

# 6 DINNERS UNDER \$60 - WEEK #75

- \*Crockpot Chicken Taco Chili \*Turkey Pot Pie Casserole  
\*Baked Bruschetta Chicken \*Sausage & Veggie Rice Pilaf  
\*One-Pot Chicken Ramen \*Turkey & Mushroom Gravy

## SHOPPING LIST

### PRODUCE

- Tomatoes (x1-2)
- Garlic
- Green Beans (12oz)
- Onion (x1)
- Mushrooms (8oz)
- Caesar Salad Kit

### MEAT DEPT

- Chicken Breasts (5lb)
- Ground Turkey (x2)
- Smoked Sausage (14oz)

### FROZEN

- Peas & Carrots(12oz)
- Stir Fry Veggies (20oz)
- Mixed Vegetables (12oz)

### DAIRY

- Eggs (x6)
- Milk (1/2 gal)
- 5ct Refrigerated Biscuits
- Butter (8oz)

### PANTRY

- Diced Tomatoes (14.5oz)
- Black Beans (15oz)
- Corn (14.5oz)
- Taco Seasoning
- White Rice
- Cornbread Mix (Jiffy)
- Cream of Chicken (10oz)
- Diced Potatoes (14.5oz)
- Dried Basil
- Pasta (any shape-16oz)
- Chicken Broth
- Ramen Noodles (x2 any flavor)
- Soy Sauce
- Brown Gravy pack
- Instant Mashed Potatoes

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

## Crockpot Chicken Taco Chili with Rice & Cornbread

Need:

1 1/2–2 lbs chicken breasts  
14.5oz diced tomatoes  
15oz black beans (drained)  
14.5oz corn (drained)  
1 pack taco seasoning  
2 cups cooked white rice  
1 box Jiffy Corn Muffin Mix  
(+ 1 egg + 1/3 cup milk)

1. Add chicken, tomatoes, beans, corn, and taco seasoning to the crockpot.
2. Cook on LOW 6–7 hrs or HIGH 3–4 hrs. Shred chicken.
3. Prepare Jiffy cornbread: mix cornbread mix, egg, and milk in a bowl. Pour into greased 8x8 pan. Bake at 400°F for 20–25 min (until golden).
4. Serve chili with warm cornbread on the side.

## Turkey Pot Pie Casserole

Need:

1 lb ground turkey  
10oz cream of chicken soup  
15oz can potatoes, diced  
12oz frozen mixed vegetables  
1 cup milk  
5ct refrigerated biscuits

1. Preheat oven to 375°F. Grease a 9x13 or medium casserole dish.
2. In a skillet, brown ground turkey. Drain if needed.
3. Stir in cream of chicken soup, milk, canned potatoes, and mixed veggies. Simmer 3–4 minutes to heat through. Pour mixture into a casserole dish.
4. Cut each biscuit into quarters and scatter evenly over the filling.
5. Bake uncovered 25–30 minutes, until biscuits are puffed and golden brown.
6. Let cool 5 minutes before serving.

## Baked Bruschetta Chicken with Butter Noodles & Roasted Green Beans

Need:

1-2 tomatoes, diced

1 clove garlic, minced

2 tbsp oil\*

1 tsp dried basil

2 large chicken breasts

(sliced in half)

8oz pasta (any shape)

2 tbsp butter

12oz green beans (fresh or frozen)

1. Preheat oven to 375°F. Mix tomatoes, garlic, oil, and basil in a bowl. Place chicken in greased baking dish, top with tomato mixture.
2. On a sheet pan, toss green beans with a little oil, salt, and pepper. Spread into a single layer.
3. Bake at 375°F for 25–30 minutes, until chicken is cooked through and beans are tender.
4. While baking, boil pasta until tender, drain, and toss with butter.
5. Serve chicken with butter noodles and roasted green beans.

## Sausage & Veggie Rice Pilaf

Need:

14 oz smoked sausage

1 tbsp oil

1 cup rice

12oz frozen peas and carrots

2 cups chicken broth

Favorite Seasonings

1. Slice smoked sausage into coins about ¼ inch thick.
2. Heat oil in a large skillet. Add sausage and cook 3–4 minutes until lightly browned.
3. Stir in rice, frozen peas & carrots, chicken broth, and favorite seasonings. Bring to a boil.
4. Cover, reduce heat to low, and simmer 15–18 minutes, until rice is tender and liquid is absorbed.
5. Fluff with a fork and serve warm.

## One-Pot Chicken Ramen

Need:

1 tbsp oil

1 lb chicken breasts, diced

20oz frozen stir-fry veggies

3 cups water

2 packs ramen noodles

(discard seasoning)

3 tbsp soy sauce

1. Cook chicken in oil until browned. Add frozen veggies and stir-fry for 3–4 min until defrosted.
2. Add 3 cups water, bring to boil. Add ramen noodles.
3. Cook 3–4 min until noodles are soft. Stir in soy sauce.

## Turkey & Mushroom Gravy with Mashed Potatoes & Peas

Need:

1 lb ground turkey

1 small onion, diced

8 oz mushrooms, sliced

1 packet brown gravy mix

(plus water per packet)

1 package instant mashed potatoes

(plus milk/butter per box)

1 Caesar salad kit

1. In a large skillet, cook turkey and onion until browned. Add mushrooms and sauté until softened.
2. Stir in gravy mix + water. Simmer 3–4 minutes until thickened.
3. Prepare instant mashed potatoes according to package directions.
4. Serve turkey-mushroom gravy over mashed potatoes with Caesar salad on the side.