

# 6 DINNERS UNDER \$60 - WEEK #78

\*Fiesta Nachos \*Ham & Bean Soup

\*Chickpea Chicken Burgers \*Chili Mac with Ground Turkey

\*Cowboy Casserole \*Bean & Cheese Burritos

## SHOPPING LIST

### PRODUCE

- Onion (x1)
- Baby Carrots (1lb)
- Celery
- Sweet Potatoes (x2)
- Shredded Lettuce
- Roma Tomatoes (x2)

### MEAT DEPT

- Diced Ham (8oz)
- Canned Chicken (5oz)
- Ground Turkey (1lb)
- Hot Dogs (4-5ct)

### DAIRY

- Shredded Cheddar (16oz)
- Eggs (1/2 dz)

### FROZEN

- Tater Tots (2lb)

### PANTRY

- Black Beans (15oz)
- Corn (14.5oz)
- Diced Tomatoes with Chiles (10oz)
- Tortilla Chips
- Taco Seasoning
- Great Northern Beans (15oz x2)
- Chicken Broth (32oz)
- Chickpeas (15oz)
- Breadcrumbs
- Hamburger Buns
- Elbow Macaroni
- Diced Tomatoes (14.5oz)
- Tomato Sauce (8oz)
- Kidney Beans (15oz)
- Chili Powder
- Baked Beans (15oz)
- Green Beans (14.5oz)
- Refried Beans (14.5oz)
- Flour Tortillas
- Yellow Rice Mix

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

## Fiesta Nachos

@ lowdoughfamily

### Need:

15oz black beans, drained and rinsed

14.5oz canned corn, drained

10oz can diced tomatoes with chiles, drained

Tortilla chips

1 cup shredded cheddar

1-2 tsp taco seasoning

Optional toppings: sour cream, salsa, or diced avocado

1. Preheat oven to 375°F.
2. In a bowl, mix black beans, corn, diced tomatoes, and taco seasoning.
3. Spread tortilla chips on a baking sheet.
4. Spoon the bean mixture evenly over the chips.
5. Sprinkle with cheese and bake 10–12 minutes, until melted and bubbly.
6. Serve with sour cream or salsa on the side.

## Ham & Bean Soup

### Need:

1 small onion, chopped

1 cup chopped carrots

1 cup chopped celery

8oz diced ham

2 -15oz Great Northern beans  
(drained and rinsed)

3–4 cups chicken broth

1. In a large pot, sauté onion, carrots, and celery for 3–4 minutes until softened.
2. Add ham, beans, and broth. Stir and bring to a gentle boil.
3. Reduce the heat and simmer 20–25 minutes, stirring occasionally.
4. Lightly mash some beans with a spoon to thicken the broth (optional).
5. Taste and season with salt, pepper, or a dash of garlic powder before serving. Serve with leftover buns as butter bread or garlic bread!

## Chickpea Chicken Burgers with Sweet Potato Fries

Need:

2 sweet potatoes, cut into fries

1 tbsp oil\*

Favorite Seasonings\*

15 oz chickpeas, drained

5 oz canned chicken, drained

1/2 cup breadcrumbs

1 egg

1 tbsp oil\*

4 buns

Baby Carrots

1. Toss sweet potatoes with oil and salt. Air fry at 360°F for 12–15 minutes, shaking halfway through, until golden and crisp.
2. In a bowl, mash chickpeas with a fork. Add canned chicken, breadcrumbs, egg, and favorite seasoning. Mix and form into 4 patties.
3. Heat oil in a skillet and cook patties 3–4 minutes per side until golden brown.
4. Serve on buns with your favorite toppings and a side of fries & carrots.

## Chili Mac with Ground Turkey

Need:

8oz elbow macaroni

1 lb ground turkey

14.5oz diced tomatoes

8oz tomato sauce

15oz kidney beans

(drained and rinsed)

1-2 tbsp chili powder

1 cup shredded cheddar

1. Boil elbow macaroni in water until tender. Drain and set aside.
2. In a large skillet, brown ground turkey over medium heat and drain any grease.
3. Stir in diced tomatoes, tomato sauce, kidney beans, and chili powder. Simmer for about 10 minutes to blend flavors.
4. Add the cooked macaroni and stir to coat everything well.
5. Fold in shredded cheese until melted and creamy.

## Cowboy Casserole with Green Beans

Need:

15oz baked beans

4–5 hot dogs, sliced

1 cup shredded cheese

1lb frozen tater tots

14.5oz green beans, drained

1. Preheat oven to 400°F.
2. Spread tater tots in the bottom of a baking dish and bake for 15–20 minutes, until lightly crispy.
3. While they bake, mix baked beans and sliced hot dogs in a bowl.
4. Pour the bean and meat mixture over the crispy tots and sprinkle with cheese.
5. Return to the oven and bake for 10–15 more minutes, until hot and bubbly.
6. Heat the green beans separately and serve on the side.

## Bean & Cheese Burritos

Need:

15 oz refried beans

1 lb frozen tater tots

1 cup shredded cheese

6 flour tortillas

1 packet yellow rice mix

Shredded Lettuce

2 Roma Tomato, diced

Optional: salsa or taco sauce

1. Cook yellow rice according to package directions.
2. Put tater tots in a single layer and air fry at 400°F for 10–12 minutes, shaking halfway through, until crisp.
3. Warm the refried beans in the microwave for about 1 minute, or until soft and spreadable.
4. Spread warm beans down the center of each tortilla.
5. Top with a few crispy tater tots and sprinkle with cheese.
6. Roll up burrito-style and place seam-side down in the air fryer or skillet for 2–3 minutes to lightly brown and melt the cheese.
7. Serve with yellow rice, shredded lettuce, and diced tomato.