

6 DINNERS UNDER \$60 - WEEK #81

*Pesto Chicken Bake *One-Pot Shrimp and Rice

*Mississippi Chicken Pasta * Smoked Sausage & Mushroom Pasta

*Easy Teriyaki Chicken & Veggies *Sloppy Joes with Homemade Fries

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Cherry or Grape
- Tomatoes (10oz)
- Onion (x1)
- Lime (x1)
- Salad Kit (any flavor)

MEAT DEPT

- Chicken Breasts (5lb)
- Raw Shrimp (12oz)
- Smoked Sausage (12-13oz)
- Ground Turkey (1lb)

DAIRY

- Butter (1lb)
- Parmesan Cheese (6oz)
- Milk (16oz)

PANTRY

- Pesto Sauce
- Chicken Broth (14.5oz)
- Au Jus Gravy Mix
- Ranch Seasoning
- Pepperoncini Peppers
- Penne Pasta
- Sliced Mushrooms (6.5oz)
- Brown Sugar
- Soy Sauce
- White Rice
- Sloppy Joe Sauce (15oz)
- Hamburger Buns

FROZEN

- Broccoli (12oz)
- Peas (12oz)
- California Blend (12oz)
- Green Beans (12oz)

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

@ lowdoughfamily

Pesto Chicken Bake with Potatoes & Tomatoes

Need:

1.5 lbs chicken breasts

1 cup pesto

2 tbsp oil (divided)*

2 tbsp water (divided)*

2 lbs potatoes, cut into 1-inch chunks

10 oz cherry or grape tomatoes

Favorite Seasonings

1. Preheat oven to 400°F and lightly grease a large baking sheet or casserole pan.
2. In a bowl, toss chicken with pesto, 1 tablespoon oil, and 1 tablespoon water, then arrange on the pan.
3. In the same bowl, mix potatoes and tomatoes with the remaining oil, water, and seasoning. Add to the pan around the chicken.
4. Bake for about 45 minutes, stirring halfway through, until chicken and potatoes are tender.
5. Let rest for 5–10 minutes before serving.

One-Pot Shrimp and Rice

@ lowdoughfamily

Need:

1/2 onion, diced

14.5 oz can chicken broth

1/4 cup water*

1 lime (zest and juice)

1 cup white rice

12 oz raw shrimp (peeled and deveined)

4 tbsp butter or margarine, cut into chunks

1/2 cup parmesan cheese

12 oz frozen broccoli

1. In a large skillet, sauté the diced onion in butter or oil until tender.
2. Add the chicken broth, water, and lime zest. Bring the mixture to a boil.
3. Stir in the rice, cover, and reduce heat to low. Let it simmer for about 10 minutes, or until most of the liquid is absorbed.
4. Lay the shrimp evenly over the rice. Add butter chunks on top and squeeze in the lime juice. Cover again and cook another 5–7 minutes, or until the shrimp are pink and fully cooked.
5. Remove from heat and stir in the parmesan cheese until creamy.
6. Steam the frozen broccoli separately in the microwave and either stir it into the pan or serve it on the side.

Mississippi Chicken

Need:

2–3 chicken breasts

1 stick butter

1 packet Au Jus gravy mix

1 packet ranch seasoning mix

6–8 pepperoncini peppers

8 oz penne pasta

Any Flavor Salad Kit

1. Place chicken in the bottom of your slow cooker.
 2. Top with butter, sprinkle on the Au Jus mix and ranch seasoning, and add the pepperoncini peppers.
 3. Cover and cook on low for 8 hours or high for 4 hours, until the chicken is tender and shreds easily.
 4. About 20 minutes before serving, cook the penne pasta in boiling water. Drain well.
 5. Shred the chicken right in the crockpot and stir it into the rich buttery sauce.
 6. Spoon the chicken and sauce over the cooked penne noodles and toss gently to coat.
- Serve with Side Salad made from Kit.

Smoked Sausage & Mushroom Pasta

@ lowdoughfamily

Need:

8 oz penne pasta

12-13 oz smoked sausage, sliced

1/2 onion, diced

6.5 oz sliced mushrooms, drained

Favorite Seasonings

3/4 cup milk

1 cup shredded parmesan cheese

12 oz frozen peas

1–2 tbsp butter

1. Cook pasta in boiling water until tender; reserve $\frac{3}{4}$ cup pasta water and drain.
2. In a large skillet, brown sausage slices, then set aside.
3. In the same pan, cook onion until soft, then add mushrooms and favorite seasonings.
4. Return sausage to the pan and stir in milk and reserved pasta water; simmer until slightly thickened.
5. Add cooked pasta and parmesan, stirring until creamy and coated.
6. Microwave peas, toss with butter, and serve on the side or mix into the pasta.

Easy Teriyaki Chicken & Veggies

Need:

2 chicken breasts, cut into 1-inch pieces

1–2 tbsp oil (for cooking)

1/4 cup brown sugar

1/4 cup soy sauce

2 cups cooked rice

12oz frozen California Blend

1. Heat oil in a large skillet over medium heat. Add chicken and cook until browned and fully cooked.
2. Stir in brown sugar and soy sauce. Simmer a few minutes until the sauce thickens and coats the chicken.
3. Steam vegetables in the microwave according to package directions.
4. Stir vegetables in with the Chicken and Sauce, then serve over rice.

@ lowdoughfamily

Sloppy Joes with Homemade Fries

Need:

4 potatoes, cut into fries

1 tbsp oil

Favorite Seasonings

1 lb ground turkey

15 oz can Sloppy Joe sauce

12 oz frozen green beans

4–6 hamburger buns

1. Toss potato fries with oil and salt; cook in Air Fryer at 360°F for 15–20 minutes, shaking halfway through. *Time will depend on the thickness of the potatoes*
2. In a skillet, cook ground turkey until browned. Stir in Sloppy Joe sauce and simmer 5 minutes.
3. Steam green beans in the microwave or on the stovetop.
4. Serve the Sloppy Joe mixture on buns with fries and green beans on the side.