

# 6 DINNERS UNDER \$60- WEEK #69

- \*SW Chicken & Potatoes \*Maple Mustard Sausage w/ Rice
- \*Crockpot Chicken Stroganoff \*Garlic Parmesan Pork & Potatoes
- \*Sweet & Sour Chicken Bites \*Pork Ragu with Fried Eggs

## SHOPPING LIST

### PRODUCE

- Red Potatoes (3lb)
- Onion (x1)
- Bell Pepper (x1)
- Salad Kit

### MEAT DEPT

- Chicken Breasts (5lb)
- Breakfast Links (12oz)
- Garlic Pork Loin (1.25lb)
- Ground Pork (1lb)

### DAIRY

- Cheddar (8oz)
- Sour Cream (16oz)
- Grated Parmesan
- Eggs (dz)

### PANTRY

- Taco Seasoning
- Black Beans (15oz)
- Corn (14.5oz)
- Diced Tomatoes (14.5oz)
- White Rice
- Pancake Syrup
- Cream of Mushroom (10oz)
- Egg Noodles (16oz)
- Panko Breadcrumbs
- Sweet & Sour Sauce
- Pasta Sauce (20-24oz)

### FROZEN

- Carrots (12oz)
- Sweet Peas (12oz)
- Green Beans (12oz)
- Broccoli (12oz)

\*Assuming you have your preferred cooking oil, your favorite seasonings, butter/margarine, flour, soy sauce, and mustard.



## Southwest Chicken & Potatoes Skillet

Need:

1.5lbs potatoes

1 tbsp oil

1-2 Chicken Breasts (diced)

Taco Seasoning

15oz Black Beans

14.5oz Corn

14.5oz diced tomatoes

Shredded Cheddar Cheese

Sour Cream

1. Wash and fork potatoes, then microwave for 3 minutes, flip/turn them, and keep going for 3 minutes until potatoes are tender. Let cool before cutting.
2. In a large skillet, heat oil and then add diced chicken and taco seasoning. Cook over medium heat until chicken is fully cooked. (about 6-8 minutes)
3. Dice potatoes and add to the pan, let cook until they start to get some color.
4. To the pan, add drained & rinsed black beans, corn, and drained tomatoes. Simmer for a few minutes to warm everything up.
5. Top with shredded cheese, cover the pan with the lid for 2-3 minutes until melted. Serve with sour cream on top!

## Maple Mustard Sausage with Rice

Need:

1 cup white rice

2 cups water

12oz breakfast sausage

1/2 cup pancake syrup

2tbsp mustard\*

1 tbsp soy sauce\*

12oz frozen carrots

1. On the stovetop, combine white rice and water in a saucepan. Bring to a boil, reduce heat, cover, and simmer for 15-20 minutes.
2. Cook sausages in a skillet or in the air fryer until browned and fully cooked.
3. In a bowl, combine syrup, mustard, and soy sauce. Once mixed, add cooked sausages to the bowl to glaze.
4. Steam carrots in the microwave per bag directions.
5. Serve the glazed sausage over rice with carrots. We prefer this bowl style and the sauce is really good, so you may want to double it!

## Crockpot Chicken Stroganoff with Egg Noodles

Need:

1-2 Chicken Breasts

10oz cream of mushroom soup

½ onion (chopped)

Favorite Seasoning

8oz egg noodles

½ cup sour cream

12oz frozen sweet peas

1. Add chicken, soup, onion, and favorite seasonings to a greased crockpot. Cook this on low for 6-7 hours or on high for 3-4 hours.
2. Closer to dinner time, you want to boil water for the noodles. Cook them until tender, and drain them.
3. Using a fork, shred the chicken and stir in the sour cream.
4. You can add the frozen peas to the crockpot and let cook for 30 minutes, or steam them in the microwave per directions.
5. We like to serve the chicken mixture over the noodles, but you can mix it all together!

## Crockpot Garlic Parmesan Pork, Potatoes, and Green Beans

Need:

1.25lb pork loin - garlic flavor  
(cubed or sliced)

1.5lbs red potatoes (diced)

2 tbsp butter or margarine\*

¼ cup grated parmesan

Favorite Seasonings

½ cup water or broth

12oz frozen green beans

1. Add pork loin, potatoes, butter, parmesan, favorite seasonings (we usually use Italian Seasoning), and water to a crockpot. \*Optional- add frozen green beans\*
2. Cook on low for 6-7 hours or on high for 3-4 hours.
3. If you like your green beans more firm, you can add them in the last 30-60 minutes of cooking.
4. We serve this with a little more parmesan or even sour cream on top!

## Sweet & Sour Chicken Bites with Rice & Broccoli

Need:

- 1 cup white rice
- 2 cups water
- 1-2 chicken breasts (cubed or strips)
- 2 eggs
- ½ cup flour\*
- 1 cup panko or crushed corn flakes
- ½ cup sweet & sour sauce
- ½ onion (sliced)
- 1 bell pepper (diced)
- 12oz frozen broccoli

1. In a saucepot, cook your rice by combining white rice and water. Bring to a boil, reduce heat, cover, and let simmer for 15-20 minutes.
2. Lay out 3 containers: 1 with flour, 1 with beaten egg & a little water, and 1 with breadcrumbs. We will dredge our chicken pieces in flour, then dunk in egg wash, and coat with breadcrumbs.
3. Cook the chicken in the air fryer at 375 degrees for 10-12 minutes until crispy.
4. In a pan, saute sliced onion and diced bell pepper. Add sweet and sour sauce and warm. Once hot, turn off heat. Add cooked chicken to the pan, and coat well.
5. Serve chicken over rice with steamed broccoli (in the microwave)

## Pork Ragu over Egg Noodles with Fried Eggs & Side Salad

Need:

- 8oz egg noodles
- 1lb ground pork
- Italian Seasoning
- 20-24oz pasta sauce
- 1 tbsp oil/butter
- 4 eggs
- Salad Kit with Dressing
- Grated Parmesan

1. Boil water for the pasta and cook the egg noodles till tender. Drain noodles and set aside.
2. In a large skillet, brown your ground pork. Once cooked, drain off any excess grease if needed. Season with Italian Seasoning.
3. Add pasta sauce to the ground pork and simmer for 5-8 minutes until hot.
4. You can fry your eggs in a separate pan with oil/butter or cook them shakshuka style by making 4 wells in the sauce, add your cracked eggs. Put lid on the pan, and let cook over medium heat until desired doneness.
5. Serve the pork ragu over noodles with a side salad! Top with parmesan!