

6 DINNERS UNDER \$60 - MENU #85

*Garlic Parmesan Chicken Pasta

*Teriyaki Pork & Rice Bowls

*Smoky Paprika Chicken & Potatoes

*Mexican Spaghetti with Chorizo

*Sheet Pan Smoked Sausage & Potatoes

*Crockpot Creamy Onion Chicken

SHOPPING LIST

PRODUCE

- Garlic
- Red Potatoes (3lb)
- Zucchini
- Onion

MEAT DEPT

- Chicken Breasts (5lb)
- Teriyaki Pork Tenderloin (22oz)
- Chorizo (9oz)
- Smoked Sausage (14oz)

FROZEN

- Broccoli (12oz)
- Stir Fry Veggies (20oz)
- Green Beans (12oz)
- Sweet Peas (12oz)

PANTRY

- Rotini Pasta
- Italian Seasoning
- White Rice
- Paprika
- Taco Seasoning
- Tomato Sauce (8oz)
- Diced Tomatoes w/ Chiles (10oz)
- Corn (14.5oz)
- Spaghetti Pasta
- Onion Soup Mix

DAIRY

- Milk (1 qt)
- Parmesan Cheese (6oz)
- Cream Cheese (8oz)

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

Garlic Parmesan Chicken Pasta

Need:

- 8 oz rotini pasta
- 1 Tbsp oil or butter
- 1–1½ lb chicken breasts
(cut into 1-inch pieces)
- 2 cloves fresh garlic, minced
- 1 tsp Italian seasoning
- ½ cup milk
- ½ cup shredded parmesan cheese
- 1 (12 oz) bag frozen broccoli florets

1. Bring a large pot of water to a boil. Add rotini and cook until tender. Drain and set aside.
2. Heat oil or butter in a large skillet over medium heat. Add chicken and cook until fully cooked through.
3. Add minced garlic and Italian seasoning and cook for about 30 seconds, just until fragrant.
4. Pour in milk and simmer for 2–3 minutes, just until warmed and slightly thickened.
5. Stir in parmesan cheese until melted and combined.
6. Add frozen broccoli to the skillet and cook 3–5 minutes, stirring, until heated through.
7. Add cooked pasta and toss until everything is evenly coated.

Teriyaki Pork & Rice Bowls

Need:

- 1 Tbsp oil
- 22 oz teriyaki pork tenderloin,
(sliced into ½-inch pieces)
- 2 cloves fresh garlic, minced
- 2–3 Tbsp water
- 20oz bag frozen stir-fry vegetables
- 2 cups Cooked rice

1. Heat oil in a large skillet over medium heat.
2. Add sliced pork in a single layer and cook, turning once, until fully cooked through. Remove pork from the skillet and set aside.
3. Add minced garlic to the skillet and cook for about 30 seconds, just until fragrant.
4. Pour in water and scrape the bottom of the pan to loosen any browned bits.
5. Add frozen stir-fry vegetables and cook until heated through.
6. Return pork to the skillet and toss briefly to combine.
7. Serve pork and vegetables over cooked rice.

Smoky Paprika Chicken & Potatoes

Need:

1.5lbs red potatoes, quartered
1 zucchini, sliced 1/2 inch thick
1 Tbsp oil
Favorite seasoning
1–1½ lb chicken breasts
1 Tbsp oil
2 tsp paprika

1. Preheat oven to 400°F.
2. Add potatoes and sliced zucchini to a large bowl. Add oil and sprinkle with favorite seasoning. Toss until evenly coated.
3. Spread the vegetables in an even layer on the outside edge of the sheet pan.
4. Add chicken breasts to the same bowl. Add oil and paprika and toss to coat.
5. Place the chicken on the sheet pan next to the vegetables.
6. Bake for 40–45 minutes, stirring the vegetables once halfway through, until the chicken is cooked through and the potatoes are tender.

Mexican Spaghetti with Chorizo

Need:

9 oz chorizo
½ onion, diced
1 Tbsp taco seasoning
8 oz pasta sauce
10 oz diced tomatoes with chiles
2 cups water
14.5oz corn, drained
8 oz spaghetti noodles

1. Add chorizo to a large skillet over medium heat. Cook, breaking it up, until fully browned. Drain excess grease if needed.
2. Add diced onion and cook until softened.
3. Sprinkle taco seasoning over the mixture and stir to coat.
4. Stir in pasta sauce, diced tomatoes with chiles, water, and drained corn. Bring to a boil.
5. Add spaghetti noodles broken into thirds, pressing them down so they are mostly submerged.
6. Reduce heat, cover, and simmer 20–25 minutes, stirring occasionally, until the spaghetti is tender and the sauce reaches your desired consistency.

Sheet Pan Smoked Sausage & Potatoes

Need:

- 1.5 lb red potatoes, quartered
- 1 Tbsp oil
- Favorite seasoning
- 14 oz smoked sausage, sliced into rounds
- 1 (12 oz) bag frozen green beans
- 1 Tbsp oil

1. Preheat oven to 400°F.
2. Add diced potatoes to a large bowl. Add oil and sprinkle with favorite seasoning. Toss to coat.
3. Spread the potatoes in an even layer on a sheet pan, making sure they are touching the pan.
4. Bake for 20 minutes to give the potatoes a head start.
5. Add sliced smoked sausage and frozen green beans to the same bowl. Add oil and toss to coat.
6. Add sausage and green beans to the sheet pan, spreading everything out so nothing is piled.
7. Return to the oven and bake an additional 20–25 minutes, stirring once halfway through, until potatoes are tender and sausage is browned.

Crockpot Creamy Onion Chicken

Need:

- 1–1½ lb chicken breasts
- 1 packet onion soup mix
- 1 cup water
- 4 oz cream cheese
- ½ cup shredded parmesan
- 1 (12 oz) bag frozen peas
- 2 cups Cooked rice

1. Place chicken breasts in the crockpot. Sprinkle onion soup mix evenly over the chicken. Pour water into the crockpot.
2. Cover and cook on LOW for 6–7 hours or HIGH for 3–4 hours, until the chicken is cooked through and easy to shred.
3. Shred the chicken directly in the crockpot. Add cream cheese and stir until melted and combined.
4. Sprinkle mozzarella over the top, cover, and let sit for 10 minutes until melted.
5. Steam peas in the microwave. Serve Chicken over rice with peas on the side.