

6 DINNERS UNDER \$60- WEEK #73

- *Lemon Herb Roasted Chicken Thighs *Pork & Cabbage Stir-Fry
*Slow Cooker Chicken & White Bean Stew *Kielbasa & Broccoli Alfredo
*Chicken Parm Meatball Bake *Ham & Scalloped Potatoes

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Carrots (1lb)
- Lemon (x1)
- Garlic
- Coleslaw Mix (16oz)
- Celery
- Onion (x1)
- Apple (x1)
- Green Beans (12oz)

MEAT DEPT

- Bone-In Chicken Thighs (4lbs)
- Ground Pork (1lb)
- Polish Kielbasa (14oz)
- Ground Chicken (1lb)
- Diced Ham (8oz)

FROZEN

- Broccoli (12oz)

PANTRY

- Italian Seasoning
- Soy Sauce
- Sesame Oil
- White Rice
- White Beans (2x-15oz)
- Chicken Broth (32oz)
- French Bread
- Egg Noodles (16oz)
- Alfredo Sauce (15oz)
- Honey Dijon Mustard
- Marinara Sauce (23-24oz)
- Mayo

DAIRY

- Mozzarella (8oz)
- Milk (1/2 gal)
- Cheddar (8oz)

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

Lemon Herb Roasted Chicken Thighs with Roasted Potatoes & Veggie

Need:

1.5 lbs potatoes, cut into wedges

1/2 lb carrots, sliced

2 Tbsp cooking oil

2lbs bone-in chicken thighs

1 lemon, sliced

2 garlic cloves, minced

1 tsp Italian Seasoning

1. Preheat oven to 400°F.

2. Toss potatoes and carrots with 1 tbsp oil, half the garlic, and your favorite seasonings. Spread on a sheet pan.

3. Rub chicken with remaining oil, garlic, and Italian Seasonings. Place on the sheet with potatoes and carrots.

4. Top chicken with lemon slices.

5. Bake 35–40 minutes until chicken is cooked through and veggies are tender.

Slow Cooker Chicken & White Bean Stew

Need:

2 lbs bone-in chicken thighs

2-15 oz cans white beans, drained & rinsed

1-2 carrots, diced

2 celery stalks, diced

1 small onion, diced

2 garlic cloves, minced

1 tsp Italian seasoning

4 cups chicken broth

French bread

1. Place chicken, beans, carrots, celery, onion, garlic, Italian Seasoning, and chicken broth into the slow cooker.

2. Cook on low 6–7 hours or high 3–4 hours until chicken is tender.

3. Remove chicken, de-bone, shred, and stir back into the stew.

4. Serve hot with French bread for dipping.

@ lowdoughfamily

Pork & Cabbage Stir-Fry

Need:

- 1 lb ground pork
- 1 (16 oz) bag coleslaw mix
- 2 garlic cloves, minced
- 2 Tbsp soy sauce
- 1 tsp sesame oil (optional)
- 2 cups cooked rice

1. In a large skillet, brown ground pork with garlic. Drain excess fat if needed.
2. Add coleslaw mix. Stir-fry 6–8 minutes until veggies are tender.
3. Stir in soy sauce and optional sesame oil. Adjust seasoning with your favorite seasonings if needed.
4. Serve hot over rice.

Chicken Parm Meatball Bake with Celery & Apple Salad

Need:

- 1 lb ground chicken
- 2 slices of French bread (torn small)
- 1 tbsp + 1 tsp Honey Dijon mustard (divided)
- 1 tsp Italian seasoning
- 23-24 oz marinara sauce
- 1.5 cups shredded mozzarella cheese
- 8 oz wide egg noodles
- 3 celery stalks, thinly sliced
- 1 apple, thinly sliced or diced
- 2 Tbsp mayonnaise
- 1 tsp lemon juice or vinegar*

1. Preheat oven to 375°F. Tear the ends of the French bread into chunks and pulse in a food processor to make fresh breadcrumbs.
2. In a bowl, mix ground chicken, breadcrumbs, honey Dijon mustard, and Italian seasoning. Form into small meatballs.
3. Place meatballs in a greased 9x13 baking dish. Pour marinara sauce over the top. Bake 20–25 minutes until meatballs are cooked through.
4. Sprinkle mozzarella on top and return to the oven for 5–10 minutes until melted and bubbly.
5. Meanwhile, cook the egg noodles in boiling water till tender, drain and set aside.
6. For the salad: combine mayo, honey Dijon, and lemon juice with a whisk. Fold in diced celery and apples, chill for 10 minutes before serving.

Kielbasa & Broccoli Alfredo

Need:

14 oz Polish kielbasa, sliced into coins

8 oz wide egg noodles

12 oz broccoli florets (fresh or frozen)

15 oz Alfredo sauce

Favorite Seasoning

1 loaf French bread, for serving

1. Boil water for pasta. Add pasta and cook until tender. In the last 2 minutes of boiling, add broccoli to the pot. Drain and set aside.
2. While noodles cook, sauté kielbasa slices in a skillet until browned, about 5 minutes.
3. Stir in Alfredo sauce, then add the cooked noodles and broccoli. Mix well and heat through.
4. Serve with warm French bread on the side.

Ham & Scalloped Potatoes

Need:

2 Tbsp butter*

2 Tbsp flour*

2 cups milk

1 cup shredded cheddar cheese

2 lbs potatoes, thinly sliced

8 oz diced ham

12 oz fresh green beans, trimmed

oil/favorite seasonings

1. Preheat oven to 375°F. Grease a 9x13 baking dish.
2. In a saucepan, melt butter. Stir in flour, then slowly whisk in milk. Cook until slightly thickened. Stir in half the cheese and favorite seasonings.
3. Layer half the sliced potatoes in the dish, sprinkle with half the ham, and pour on half the sauce. Repeat layers.
4. Sprinkle the remaining cheese on top.
5. Cover with foil and bake 40 minutes. Remove foil and bake another 20 minutes until potatoes are tender and top is golden.
6. While potatoes are baking, spread green beans on a baking sheet. Toss with olive oil, salt, and pepper. Roast for 15–20 minutes, until tender-crisp and slightly browned.

@ lowdoughfamily