

6 DINNERS UNDER \$60- WEEK #67

*Southwest Chicken Wraps *BBQ Pork & Grits Bowl

*Cream Tuscan Chicken Orzo *Chili Potato Boats

*Pork Medallions with Lemon Orzo *Homemade Chicken Tenders

SHOPPING LIST

PRODUCE

- ☐ Garlic
- ☐ Roma Tomatoes (x2)
- ☐ Spinach (10oz)
- ☐ Potatoes (5lbs)
- ☐ Lemon (x1)
- ☐ Onion (x1)

MEAT DEPT

- ☐ Chicken breasts (5lbs)
- ☐ Pork Loin (2 pack/ 3lbs)
- ☐ Ground Beef/Pork (1lb)

DAIRY

- ☐ Cheddar Cheese (16oz)
- ☐ Milk (qt)

FROZEN

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

PANTRY

- ☐ Taco Seasoning
- ☐ Black Beans (15oz)
- ☐ Corn (14.5oz)
- ☐ Flour Tortillas
- ☐ BBQ Sauce
- ☐ Instant Grits
- ☐ Italian Seasoning
- ☐ Orzo Pasta
- ☐ Chicken Broth (32oz)
- ☐ Diced Tomatoes (14.5oz)
- ☐ Kidney or Pinto Beans (15oz)
- ☐ Chili Powder
- ☐ Mustard
- ☐ Breadcrumbs
- ☐ Sweet Peas (14.5oz)
- ☐ Brown Gravy Pack

*Assuming you have your preferred cooking oil, your favorite seasonings, and salad dressing of your choice.

Make Ahead Tips:

*3 recipes will use Chicken this week: 2-3lbs breasts will be diced & 2lbs breasts will be sliced

*This is a 2 pack of pork tenderloins. 1 will be used whole/cut in half & 1 will be used as 1 inch slices.

*Precook and drain your ground beef!

*Go ahead and clean/mince your garlic ahead of time. (I like to use my mini food processor!)

Notes:

Southwest Chicken Wraps

Need:

1-2lb chicken breasts (diced)

Taco Seasoning

(or favorite seasonings)

15oz black beans (drained)

14.5oz can corn (drained)

1 cup shredded cheddar

Flour Tortillas

1. In a skillet, heat oil over medium heat. Add chopped chicken and seasonings. Cook until fully cooked and golden brown, about 6–8 minutes.
2. Lay out each tortilla. Add a spoonful of chicken, black beans, corn, and shredded cheese. Fold like a burrito (fold sides in, then roll tightly).
3. Stovetop: Place wraps seam-side down in a dry skillet over medium heat. Cook 2–3 minutes per side until golden and crispy. Air Fryer: Spray wraps lightly with oil, place seam-side down in air fryer basket, and cook at 375°F for 6–8 minutes, flipping halfway.

BBQ Pork & Grits Bowl

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Need:

1 pork loin (about 1lb)

1 cup BBQ sauce

1/4 cup water or broth

5–6 packets of plain instant grits

Water or milk (per packet instructions)

1 cup shredded cheddar cheese

Favorite Seasonings

12oz Frozen Green Beans

1. Place pork loin in the crockpot. Pour BBQ sauce and water/broth over the top. Cover and cook on LOW for 6–8 hours or HIGH for 3–4 hours, until pork is fork-tender. Shred with two forks and mix with juices. Add more BBQ sauce if desired.
2. Closer to dinner time: Prepare 5–6 packets of instant grits according to package instructions (use water or milk for creamier texture). Stir in shredded cheddar cheese and butter while still hot.
3. Steam green beans in microwave per bag directions.
4. Assemble bowls: start with grits on the bottom, top with BBQ pulled pork, and serve green beans on the side!

Cream Tuscan Chicken Orzo

Need:

1-2 lb chicken breast (bite sized pieces)

2 cloves garlic (minced)

Italian Seasoning

1 cup orzo

2 cups chicken broth

1/3 cup milk

2 Roma Tomatoes (chopped)

1 cup fresh spinach

1. Season chicken with Italian seasoning. Saute in a large skillet with oil until browned and cooked through. Remove from skillet and set aside.
2. In the same skillet, add garlic and orzo. Toast the orzo for 1–2 minutes.
3. Pour in chicken broth and bring to a simmer. Cook, stirring occasionally, until orzo is tender (about 8–10 minutes).
4. Stir in milk, spinach, and chopped tomatoes. Cook until spinach wilts.
5. Return chicken to the skillet and stir well.

Chili Potato Boats with Spinach Salad

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Need:

1 lb ground beef

1 onion, (diced)

2 cloves garlic (minced)

14.5oz diced tomatoes

1 can kidney or pinto beans

Chili Powder

2lb potatoes

Cheddar Cheese

Spinach

Salad Dressing*

1. Brown the ground beef in a skillet, once fully cooked, drain any excess grease. Add in onion and garlic, then cook another 3-4 minutes until soft.
2. Add diced tomatoes, beans (drained & rinsed), and chili powder to taste.
3. Let simmer 10-15 minutes.
4. While that is cooking, wash and fork potatoes. Place on microwave safe plate and microwave for 3 minutes. Rotate the potatoes, and go another 3 minutes. keep repeating until potatoes are softened.
5. Slice open each potato and top with chili and shredded cheese! Serve with Side salad of spinach, cheese, and salad dressing of choice on the side.

Pork Medallions with Lemon Orzo

Need:

1 pork loin (about 1lb)

Favorite seasonings

cooking oil

1 cup orzo

1-2 cloves minced garlic

2 cups chicken broth

1 lemon (juice & zest)

12oz frozen broccoli

1. Slice the pork loin into 1 inch medallions. Pat dry and then lightly drizzles with oil season with your favorite seasonings.
2. Air fry at 375 degree for 10-12 minutes. Flip medallions halfway. (internal temp should be 145 degrees)
3. Heat 1 tbsp oil in saucepan, add dry orzo & minced garlic and toast for 1-2 minutes. Slowly add chicken broth to the pan.
4. Bring broth to a boil and then reduce heat and simmer for 8-10 minutes until most of the broth is absorbed. Remove from heat, then stir in favorite seasonings, lemon juice, and zest.
5. Steam broccoli in the microwave per bag directions.

Homemade Chicken Tenders

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Need:

2 lb chicken breast (sliced into strips)

3-4 tbsp mustard

1 cup breadcrumbs

Favorite Seasonings

2lbs potatoes

Milk/Butter

14.5oz can Sweet Peas

Optional- Brown Gravy Packet

1. To bread the chicken, we will dunk it in the mustard first, then into the breadcrumbs. Pat to secure the breading then place in air fryer basket.
2. Once all tenders are breaded, we will air fry at 400 degrees for 10-12 minutes and flip them halfway.
3. While that is cooking, we will clean and chop our potatoes. Boil the potatoes in water until tender, then drain.
4. Add milk/butter and your favorite seasonings to the potatoes, then mash them to your preferred thickness.
5. Microwave or saute sweet peas with your favorite seasonings. Make gravy per pack instructions (some may vary).
6. Serve your mashed potatoes with gravy or create KFC style bowls!