

3 Meal Mini Menu #37 - Ranch Chicken Meals

Grocery List

Butter
Chicken Breasts (3lb)
Ranch Seasoning (x3)
Pasta (penne, rotini, or shells)
Milk
Parmesan Cheese (6oz)
Frozen Peas (12oz)
Au Jus or Brown Gravy
Mix
Pepperoncini or Banana Peppers
Tortillas
Corn (14.5oz)
Refried Beans (15oz)
Frozen Broccoli (12oz)
White Rice

@lowdoughfamily

Ranch Chicken Pasta

1 tbsp butter or oil
2-3 thawed chicken breasts (about 1 lb)
1 packet ranch seasoning
12-16 oz pasta (penne, rotini, or shells)
1 cup milk
6 oz shredded parmesan cheese
12oz frozen peas

1. Cook chicken in a skillet with butter or oil. Sprinkle with ranch seasoning and cook until done. Remove chicken and once cooled, chop or shred it.
2. Cook pasta in boiling water until tender. Save 1/2 cup pasta water, then drain, and set aside.
3. Add milk, pasta water, and chicken to the skillet. Let simmer 2-3 minutes over medium heat.
4. Stir in pasta and parmesan until creamy.
5. Steam peas in microwave and serve on the side, or stir into the pasta.

Mississippi-Style Ranch

Chicken Tacos

2-3 chicken breasts (about 1 lb)
1 packet ranch seasoning
1 packet au jus or brown gravy mix
4-6 pepperoncini or banana peppers
+ 2-3 tbsp juice
2 tbsp butter
Tortillas
14.5oz corn
15oz refried beans

1. Place frozen or thawed chicken in the crockpot.
2. Sprinkle ranch seasoning and au jus mix over the chicken.
3. Add pepperoncini, juice, and butter.
4. Cook on LOW 6-7 hours or HIGH 3-4 hours.
5. Shred chicken in the juices and stir well.
6. Place chicken in tortillas for tacos, and serve with corn and refried beans on the side.

Ranch Chicken & Broccoli Over Rice

1 tbsp oil
2-3 thawed chicken breasts (about 1 lb)
1 packet ranch seasoning
12 oz frozen broccoli
1-2 tbsp butter
2-3 cups cooked rice

1. Cut chicken into bite-size pieces.
2. Heat oil in a large skillet over medium heat. Add chicken and ranch seasoning.
3. Cook until chicken is browned and cooked through.
4. Add frozen broccoli and butter, then cover, and steam 5-7 minutes.
5. Serve over cooked rice.