

6 DINNERS UNDER \$60 - WEEK #83

*Italian Tomato-Basil Chicken

*Polish Sausage Fried Potatoes, Onions & Cabbage

*Ranch Chicken, Potatoes & Green Beans

* American Goulash

*Chicken & Rice Burrito Bowls

*Mac & Cheese with Ham & Broccoli

SHOPPING LIST

PRODUCE

- Zucchini
- Onion (x3)
- Potatoes (5lb)
- Coleslaw Mix (16oz)
- Lettuce
- Roma Tomatoes (x2)

MEAT DEPT

- Chicken Leg
Quarters (10lb)
- Polish Sausage (13-
14oz)
- Ground Turkey (1lb)
- Ham Steak (8oz)

FROZEN

- Green Beans (12oz)
- Broccoli (12oz)

PANTRY

- Tomato Paste (6oz)
- Italian Seasoning
- White Rice
- Ranch Seasoning
- Diced Tomatoes (14.5oz)
- Tomato Sauce (8oz)
- Elbow Macaroni (1lb)
- Sweet Peas (14.5oz)
- Taco Seasoning
- Corn (14.5oz)
- Black or Pinto Beans (15.5oz)
- Salsa
- Flour

DAIRY

- Butter (8oz)
- Sour Cream
- Cheddar Cheese
(16oz)
- Milk (1/2 gal)

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

Sheet Pan Italian Tomato-Basil Chicken with Rice

Need:

2–3 chicken leg quarters

1-2 tbsp tomato paste

1 tsp Italian seasoning

1 zucchini, sliced

1 onion, sliced

1–2 tbsp oil

2 cups cooked rice

1. Preheat oven to 400°F.

2. Stir tomato paste, Italian seasoning, and favorite seasonings together. Spread mixture over chicken leg quarters.

3. Place sliced zucchini and onions on the sheet pan; toss with a little oil and favorite seasonings.

4. Add chicken on top and roast 45–55 minutes or until cooked through.

5. Serve over cooked rice.

Polish Sausage Fried Potatoes, Onions & Cabbage

Need:

Oil or butter

14 oz Polish sausage, sliced

4–5 potatoes

(thinly sliced half moons)

1 onion, sliced

16oz coleslaw mix

Favorite Seasonings

1. Heat oil or butter in a large skillet.

2. Add potatoes and season with favorite seasonings. Cook 10–15 minutes.

3. Add onions and sausage. Cook 8–12 minutes more, stirring occasionally, until browned.

4. Add the 16 oz bag of shredded coleslaw mix. Cook 5–7 minutes, stirring often, until the cabbage cooks down and becomes tender.

5. Optional: Top with cheese or sour cream!

Crockpot Ranch Chicken, Potatoes & Green Beans

Need:

3-4 potatoes, cubed

12–16 oz frozen green beans

2–3 chicken leg quarters

1 packet ranch seasoning

2–3 tbsp butter

1. Add potatoes and green beans to the bottom of the crockpot.
2. Place chicken leg quarters on top.
3. Sprinkle ranch seasoning over everything and add butter.
4. Cook 6–7 hours on LOW or 3–4 hours on HIGH.
5. At dinner time, you can serve the chicken on the bone, or remove the meat and mix back into the crockpot

Ground Turkey American Goulash with Peas

Need:

1 lb ground turkey

1 onion, diced

5.5oz tomato paste

15oz diced tomatoes

8oz tomato sauce

8oz elbow macaroni

3 cups water or broth

1 tsp Italian seasoning

Favorite Seasonings

14.5oz Sweet peas

1. In a large pot, brown the ground turkey and onion. Add Italian seasoning and favorite seasonings.
2. Stir in tomato paste and cook for 1–2 minutes. Add the diced tomatoes, tomato sauce, water/broth, and elbow macaroni.
3. Bring to a boil, then reduce heat and simmer 12–15 minutes, stirring occasionally, until pasta is tender.
4. Heat peas separately and serve on the side.

Chicken & Rice Burrito Bowls

Need:

2–3 chicken leg quarters

1 packet taco seasoning

2 cups cooked rice

14.5oz corn, drained

15oz beans (black or pinto), drained

Salsa + sour cream

Shredded cheese

lettuce + tomatoes

1. Season chicken with taco seasoning and roast at 400°F for 45–55 minutes.
2. Remove meat from the bones and shred.
3. Build bowls with rice, shredded chicken, corn, beans, salsa, sour cream, and cheese.
4. Top with shredded lettuce and tomatoes! (Optional: Add sour cream on top!

Cheesy Homemade Mac & Cheese with Ham & Broccoli

Need:

8oz elbow macaroni

12oz frozen broccoli

2 tbsp butter

2 tbsp flour

2 cups milk

1½–2 cups shredded cheddar

Favorite Seasonings

8 oz ham steak, diced

1. Cook pasta in boiling water; add broccoli to the boiling pasta during the last 3 minutes. Drain and set aside.
2. In a skillet, melt butter and stir in flour. Cook 1 minute.
3. Add milk and whisk until thickened.
4. Stir in cheddar cheese and favorite seasonings.
5. Combine cooked pasta + broccoli + diced ham with the cheese sauce.
6. Mix well until fully heated and then serve.

Optional: Skip boiling the broccoli and steam it; then serve on the side. @ lowdoughfamily