

6 DINNERS UNDER \$60 - WEEK #81

*Teriyaki Chicken Stir-Fry

*Creamy Cajun Smoked Sausage

*Lemon Chicken with Rice

* Philly Rice Skillet

*Chicken Alfredo Spinach Pizza

*Ham & Cream Cheese Crescent Rolls

SHOPPING LIST

PRODUCE

- Lemon (x1)

MEAT DEPT

- Chicken Breasts (5lb)
- Smoked Sausage (13-14oz)
- Ground Turkey (1lb)
- Deli Ham (9oz)

DAIRY

- Butter (1lb)
- Mozzarella (8oz)
- Cream Cheese (8oz)
- Crescent Rolls (8ct)
- Cheddar (8oz)

PANTRY

- Ramen Noodles (2-3 packs)
- Teriyaki Sauce
- Egg Noodles
- Alfredo Sauce
- Cajun Seasoning
- White Rice (1lb)
- Chicken Broth (32oz)
- Worcestershire Sauce
- Beef Broth (32oz)
- Pizza Crust Mix
- Ranch Seasoning
- Green Beans (14.5oz)

FROZEN

- Stir-fry Veggies (20oz)
- Peppers & Onions (20oz)
- Broccoli (12oz)
- Spinach (12oz)

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

@lowdoughfamily

Teriyaki Chicken Stir-Fry

Need:

2–3 packs ramen noodles

1-2 lb chicken breasts, sliced thin

Oil

Favorite Seasonings

20oz frozen stir-fry veggies

1/2 cup teriyaki sauce

1. Cook ramen noodles, drain, and set aside.
2. In a large skillet, cook chicken in a little oil until browned. Season lightly.
3. Add the frozen veggies and cook until heated through.
4. Stir in teriyaki sauce and let everything simmer 2–3 minutes.
5. Toss in the cooked ramen noodles and serve.

Lemon Chicken with Rice

Need:

1–2 tbsp butter

1-2 lb chicken breasts, cut into chunks

Favorite Seasoning

1 cup white rice

2 cups chicken broth

1 lemon (juice + zest)

12oz bag frozen broccoli

1. Melt butter in a large pot or deep skillet and brown the chicken. Season with favorite seasonings.
2. Add the rice, chicken broth, and lemon juice. Stir well.
3. Bring to a boil, then cover and reduce heat to low. Cook for about 18–20 minutes or until rice is tender.
4. In the last 5 minutes of cooking, place broccoli on top of the rice and chicken (do not stir), then cover again to steam.
5. Fluff everything together before serving and top with zest.

Creamy Cajun Smoked Sausage & Veggie Skillet

Need:

8 oz egg noodles

13-14oz smoked sausage, sliced

1-2 cups frozen peppers and onions

1-1½ cups Alfredo sauce

1 tsp Cajun seasoning

1. Cook egg noodles and set aside.
2. In a large skillet, brown the sausage slices.
3. Add frozen peppers and onions and cook until tender.
4. Stir in Alfredo sauce and Cajun seasoning; simmer 2-3 minutes.
5. Toss in the cooked noodles and warm through.

Chicken Alfredo Spinach Pizza

Need:

1 packet pizza crust mix

oil

1-2 lb chicken breasts

(cut into small pieces or thin slices)

Favorite Seasonings

1/2 cup Alfredo sauce

1 cup frozen spinach (thawed & squeezed-dry)

1 cup shredded mozzarella

1. Prepare pizza crust mix according to package directions.
2. While that rests, heat a little oil and cook the chicken pieces until fully done. Season with Favorite Seasonings.
3. Spread pizza dough out on a greased pan, then top with alfredo sauce. Add cooked chicken evenly over the top.
4. Add spinach and sprinkle with mozzarella and favorite seasonings.
5. Bake at 400°F for 15-20 minutes until golden and bubbly.

Philly Rice Skillet

Need:

1 lb ground turkey

Favorite Seasonings

1–2 cups frozen peppers and onions

1 cup white rice

1–2 tsp Worcestershire sauce

2 cups beef broth

1/2–1 cup shredded mozzarella

1. In a large deep skillet, brown the ground turkey and add favorite seasonings.
2. Add the frozen peppers and onions and cook until softened.
3. Stir in the uncooked rice and Worcestershire.
4. Pour in the broth and bring the mixture to a gentle boil.
5. Reduce heat to low, cover, and cook for 18–20 minutes or until the rice is tender.
6. Sprinkle mozzarella over the top, cover again, and let it melt before serving.

Ham & Cream Cheese Crescent Rolls

Need:

4-6oz cream cheese, softened

1/2-1 cup shredded cheddar cheese

1-2 tsp Ranch Seasoning

1 cup chopped deli ham

8ct crescent rolls

1-2 tbsp butter

Favorite Seasonings.

14.5oz Green Beans

1. Preheat oven to 350°F.
2. Mix softened cream cheese, shredded cheddar, ranch seasoning, and chopped ham.
3. Unroll crescents and place a spoonful of filling on the wide end of each triangle. Roll up and place on a baking sheet. Brush with melted butter and favorite seasonings.
4. Bake 8-12 minutes until golden brown.
5. Heat green beans and serve on the side.