

# 6 DINNERS UNDER \$60 - MENU #87

\*Pork Chops & Cinnamon Apples

\*Crockpot Ranch Chicken

\*Homestyle Pork & Beans with Cornbread

\*Creamy Italian Chicken over Noodles

\*Salsa Verde Pulled Pork Tacos

\*Sweet & Sour Turkey Stir-Fry

## SHOPPING LIST

### PRODUCE

- Potatoes (5lb)
- Apples (3lb)
- Shredded Lettuce
- Roma Tomato
- Avocado

### MEAT DEPT

- Pork Loin (5lb)
- Chicken Breasts (3lb)
- Ground Turkey (1lb)

### DAIRY

- Butter
- Milk (1/2 gal)
- Cream Cheese
- Eggs (6ct)

### PANTRY

- Cinnamon
- Ranch Seasoning
- Jiffy cornbread mix
- Baked Beans (28oz)
- Italian Dressing
- Rotini Pasta
- Sweet Peas (14.5oz)
- Salsa Verde
- White Rice
- Tortillas or Taco Shells
- Corn (14.5oz)
- Spaghetti Pasta
- Sweet and Sour Sauce

### FROZEN

- Green Beans (12oz)
- Stir Fry Veggies (20oz)

\*Assuming you have your preferred cooking oil, brown sugar, and your favorite seasonings.

## Pork Chops, Mashed Potatoes, & Cinnamon Apples

3 lbs Potatoes (peeled/cubed),  
1/2 cup Milk  
4 tbsp Butter (divided)  
1.5 lbs Pork Loin (cut into 4-6 chops)  
2 tbsp Vegetable oil,  
4 Large apples (peeled/sliced)  
2 tbsp Brown sugar (optional)  
1 tsp Cinnamon  
1/4 cup Water

1. Boil the potatoes in water for 15–20 minutes until soft. Drain, add milk and 2 tbsp butter, and mash until smooth. Cover and set aside.
2. Season the pork chops with favorite seasonings. Heat oil in a skillet and sear chops for 3–5 minutes per side until they reach 145°F. Remove and let rest.
3. In the same skillet, melt the remaining 2 tbsp butter. Add apples, brown sugar, cinnamon, and water.
4. Cover and simmer for 8–10 minutes until the apples are soft and the sauce is syrupy.
5. Serve the chops with mashed potatoes and apples on the side.

## Crockpot Ranch Chicken & Veggies

1.5 lbs chicken breasts  
2 lbs Potatoes (chunked)  
12 oz Frozen green beans  
1 packet Ranch seasoning,  
1/4 cup Butter (sliced)

1. Place chicken at the bottom of the crockpot, top with potatoes, and then the frozen green beans.
2. Sprinkle the Ranch Seasoning all over on top, then place the butter slices on top.
3. Cook on high for 3-4 hours, or on low for 6-7 hours.
4. You can serve the chicken, potatoes, and green beans as is or you can top with cheddar cheese and sour cream as well!

## Homestyle Pork & Beans with Cornbread and Side Salad

Jiffy Cornbread mix

1 egg

1/3 cup milk

1.5 lbs Pork Loin (cubed),

1 tbsp Oil,

28 oz Baked Beans

Lettuce/Roma Tomato

Italian Dressing

1. Combine cornbread mix with egg and milk. Pour into a greased muffin tin or in a 8x8 dish. Bake at 400°F for 15-20 minutes until golden brown.
2. While that is baking, heat oil in large skillet. Add cubed pork and favorite seasonings. Let cook for 6-8 minutes until pork is browned and fully cooked.
3. Pour the can of baked beans over the pork. Let simmer over medium heat for 8-10 minutes until fully heated.
4. Serve the beans & pork in bowls with cornbread and a side salad made with lettuce, tomato, and Italian Dressing.

## Creamy Italian Chicken over Noodles

1.5 lbs chicken breasts

3/4 cup Italian salad dressing

1/4 cup water

4oz cream cheese

8oz Rotini noodles

14.5oz sweet peas

1. Place frozen chicken in the crockpot. Pour Italian dressing and water over the chicken.
2. Cook on low 6-8 hours or on high for 3-4 hours.
3. Once cooked, shred the chicken directly in the pot with two forks. Stir in the cream cheese and allow to cook another 20 minutes until fully melted and creamy.
4. Boil water and cook pasta until tender, then drain.
5. You can combine the pasta with the chicken or serve the chicken over the noodles.
6. Heat corn on the stovetop or microwave and serve on the side.

## Salsa Verde Pulled Pork Tacos with Savory Rice

2 lbs Pork Loin roast

16 oz Salsa Verde

1 cup White rice

8-12 Taco shells or flour tortillas

shredded lettuce

Avacado (diced)

14.5oz corn

1. Place the pork roast in the crockpot and pour the entire jar of salsa verde over it.
2. Cook on Low for 8 hours or High for 4–5 hours.
3. Remove the meat to a bowl and shred with two forks.
4. Carefully pour the liquid from the crockpot into a measuring cup. You need 2 cups total; if you are short, add water to reach the 2-cup line.
5. Pour that liquid into a saucepan, add favorite seasonings, and bring to a boil. Stir in the 1 cup of rice, cover, and turn heat to low. Simmer for 15–18 minutes until liquid is absorbed.
6. Build tacos with lettuce & Avocado, then serve rice and corn on the side.

## Sweet & Sour Turkey Stir-Fry with Noodles

8 oz Spaghetti noodles

1 tbsp Oil

1 lb Ground turkey

20oz Frozen stir-fry vegetable blend

12 oz Sweet and Sour sauce

1. Boil a large pot of water and cook the noodles. Drain and set aside.
2. In a large skillet, heat oil and brown the ground turkey until fully cooked.
3. Add the frozen stir-fry veggies to the turkey. Sauté for 5–7 minutes until veggies are tender-crisp.
4. Add the cooked noodles into the skillet with the turkey and veggies.
5. Pour the sweet and sour sauce over everything.
6. Toss with tongs over medium heat for 2–3 minutes until the sauce is hot and bubbling.