

# 6 DINNERS UNDER \$60- WEEK #80

\*Honey Mustard Chicken \*BBQ Pork Chops

\*Salsa Chicken & Rice \* BLT Pasta

\*Chicken Parmesan Pasta \*Unstuffed Cabbage Skillet

## SHOPPING LIST

### PRODUCE

- Baby Carrots (1lb)
- Potatoes (5lb)
- Tomato (x1)
- Spinach (10oz)
- Shredded Cabbage (10oz)

### MEAT DEPT

- Chicken Breasts (5lb)
- Pork Chops (1lb)
- Bacon (1lb)
- Ground Sausage (1lb)

### DAIRY

- Mozzarella (8oz)

### PANTRY

- Honey Mustard Dressing
- BBQ Sauce
- Baked Beans (16oz)
- Salsa (16oz)
- Black Beans (16oz)
- Taco Seasoning
- White Rice
- Pasta (any shape-16oz)
- Ranch Dressing
- Pasta (penne or rotini)
- Marinara Sauce
- Diced Tomatoes (14.5oz)

### FROZEN

- Corn on the Cob (6ct)

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

## Honey Mustard Chicken with Carrots & Potatoes

Need:

1 lb baby carrots

4-5 potatoes, cubed

2 tbsp oil\*

Favorite Seasonings

1–1.5 lbs chicken breasts

1/2 cup honey mustard dressing

1. Preheat oven to 400°F. Line a large baking sheet with foil.
2. Toss potatoes and carrots with oil & favorite seasonings then spread evenly on the pan.
3. Add chicken on top and brush everything with honey mustard dressing.
4. Bake 30–45 minutes, stirring vegetables halfway through, until chicken is cooked through and potatoes are tender.

\*Bake time will depend on thickness of the chicken\*

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## BBQ Pork Chops with Corn on the Cob & Baked Beans

Need:

1 lb pork chops

1/2 cup BBQ sauce

6 frozen corn on the cob pieces

16 oz baked beans

1 tbsp oil\*

1. reheat oven to 400°F. Line a sheet pan with foil for easy cleanup.
2. Place pork chops and corn on the pan. Brush BBQ sauce over the pork chops and drizzle olive oil on the corn.
3. Bake 20–25 minutes, flipping corn once, until pork chops are cooked through.
4. Warm baked beans on the stovetop or in the microwave to serve on the side.

## Salsa Chicken & Rice (Crockpot)

Need:

1-1 1/2 lbs chicken breasts

16 oz salsa

16oz black beans

1 packet taco seasoning

2-3 cups cooked white rice

1. Add chicken, salsa, black beans, and taco seasoning to the slow cooker. Stir gently to coat the chicken.
2. Cover and cook on LOW for 4–6 hours or until chicken is tender.
3. Shred chicken in the crockpot and mix with the sauce and beans.
4. Serve the mixture over warm cooked rice.

Optional: Top with sour cream or shredded cheese.

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## BLT Pasta with Ranch

Need:

16 oz pasta (any shape you like)

1lb bacon, chopped

1 large tomato, diced

2 cups chopped spinach

1/2-1 cup ranch dressing

1. Cook pasta until tender, then drain and set aside.
2. In a large skillet, cook chopped bacon until crisp. Remove bacon and drain on paper towels, keeping about 1 tablespoon of drippings in the pan.
3. Add cooked pasta, diced tomato, and ranch dressing to the skillet. Stir well to coat.
4. Mix in bacon and spinach just before serving so the spinach wilts slightly but stays bright.

Optional: Serve with garlic bread or toast for the full BLT experience.

## One-Pot Chicken Parmesan Pasta

Need:

- 1 lb chicken breasts, cut into bite-size pieces
- 8 oz pasta (penne or rotini)
- 24 oz marinara sauce
- 2 cups water
- 1.5-2 cups shredded mozzarella

1. In a large deep skillet, cook chicken over medium heat until lightly browned.
2. Add pasta, marinara sauce, and water. Stir to combine, ensuring pasta is mostly covered.
3. Bring to a gentle boil, then reduce heat, cover, and simmer 12–15 minutes, stirring occasionally, until pasta is tender and sauce has thickened.
4. Stir in half the cheese, then sprinkle the rest on top. Cover again for 2–3 minutes until melted and bubbly.

## Unstuffed Cabbage Skillet

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Need:

- 1 tbsp oil\*
- 1 lb ground sausage
- 3–4 cups shredded cabbage
- 14.5 oz diced tomatoes
- Favorite Seasonings
- 2-3 cups cooked white rice

1. In a large skillet, heat oil and cook sausage until browned. Drain if needed.
2. Add cabbage and tomatoes (with juice). Stir and cook 10-12 minutes until the cabbage is tender and the flavors blend.
3. Season with Favorite Seasonings
4. Serve the sausage and cabbage mixture over warm cooked rice.

Optional: Top with shredded mozzarella cheese!