

6 DINNERS UNDER \$60- WEEK #76

*Greek Chicken Bowls * Crockpot Smoked Sausage & White Bean Soup

*Chicken Poutine * French Onion Pasta Bake

* Southwest Chicken Pasta Bowl * Turkey Meatball Subs

SHOPPING LIST

PRODUCE

- Cucumber (x1)
- Roma Tomatoes (1-2)
- Red Onion (x1)
- Lemon
- Potatoes (5lb)
- Yellow Onions (x2)

MEAT DEPT

- Chicken Breasts (5lb)
- Smoked Sausage (14oz)
- Ground Turkey (1lb)
- Ground Beef/Pork (1lb)

DAIRY

- Feta Cheese
- Greek Yogurt (5oz)
- Mozzarella Cheese (16oz)
- Butter (8oz)
- Cream Cheese
- Cheddar Cheese (8oz)
- Eggs (1/2 doz)

PANTRY

- White Rice
- Great Northern Beans (15.5oz x2)
- Diced Tomatoes (14.5oz)
- Chicken Broth (32oz)
- Italian Seasoning
- French Bread
- Brown Gravy Pack
- Penne or Rotini Pasta
- Beef Broth (14.5oz)
- Taco Seasoning
- Salsa or Rotel Tomatoes
- Corn (14.5oz)
- Black Beans (15oz)
- Breadcrumbs
- Tomato Sauce (15oz)

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

Greek Chicken Bowls with Rice

Need:

1lb chicken breasts

1 Tbsp oil*

Favorite Seasoning*

2-3 cups cooked white rice

1/2 cucumber, diced

1–2 Roma tomatoes, diced

1/4 red onion, thinly sliced

1/2 cup crumbled feta

1/2 cup plain Greek yogurt + squeeze of lemon

1. Cut chicken into bite-sized pieces. Toss with oil and favorite seasonings. Heat a skillet over medium heat. Cook chicken for 6–8 minutes, stirring occasionally, until golden brown and cooked through.
2. In a small bowl, stir together the yogurt and lemon juice to make a quick sauce.
3. Build the bowls: scoop rice into bowls, top with chicken, cucumber, tomatoes, onion, and feta. Drizzle with the yogurt sauce and serve warm.

Crockpot Smoked Sausage & White Bean Soup

Need:

14 oz smoked sausage, sliced

2 cans great northern
or cannellini beans, drained

14.5oz diced tomatoes

3/4 red onion, diced

4 cups chicken broth

1 tsp Italian seasoning

French Bread

1. Add sausage, beans, tomatoes, carrots, broth, and seasoning to a crockpot.
2. Cook on LOW 6–7 hours or HIGH 3–4 hours.
3. Taste and adjust seasoning before serving. Serve Soup with French Bread slices!

*This is a great leftover buster soup! Throw in any extra veggies you have like carrots, celery, etc.!!)

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Chicken Poutine with Air-Fryer Potato Wedges

Need:

- 3 large russet potatoes
- 2 Tbsp oil + Favorite Seasonings*
- 1lb chicken breasts
- 1 pack brown gravy
- 1 cup mozzarella cheese

1. Cut potatoes into wedges. Toss with 1 Tbsp oil and favorite seasonings. Air fry 18–20 minutes at 350 degrees, shaking halfway, until golden and crispy.
2. While potatoes cook, heat 1 Tbsp oil in a skillet over medium heat. Add chicken breasts, season with favorite seasonings, and cook 5–6 minutes per side until fully cooked (internal temp 165°F). Remove from skillet, let rest 5 minutes, then shred with two forks.
3. Make gravy per pack instructions in a small saucepan.
4. To serve: place potato wedges on plates or shallow bowls, top with shredded chicken, drizzle with hot gravy, and sprinkle cheese on top. Serve immediately while the potatoes are still crispy.

French Onion Pasta Bake

Need:

- 8 oz pasta (penne or rotini)
- 1 lb ground beef/pork blend
- 2 onions, thinly sliced
- 1 Tbsp butter
- 1 Tbsp flour*
- 1 cup beef broth
- 1-2 cups shredded Mozzarella

1. Cook pasta until tender; drain and set aside.
2. Brown beef/pork in skillet; drain excess grease and remove meat from pan.
3. In same skillet, melt butter, caramelize onions 12–15 min until golden brown.
4. Stir in flour with a whisk, let cook 1-2 minutes, and slowly add in broth to make sauce.
5. Return meat to the pan with onions, add favorite seasonings, then add cooked pasta and 1/2 the mozzarella. Stir well to coat.
6. Transfer the mix to a baking dish, top with remaining mozzarella.
7. Bake at 375°F for 20 min, until bubbly and golden.

Southwest Chicken Pasta Bowl

Need:

2 chicken breasts, diced

1 Tbsp oil*

taco seasoning

8 oz pasta (penne or rotini)

4 oz cream cheese, cut into chunks

1/2 cup shredded cheddar (plus extra for topping)

1/2 cup salsa or Rotel Tomatoes

14.5oz corn

15oz black beans, rinsed and drained

1. Cook pasta until just tender; drain and set aside.
2. Heat oil in a large skillet over medium heat. Add chicken and cook until browned. Stir in taco seasoning and 2–3 Tbsp water; simmer briefly until coated. Remove chicken to a plate and keep warm.
3. In the same skillet (heat off), add cream cheese chunks, cheddar, and salsa. Stir over low heat until melted into a creamy sauce.
4. Add drained pasta to the skillet, toss until fully coated in sauce. Divide pasta into bowls.
5. Microwave corn until hot; warm black beans in a small bowl.
6. Top each pasta bowl with chicken, corn, and beans.

Turkey Meatball Subs with Homemade Potato Crisps

Need:

1 lb ground turkey

1/2 cup breadcrumbs

1 egg

1 tsp Italian seasoning

Favorite Seasoning*

15oz tomato sauce

1 loaf French bread

1 cup shredded mozzarella

1. Toss potato slices with oil and salt. Cook 12–15 min in 375°F air fryer, shaking basket halfway, until golden and crisp. Keep warm.
2. Mix turkey, breadcrumbs, egg, and seasonings. Shape into 12–14 small balls. Cook in a skillet over medium heat 8–10 min, turning to brown on all sides. Add tomato sauce and simmer 5 min.
3. Slice French bread into slices. Place in air fryer 2–3 min to lightly toast.
4. Fill toasted bread with meatballs and sauce. Sprinkle mozzarella on top. Air fryer another 2–3 min, until cheese is melted.
5. Serve hot with potato crisps on the side.