

6 DINNERS UNDER \$60- WEEK #77

* Apple & Onion Pork Loin

* Chicken & Stuffing Bake

* Turkey Salisbury Rice Bowls

* Creamy Garlic Parmesan Chicken with Noodles

* Soy-Glazed Pork Loin

* Monterey Jack BBQ Chicken

SHOPPING LIST

PRODUCE

- Apples (x2)
- Onion (x1)
- Baby Carrots (1lb)
- Potatoes (5lb)
- Mushrooms (8oz)

MEAT DEPT

- Pork Tenderloin
(3lb double pack)
- Chicken Breasts (5lb)
- Ground Turkey (1lb)

DAIRY

- Butter (8oz)
- Milk (1/2 gal)
- Parmesan Cheese
(6oz)
- Monterey Jack
Cheese (8oz)

PANTRY

- Brown Sugar
- Chicken Broth (32oz)
- Cream of Chicken (10.5oz)
- Stuffing Mix (5-7oz)
- Brown Gravy Pack
- White Rice
- Worcestershire Sauce
- Garlic Powder
- Egg Noodles
- Soy Sauce
- BBQ Sauce
- Crispy Onions

FROZEN

- Mixed Vegetables (12oz)
- Sweet Peas (12oz)
- Green beans (12oz)
- Broccoli (12oz)

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

@ lowdoughfamily

Apple & Onion Pork Loin

Need:

2 apples, sliced

1/2 onion, sliced

1/2 lb baby carrots

1-1.5 lbs pork tenderloin

Favorite Seasonings

1 tbsp brown sugar

1 cup chicken broth

4–5 medium potatoes

Butter + Milk

1. Add apples, onion, and carrots to the crockpot.
2. Season pork loin with Favorite Seasonings and place on top. Sprinkle brown sugar and pour in chicken broth.
3. Cook LOW 6–8 hrs or HIGH 3–4 hrs.
4. Closer to dinner time, cut potatoes into 1 inch chunks and boil in water until tender. Drain potatoes and mash with milk and butter to make mashed potatoes.
5. Serve pork, apples, and vegetables over mashed potatoes or have the potatoes on the side.

Chicken & Stuffing Bake

Need:

1-1.5 lbs chicken breasts

(cut into bite-size chunks)

10.5oz cream of chicken soup

1/2 cup milk or water

1 box stuffing mix (dry)

12oz frozen mixed vegetables

1. Preheat oven to 375°F and lightly grease a 9x13 baking dish.
2. In a large bowl, mix together the chicken, cream of chicken soup, milk/water, stuffing mix (dry), and frozen veggies until well combined.
3. Spread the mixture evenly into the baking dish.
4. Bake uncovered for 40–45 minutes, or until the chicken is cooked through and the top is lightly golden.
5. Let rest for a few minutes before serving.

You can top this with shredded cheese for the last 10 minutes!

Turkey Salisbury Rice Bowls

Need:

1 lb ground turkey

½ onion, diced

8 oz sliced mushrooms

1 packet brown gravy mix

12oz frozen peas

2 cups cooked rice

1 tbsp Worcestershire sauce (optional)

1. In a large skillet, cook ground turkey and onion until browned. Drain if needed.
2. Add mushrooms and cook a few more minutes until softened.
3. Prepare gravy according to package directions, then pour into the skillet with the turkey.
4. Stir in Worcestershire and peas, then simmer a few minutes until thickened and heated through.
5. Serve the turkey and gravy mixture over warm rice.

Creamy Garlic Parmesan Chicken with Noodles

Need:

1-1.5 lbs chicken breasts,
(cut into bite-sized pieces)

Favorite Seasonings +

Garlic Powder

6oz uncooked egg noodles

2 cups chicken broth

1 cup milk

1 cup grated Parmesan cheese

12oz frozen green beans

1. In a large skillet, cook chicken with garlic powder and favorite seasonings until browned.
2. Add chicken broth, milk, and noodles to the skillet. Stir well and bring to a gentle boil.
3. Cover and simmer for 10–12 minutes, stirring occasionally, until noodles are tender.
4. Stir in Parmesan cheese and green beans. Cook for another few minutes until everything is creamy and heated through.

Soy-Glazed Pork Loin

Need:

1/4 cup soy sauce

2 tbsp brown sugar

1 tsp oil*

1 tsp garlic powder

1-1.5 lbs pork tenderloin

2 cups cooked white rice

12 oz frozen broccoli

1. Preheat oven to 400°F.
2. Mix soy sauce, brown sugar, oil, and garlic powder in a small bowl.
3. Place pork loin in a baking dish and brush sauce over the top.
4. Bake for 35–40 minutes, or until pork reaches 145°F.
5. While the pork cooks, prepare rice and steam broccoli.
6. Slice pork and serve over rice with extra sauce drizzled on top and broccoli on the side.

Monterey Jack BBQ Chicken

Need:

1-2 lbs potatoes, diced

1/2 lb carrots, sliced

2 tbsp oil*

Favorite Seasonings

1-1.5 lbs chicken breasts

1/2 cup BBQ sauce

1 cup shredded Monterey Jack cheese

1/4 cup crispy fried onions (optional)

1. Preheat oven to 400°F and line a sheet pan with foil.
2. Toss potatoes and carrots with oil, and favorite seasonings. Spread them on half of the pan.
3. Place chicken on the other half and brush each piece with BBQ sauce.
4. Bake for 25–30 minutes, or until chicken is cooked through and potatoes are tender.
5. Top chicken with Monterey Jack cheese and fried onions. Bake another 5 minutes until melted and golden.