

# 6 DINNERS UNDER \$60- WEEK #74

\*Garlic Butter Chicken with Rice \*Turkey Taco Pasta

\*Cajun Chicken with Sweet Potatoes \*Sweet & Sour Turkey Rice

\*Crockpot Chicken Noodle Soup \*Twice-Baked Stuffed Sweet Potatoes

## SHOPPING LIST

### PRODUCE

- Sweet Potatoes (3lb)
- Brussel Sprouts (1lb)
- Onion x2
- Bell Pepper x1
- Zucchini x1

### MEAT DEPT

- Chicken Leg Quarters (10lb)
- Ground Turkey (2lbs)
- Ground Sausage (1lb)

### DAIRY

- Butter
- Cheddar Cheese (8oz)
- Greek Yogurt (5oz)

### PANTRY

- Garlic Powder
- White Rice (1lb)
- Pasta (any shape- 16oz)
- Taco Seasoning
- Diced Tomatoes (14.5oz)
- Cajun Seasoning
- Pineapple Tidbits (8oz)
- Soy Sauce
- Ketchup
- Vinegar
- White Sugar
- Chicken Broth (32oz)
- Egg Noodles (16oz)

### FROZEN

- Broccoli (12oz)
- Corn (12oz)
- Mixed Vegetables (12oz)
- Green Beans (12oz)

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

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## Garlic Butter Chicken Quarters with Rice & Broccoli

Need:

3 chicken quarters

2-3 Tbsp butter (melted)

1-2 tsp garlic powder (or 2 minced cloves)

Favorite Seasonings\*

2 cups cooked rice

1 bag frozen broccoli

1. Preheat oven to 375°F.
2. Place chicken in a baking dish. Brush with melted butter, sprinkle with garlic powder and favorite seasonings.
3. Bake 45–55 minutes until juices run clear.
4. Cook rice on the stovetop, in the microwave, or in a rice cooker.
5. Steam broccoli and serve on the side.

## Turkey Taco Pasta with Corn

Need:

8oz pasta (any shape)

1 lb ground turkey

Taco seasoning

14.5oz diced tomatoes

1 cup shredded cheese

12oz frozen corn

1. Boil water and cook pasta until tender. Drain pasta, and set aside.
2. Brown turkey in skillet, drain if needed. Stir in taco seasoning and tomatoes.
3. Mix cooked pasta into turkey mixture, sprinkle with cheese, cover 2–3 minutes to melt.
4. Heat corn and serve on the side.

## Cajun Chicken Quarters with Roasted Sweet Potatoes & Brussels Sprouts

Need:

2 medium sweet potatoes, cubed

1 lb Brussels sprouts, halved

2 Tbsp oil\*

1–2 tsp Cajun seasoning

3 chicken quarters

Favorite Seasonings\*

1. Preheat oven to 400°F.
2. Toss sweet potatoes and Brussels sprouts with oil, Cajun seasoning, salt, and pepper. Spread in a roasting pan.
3. Rub chicken with oil and Cajun seasoning, place on top.
4. Bake 45–55 minutes, stirring veggies halfway.

## Sweet & Sour Ground Turkey with Rice & Zucchini

Need:

1 lb ground turkey

1 small onion, diced

1 bell pepper, diced

1 medium zucchini, sliced

8oz pineapple tidbits (1/2 cup juice)

3 Tbsp soy sauce

3 Tbsp ketchup

2 Tbsp vinegar

2 Tbsp white sugar

2 cups cooked rice

1. Brown turkey with onion in a large skillet.
2. Add bell pepper and zucchini, cook until softened.
3. Mix 1/2 cup pineapple juice, soy sauce, ketchup, vinegar, and sugar. Pour into skillet.
4. Stir in pineapple chunks and simmer 5 minutes.
5. Serve over rice.

## Crockpot Chicken Noodle Soup with Mixed Veggies

Need:

3 chicken quarters

1 onion, diced

4 cups water

4 cups chicken broth

Favorite Seasonings

12oz Frozen Mixed Veggies

8oz egg noodles

1. Place chicken, onion, seasonings, and water/broth in crockpot. Cook on low 6–7 hours.
2. Remove chicken, shred meat, and return meat to crockpot.
3. Stir in mixed veggies and noodles. Cook on high 20–30 minutes until noodles are tender.

## Twice-Baked Sausage Stuffed Sweet Potatoes with Green Beans

Need:

2-3 large sweet potatoes

1 lb ground sausage

2 Tbsp Greek yogurt

Favorite Seasonings

1/2 cup shredded cheese

1 bag frozen green beans

1. Wash and pierce sweet potatoes several times with a fork. Microwave 8–10 minutes (turning every 2-3 minutes) until tender.
2. While potatoes cook, brown sausage in a skillet. Drain excess grease.
3. Cut potatoes in half lengthwise. Scoop out most of the inside into a bowl, leaving the skins sturdy.
4. Mash sweet potato insides with plain yogurt and favorite seasonings. Stir in browned sausage and half the cheese.
5. Spoon mixture back into skins, top with remaining cheese.
6. Microwave another 1–2 minutes (or broil 3–5 minutes in oven) until cheese is melted.
7. Steam green beans on the side.