

6 DINNERS UNDER \$60- WEEK #71

*Pepperoni & Cheese Pinwheels *Sausage & Corn Chowder

*Ham Mac & Cheese Skillet *Chicken Philly Sandwiches

*Turkey Enchilada Skillet *Sweet & Sour Chicken

SHOPPING LIST

PRODUCE

- Bell Pepper (x2)
- Onion (x1)
- Zucchini (x1)

MEAT DEPT

- 5oz pepperoni
- 12oz breakfast sausage
- 8oz diced ham
- 2lb diced chicken
- 1lb ground turkey

DAIRY

- Crescent Rolls
- 8oz Mozzarella Cheese
- 1/2 gal milk
- 16oz Cheddar Cheese
- 8oz butter

PANTRY

- 8oz tomato sauce
- 2-15oz diced potatoes
- 32oz chicken broth
- 8oz elbow macaroni
- Flour
- Hoagie Rolls
- 10oz enchilada sauce
- Flour Tortilla
- 8oz pineapple tidbits
- Sweet & Sour Sauce
- White Rice

FROZEN

- 12oz frozen broccoli
- 12oz frozen corn
- 12oz frozen peas

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

@lowdoughfamily

Make Ahead Tips:

This is pre-cut frozen chicken breasts that can be used from frozen, or you can pre-cook these as well.

Sausage and ground turkey can be cooked ahead of time so it can be ready on the night of those meals!

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

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

Pepperoni & Cheese Pinwheels with Broccoli

Need:

1 can Crescent rolls
½ cup tomato sauce
5 oz pepperoni
1 cup shredded mozzarella
12 oz frozen broccoli

1. Unroll crescent dough and pinch seams to form a rectangle.
2. Spread tomato sauce over dough, then top with pepperoni and cheese.
3. Roll up tightly from the long side, then slice into 8 pinwheels.
4. Place in air fryer basket, cook at 350°F for 8–10 min until golden.
5. Serve with steamed broccoli on the side and extra sauce for dipping.

Chicken Philly Sandwiches

Need:

1 lb frozen diced chicken
1 green bell pepper, sliced
1 onion, sliced
1 cup shredded mozzarella
4 hoagie rolls

1. In a large skillet, cook frozen chicken until lightly browned.
2. Add peppers and onions; sauté until softened.
3. Divide mixture onto rolls, top with cheese.
4. Place the open sandwiches in the air fryer at 350°F for 2–3 minutes until cheese is melted and bubbly.

Ham Mac & Cheese Skillet with Peas

Need:

8 oz elbow macaroni

2 tbsp butter

2 tbsp flour

2 cups milk

2 cups shredded cheddar

8 oz diced ham

1 cup frozen peas

Favorite Seasonings

1. Boil water, and cook pasta until tender; drain and set aside.
2. In same skillet, melt butter; whisk in flour to make a roux, cook 1 min.
3. Slowly whisk in milk, cooking until thickened.
4. Stir in cheese until melted; add ham and peas, heating through.
5. Mix in cooked macaroni; season to taste.

Sausage & Corn Chowder

Need:

12 oz breakfast sausage

2-15oz cans diced potatoes

12oz frozen corn

3 cups chicken broth

1 cup milk

½ cup shredded cheddar cheese

Favorite Seasonings

1. In a large pot, cook sausage over medium heat until browned; drain if needed. Remove from pot, let cool, then chop into small slices.
2. Add drained/rinsed potatoes, corn, and chicken broth. Bring to a boil, then reduce heat and simmer 10–12 minutes, until potatoes are tender and heated through.
3. Add sausage back to the pot. Stir in milk and cheese, cooking 2–3 minutes more until cheese is melted.
4. Season with favorite seasonings and serve warm.

Turkey Enchilada Skillet

Need:

- 1 lb ground turkey
- 1 medium zucchini, diced
- 1 can (10 oz) enchilada sauce
- 4 small flour tortillas, cut into strips
- 1 cup shredded cheddar

1. In a large skillet, cook turkey until browned; drain if needed.
2. Stir in zucchini and cook 3–4 min until softened.
3. Add tortilla strips and enchilada sauce; stir to coat.
4. Sprinkle cheese over top, cover, and let melt 2–3 minutes.

Sweet & Sour Chicken

Need:

- 1 lb frozen diced chicken
- 1 bell pepper, diced
- 1 cup pineapple chunks (with juice)
- ½ cup sweet & sour sauce
- 2-3 cups cooked white rice

1. In a skillet, cook chicken over medium heat until cooked and lightly browned.
2. Add bell pepper and pineapple; sauté 3–4 min.
3. Stir in sweet & sour sauce; cook 2–3 min more until hot.
4. Serve over cooked rice.

Notes:
