and stir to melt.
4. Add cooked pasta, chicken, and steamed broccoli (microwave) to the sauce and stir well!