

3 Dinners Mini Menu #8 - Skillet Dinner Edition

Grocery List

3lb Chicken Breasts
White Rice
12oz Frozen Broccoli
Alfredo Sauce
1lb Ground Turkey
Macaroni Noodles
Sloppy Joe Sauce
Cheddar Cheese
12oz Frozen Corn
Shell Pasta
Ranch Seasoning
Bacon Pieces
Tomato (x1)

Sloppy Joe Noodle Skillet

1 lb ground turkey or beef
7-8oz elbow macaroni
15 oz sloppy joe sauce
1 1/2 cups water
1-2 cups frozen corn
1 cup shredded cheddar cheese

1. In a large skillet, brown ground meat and drain if needed.
2. Add the elbow macaroni, sloppy joe sauce, water, and frozen corn. Stir well and bring to a simmer.
3. Cover and cook over medium heat for 12-15 minutes, stirring occasionally, until pasta is tender and most liquid is absorbed.
4. Sprinkle cheese on top, cover for 1-2 minutes until melted, then stir to combine.

Chicken Bacon Ranch

Shells

1-1.5 lb boneless skinless chicken breast
7-8oz shell pasta
1-2 tbsp ranch seasoning
2 1/2 cup milk or water
1 cup shredded cheddar or mozzarella
1/2 cup cooked bacon pieces
1 medium fresh tomato, diced

1. Dice chicken and cook in a large skillet until browned and cooked through. Drain excess grease if needed.
2. Add shell pasta, 2 1/2 cups water, and ranch seasoning. Bring to a simmer. Cover and cook 12-15 minutes, stirring occasionally, until shells are tender.
3. Stir in shredded cheese. Let simmer 1-2 minutes to thicken slightly.
4. Add bacon and chopped tomato just before serving for freshness and crunch.

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Chicken Alfredo Rice Skillet

1-1.5 lb boneless skinless chicken breast, diced
1 cup uncooked white rice
2 cups water or broth
Favorite Seasonings
12 oz bag frozen broccoli florets
1 jar Alfredo sauce (15 oz)

1. In a large skillet with a lid, cook diced chicken in a bit of oil until browned (it doesn't have to be fully cooked yet).
2. Add 1 cup uncooked rice and 2 cups water or broth. Stir to combine and add your favorite seasonings.
3. Add frozen broccoli and bring the mixture to a simmer.
4. Cover and cook on low for about 18-20 minutes, stirring occasionally, until the rice is tender and the liquid is mostly absorbed. (Add a splash more water if it dries out early.)
5. Stir in the jar of Alfredo sauce. Simmer uncovered for 2-3 more minutes until heated through and everything is creamy.