

# 6 DINNERS UNDER \$60- WEEK #70

- \*Canadian Bacon Grilled Cheese
- \*Chorizo Rice Skillet
- \*Turkey & Onion Gravy Skillet
- \*Crockpot Ranch Chicken
- \*Crispy Air Fryer Chicken
- \*Honey Garlic Chicken

## SHOPPING LIST

### PRODUCE

- Onion x2
- Bell Pepper x1
- Cucumber
- Garlic

### MEAT DEPT

- Canadian Bacon (6oz)
- Chorizo (9oz)
- Ground Turkey (1lb)
- Chicken Breasts (5lb)

### DAIRY

- Cheddar/Swiss Slices (8oz)
- Butter (8oz)
- Cheddar Cheese (8oz)
- Milk

### PANTRY

- French Bread
- Tomato Soup (10.5oz x2)
- Diced Tomatoes (14.5oz x2)
- Corn (14.5oz)
- White Rice
- Brown Gravy Pack
- Instant Mashed Potatoes
- Ranch Seasoning
- Chicken Broth
- Instant Stuffing Mix
- Garlic Parmesan Wing Mix
- Elbow Macaroni
- Honey
- Soy Sauce

### FROZEN

- Frozen Broccoli (12oz)
- Frozen Green Beans (12oz)
- Stir Fry Veggies (20oz)

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

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## Make Ahead Tips:

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We will be using chicken breasts in 3 recipes.

1-2 breasts whole, 1-2 breasts sliced or pounded thin, and 1-2 breasts diced

The ground turkey can be cooked ahead of time, then drain of excess grease. Store in the fridge or freeze for later!

We can wash, and cut our onions and peppers ahead of time.

1 onion- diced  
1 onion- sliced  
1 bell pepper-diced

### Canadian Bacon Grilled Cheese + Chunky Tomato Soup

Need:

French Bread

6–8 slices Canadian bacon

4 slices cheddar or Swiss cheese

Butter or margarine

10.5oz condensed tomato soup x2

14.5oz diced tomatoes x2

1. Butter the outside of each bread slice. Layer Canadian bacon and cheese between two slices, buttered side out.
2. Grill in a skillet over medium heat until golden brown and the cheese is melted.
3. In a pot, combine the condensed tomato soups and diced tomatoes with juice. Heat through and serve with sandwiches.

Alternative: We skip the butter and put our grilled cheese in a George Foreman for more of a panini style sandwich.

### Chorizo Rice Skillet

Need:

9 oz chorizo

1 onion, diced

1 bell pepper, diced

14.5oz corn, drained

2 cups cooked rice

1. In a large skillet, cook chorizo until browned. Depending on the type, you may want to drain off excessive grease.
2. Add diced onion and bell pepper. Cook until softened about 5-7 minutes.
3. Stir in the drained corn and cooked rice. Mix well and heat through. Serve hot.

\*If you are making the rice on the stovetop, combine 1 cup white rice and 2 cups water. Heat to boiling, then reduce heat, cover, and let simmer for 15-20 minutes.

## Turkey & Onion Gravy Skillet over Mashed Potatoes + Broccoli

Need:

1 lb ground turkey

1 onion, sliced

1 packet brown gravy mix

1 cup water

1 pack instant mashed potatoes

12oz frozen broccoli florets

1. In a skillet, brown the ground turkey. Add the sliced onion and saute until soft.
2. Stir in the gravy mix and water. Simmer until thickened.
3. Prepare mashed potatoes according to package instructions.
4. Steam or microwave broccoli as directed on the package.
5. Serve the turkey and gravy over mashed potatoes with broccoli on the side.

## Crockpot Ranch Chicken over Stuffing + Green Beans

Need:

1.5–2 lbs boneless, skinless chicken breasts

1 packet ranch seasoning

1/2 cup chicken broth

1 pack instant chicken stuffing mix

12oz frozen green beans

1. Place chicken in the crockpot. Sprinkle with ranch seasoning and pour in the broth.
2. Cook on low for 6–7 hours or high for 3–4 hours. Shred chicken before serving.
3. Prepare stuffing and green beans according to package directions.
4. Serve chicken over stuffing with green beans on the side.

## Crispy Air Fryer Chicken + Mac & Cheese + Sliced Cucumber

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Need:

- 2 chicken breasts, sliced or pounded thin
- 1 packet garlic parmesan wing mix
- 8 oz elbow macaroni
- 2 cups shredded cheddar
- 1/2 cup milk
- 2 tbsp butter
- 1 cucumber, sliced

1. Coat chicken pieces in the garlic parmesan wing mix.
2. Air fry at 360°F for 12–15 minutes, flipping halfway through. Timing will depend on thickness of the chicken. (Use thermometer to check for 165°F temperature)
3. Cook macaroni, drain, and stir in shredded cheese, milk, and butter until creamy.
4. Slice cucumber and serve cold on the side.
5. Plate crispy chicken with mac & cheese and cucumber slices.

## Honey Garlic Chicken + Rice + Stir Fry Veggies

Need:

- 2 chicken breasts, diced
- 1/4 cup honey
- 1/4 cup soy sauce
- 2–3 garlic cloves, minced
- 2 cups cooked rice
- 1 (20 oz) bag frozen stir fry vegetables

1. In a skillet, cook chicken until lightly browned and cooked through.
2. Add honey, soy sauce, and garlic. Stir and simmer until the sauce thickens.
3. Cook stir fry vegetables according to package instructions.
4. Serve chicken and veggies over rice.

\*If you are making the rice on the stovetop, combine 1 cup white rice and 2 cups water. Heat to boiling, then reduce heat, cover, and let simmer for 15-20 minutes.