

3 Dinners Mini Menu #30 - Brown Sugar Meals

Grocery List

6-8 Drumsticks
Brown Sugar
Soy Sauce
Garlic
White Rice
Frozen Broccoli
(12oz)
Ground Turkey (1lb)
Breadcrumbs
Egg (6ct)
BBQ Sauce
Ketchup
Green Beans
(14.5oz)
Mashed Potatoes
Smoked Sausage
(14oz)
Bell Pepper (x1)
Pineapple Tidbits
(20oz)

@lowdoughfamily

Garlic-Glazed Drumsticks with Rice & Broccoli

6-8 chicken drumsticks
1/4 cup brown sugar
3 tablespoons soy sauce
2 cloves garlic, minced
1 tablespoon oil*
2 cups cooked rice
12oz frozen broccoli

1. Preheat oven to 400°F. Line a baking sheet with foil for easy cleanup.
2. In a small bowl, mix brown sugar, soy sauce, garlic, and oil.
3. Place drumsticks on the baking sheet and brush the glaze all over.
4. Bake for 35-40 minutes, flipping once halfway through, until the chicken is golden and sticky.
5. Meanwhile, cook rice and steam broccoli in the microwave.
6. Serve the drumsticks over rice with broccoli on the side, drizzling extra glaze from the pan over top.

Sweet & Smoky Meatballs with Mashed Potatoes & Green Beans

1 lb ground turkey
1/2 cup breadcrumbs
1 egg
Favorite Seasonings
1 tablespoon oil*
1/2 cup BBQ sauce
2 tablespoons brown sugar
2 tablespoons ketchup
14.5oz green beans
4 cups prepared mashed
potatoes (instant or homemade)

1. Mix ground turkey, breadcrumbs, egg, and seasonings; form into small meatballs.
2. Brown meatballs in a little oil over medium heat until cooked through.
3. In a bowl, stir together BBQ sauce, brown sugar, and ketchup. Add to skillet and let simmer a few minutes until thick and glossy.
4. Spoon over mashed potatoes and serve with green beans.

Pineapple-Glazed Smoked Sausage Skillet

1 tablespoon oil*
14 oz smoked sausage (sliced into coins)
1 bell pepper, sliced
20oz can pineapple tidbits
(juice reserved)
2 tablespoons brown sugar
2 tablespoons soy sauce
2 cups cooked rice

1. Heat oil in a large skillet over medium heat. Add sausage and cook 4-5 minutes until browned.
2. Add bell pepper and cook another 2-3 minutes to soften slightly.
3. Stir in pineapple chunks, brown sugar, soy sauce, and 2-3 tablespoons of pineapple juice.
4. Simmer 5 minutes, stirring occasionally, until the sauce thickens and coats everything.
5. Serve hot over rice and drizzle any extra glaze from the pan on top.