

3 Meal Mini Menu #34 - Gravy Meals

Grocery List

2lb boneless Chicken
Breasts or Thighs
1 pack Chicken Gravy Mix
12oz Frozen Mixed
Veggies
Egg Noodles
1lb Ground Pork & Beef
Blend
1 onion
12oz Frozen Peas
4oz Mushrooms
1 pack Brown Gravy Mix
White Rice
1 pack Pepper Gravy Mix
6oz Stuffing Mix
14.5oz Green Beans

@lowdoughfamily

Slow Cooker Chicken & Gravy over Noodles

1 lb boneless chicken breasts or
thighs
1 packet chicken gravy mix
1¼ cups water or chicken broth
Favorite Seasoning
12 oz bag frozen mixed
vegetables
8 oz egg noodles

1. Place chicken in the slow cooker.
2. Whisk gravy mix with water/broth and seasonings; pour over chicken.
3. Cook LOW 6 hours or HIGH 3 hours.
4. Shred chicken and stir back into gravy.
5. Stir in frozen mixed vegetables, cover, and cook 15–20 minutes until heated through.
6. Right before dinner, boil noodles until soft and drain. Serve chicken, gravy, and veggies over the egg noodles.

Hamburger Gravy over Rice

1 lb ground pork & beef blend
1 onion, diced
12oz frozen peas
4oz mushrooms, drained
1 packet brown gravy mix
1 1/4 cups water or broth
Favorite seasonings
2 cups cooked white rice

1. In a large skillet over medium heat, cook the ground meat with the diced onion until browned and the onion is softened. Season with your favorite seasonings. Drain excess grease if needed.
2. Stir in the drained mushrooms; cook 3–4 minutes until heated through.
3. Sprinkle in the gravy mix and pour in the water or broth. Stir well.
4. Simmer 5–7 minutes, stirring occasionally, until the gravy thickens and coats the meat and vegetables.
5. Steam peas in the microwave. Serve gravy over rice with peas on the side.

Chicken & Pepper Gravy Stuffing Bowls

1 lb boneless chicken breasts
or thighs
2 1/4 cups water or broth
1 packet pepper gravy mix
6oz chicken stuffing mix
14.5oz green beans

1. Place chicken in a skillet with 1/2 cup water/broth and cover. Simmer 12–15 minutes, flipping once, until cooked through. Remove chicken and shred or chop.
2. In the same skillet or a saucepan, prepare the pepper gravy using the gravy mix and 1 ¾ cup water/broth, stirring until thickened.
3. Prepare the chicken stuffing mix according to package directions.
4. Heat the canned green beans in a small saucepan or microwave; season with your favorite seasonings.
5. Assemble bowls by layering stuffing, chicken, green beans, and pepper gravy on top.