

6 DINNERS UNDER \$60 - WEEK #84

*Creamy Mushroom Chicken over Rice

*Meatloaf with Mashed Potatoes

*Garlic Parmesan Chicken with Potatoes & Baby Carrots

*One Pot Ziti Pasta

*One-Pot Chicken Alfredo Pasta

*Turkey Enchilada Rice Skillet

SHOPPING LIST

PRODUCE

- Mushrooms (8oz)
- Potatoes (5lb)
- Baby Carrots (1lb)

MEAT DEPT

- Chicken Breasts (5lb)
- Ground Turkey (3lb)

DAIRY

- Milk (1/2 gal)
- Eggs (6ct)
- Butter (8oz)
- Parmesan Cheese (6oz)
- Mozzarella Cheese (8oz)
- Cheddar Cheese (8oz)

PANTRY

- White Rice (1lb)
- Cream of Mushroom (10oz)
- Breadcrumbs
- Ketchup
- Sweet Peas (14.5oz)
- Garlic Powder
- Ziti Pasta (1lb)
- Marinara Sauce (24oz)
- Green Beans (14.5oz)
- Penne (16oz)
- Enchilada Sauce (10oz)
- Corn (14.5oz)

FROZEN

- Broccoli (12oz)

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

@ lowdoughfamily

Creamy Mushroom Chicken over Rice

Need:

- 1 cup white rice
- 2 cups water
- 1 1/2 lbs chicken breasts, cut into chunks
- Favorite Seasonings
- 8 oz fresh mushrooms, sliced
- 10.5 oz cream of mushroom soup
- 1/2 cup milk

1. Cook rice with water using your favorite method. (Rice cooker, stovetop, microwave, etc.)
2. Season chicken with favorite seasonings and cook in a skillet over medium heat until done. Remove chicken to a plate.
3. In the same skillet, add sliced mushrooms and cook 4–5 minutes until softened and lightly browned.
4. Stir in cream of mushroom soup and milk. Return chicken to the skillet. Simmer 5–7 minutes until heated through and creamy.
5. Serve mushroom chicken over cooked rice.

Meatloaf with Mashed Potatoes and Sweet Peas

Need:

- 1 lb ground turkey
- 1 egg
- 1/2 cup breadcrumbs or crushed crackers
- 1/2 cup ketchup
- 2 lbs potatoes, peeled and chopped
- 2 tbsp butter
- 1/2 cup milk
- 14.5oz sweet peas

1. Heat oven to 375°F.
2. In a large bowl, mix ground turkey, egg, breadcrumbs, ketchup, salt, and pepper until just combined.
3. Shape into a loaf and place in a greased baking dish. Bake for 40–45 minutes, until cooked through.
4. While the meatloaf bakes, place potatoes in a large pot of salted water. Bring to a boil and cook 15–20 minutes, until fork-tender.
5. Drain potatoes and mash with butter, milk, and salt until smooth.
6. Heat sweet peas in microwave or in a pot on the stove.

Garlic Parmesan Chicken with Potatoes & Baby Carrots

Need:

- 2 lbs boneless, skinless chicken breasts
- 1½ lbs potatoes, cut into bite-size pieces
- 16 oz baby carrots
- 3 tbsp oil
- 1 tsp garlic powder
- Favorite Seasonings
- ½ cup grated Parmesan cheese

1. Heat oven to 400°F.
2. Place chicken breasts, potatoes, and baby carrots on a large sheet pan.
3. Drizzle everything with oil, then sprinkle with garlic powder and favorite seasonings.
4. Roast for 30–35 minutes, flipping the chicken and stirring the vegetables once halfway through.
5. Sprinkle Parmesan cheese over the chicken and vegetables.
6. Return to the oven for 5 more minutes, until the cheese is melted and lightly golden.

One Pot Ziti Pasta

Need:

- 1 lb ground turkey
- 16 oz ziti pasta
- 24 oz marinara sauce
- 2½ cups water or chicken broth
- 2 cups shredded mozzarella cheese
- 14.5oz green beans

1. In a large pot or deep skillet over medium heat, cook the ground turkey until fully browned.
2. Stir in the uncooked ziti, marinara sauce, and water (or broth). Mix well.
3. Bring to a gentle boil, then reduce heat to low. Cover and simmer for 15–18 minutes, stirring every few minutes to prevent sticking, until pasta is tender.
4. Turn heat to low and stir in 1½ cups of the shredded mozzarella until melted and creamy.
5. Sprinkle the remaining ½ cup mozzarella over the top, cover, and cook 2–3 minutes until melted.
6. Heat green beans in the microwave or on the stove top.

One-Pot Chicken Alfredo Pasta

Need:

2 tbsp butter

1 lb boneless, skinless chicken breasts

(cut into bite-size pieces)

1 tsp garlic powder

Favorite Seasonings

16 oz penne

3 cups milk

1 cup water or chicken broth

1 cup grated Parmesan cheese

12oz frozen broccoli

1. In a large pot or deep skillet over medium heat, melt the butter.
2. Add chicken, garlic powder, and favorite seasonings. Cook until chicken is no longer pink.
3. Stir in uncooked pasta, milk, and water (or broth).
4. Bring to a gentle boil, then reduce heat to low. Cover and simmer 12–15 minutes, stirring every few minutes so the pasta doesn't stick.
5. Once pasta is tender and the sauce has thickened, reduce heat to low.
6. Stir in Parmesan cheese until melted and creamy.
7. Steam broccoli in the microwave.

Turkey Enchilada Rice Skillet

Need:

1 lb ground turkey

1 cup uncooked white rice

10oz enchilada sauce

2 cups water or chicken broth

14.5oz corn (drained)

1 cup shredded cheddar

1. In a large pot or deep skillet over medium heat, cook the ground turkey until fully browned. Break it up as it cooks. Drain excess liquid if needed.
2. Stir in uncooked rice, enchilada sauce, water (or broth), corn, salt, and pepper.
3. Bring to a gentle boil, then reduce heat to low. Cover and simmer 18–20 minutes, stirring once or twice, until the rice is tender and most of the liquid is absorbed.
4. Sprinkle shredded cheese evenly over the top.
5. Cover again and cook 2–3 minutes, until the cheese is melted.