

# 6 DINNERS UNDER \$60 - WEEK #88

\*Ground Turkey Chili over Rice

\*Italian Drumstick Orzo Bowls

\*Smoked Sausage, Cabbage, & Mashed Potatoes

\*Turkey Stroganoff

\*Spinach & Mushroom Quiche

\*Teriyaki Drumsticks with Pineapple Rice

## SHOPPING LIST

### PRODUCE

- Onions (3lb)
- Spinach (10oz)
- Roma Tomatoes (x3)
- Cucumber
- Potatoes (5lb)
- Coleslaw Mix (1lb)

### MEAT DEPT

- Ground Turkey (2lbs)
- Chicken Drumsticks (4lb)
- Smoked Sausage (12-14oz)

### DAIRY

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

### PANTRY

- Chili Seasoning Pack
- Diced Tomatoes (14.5oz)
- Kidney Beans (15oz)
- White Rice
- Italian Seasoning
- Orzo Pasta
- Egg Noodles
- Cream of Mushroom Soup (10oz)
- Sweet Peas (14.5oz)
- Teriyaki Sauce
- Pineapple Tidbits (8oz)
- Carrots (14.5oz)

### FROZEN

- Mushrooms (10oz)

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

## Ground Turkey Chili over Rice

1 lb ground turkey  
1 onion, diced  
1 packet chili seasoning  
14.5oz diced tomatoes  
15oz kidney beans  
1 cup water or broth  
2-3 cups cooked rice  
Spinach  
Roma Tomato

1. Heat a large pot over medium heat. Add ground turkey and diced onion and cook until turkey is fully cooked and onion is softened.
2. Sprinkle chili seasoning over the meat and stir well to coat evenly.
3. Add diced tomatoes, rinsed and drained beans, and water or broth. Stir to combine.
4. Bring the chili to a gentle simmer, then reduce heat to low.
5. Simmer uncovered for 20–25 minutes, stirring occasionally, until slightly thickened.
6. Serve over rice with a simple spinach salad on the side.

## Italian Drumstick Orzo Bowls

@ lowdoughfamily

2 lb chicken drumsticks  
2 tbsp oil  
1-2 tsp Italian seasoning  
8oz orzo pasta  
4 cups water or broth  
2 Roma Tomatoes (diced)  
Cucumber (diced)  
Feta Cheese

1. Pat drumsticks dry, then toss with oil and Italian seasoning.
2. Arrange drumsticks in a single layer in the air fryer basket.
3. Cook for 10 minutes at 360°F, flip, then cook 10–12 more minutes. Check internal temperature (165°F) with a thermometer, and the skin is lightly crisped.
4. While chicken cooks, bring water or broth to a boil. Add orzo and cook about 8–10 minutes until tender. Drain and set aside.
5. Divide orzo into bowls and top with cooked drumsticks.
6. Finish with tomatoes, cucumber, and feta before serving.

## Smoked Sausage, Cabbage, & Mashed Potatoes

2 lb potatoes, peeled and cubed

1/4 cup milk

2 tbsp butter

1 tbsp oil or butter

12-14 oz smoked sausage, sliced

1 lb bag coleslaw cabbage mix

1 small onion, sliced

1. Add potatoes to a pot of salted water and bring to a boil. Cook 15–20 minutes until fork-tender.
2. Drain potatoes, then mash with milk and butter. Cover and keep warm.
3. While potatoes cook, heat oil or butter in a large skillet over medium heat. Add sausage and cook until browned.
4. Add onion to the skillet and cook 2–3 minutes until softened.
5. Add cabbage and cook 6–8 minutes, stirring occasionally, until tender.
6. Serve sausage and cabbage over mashed potatoes.

## Turkey Stroganoff with Mushrooms

@ lowdoughfamily

8oz Egg noodles

1 lb ground turkey

1-2 cups mushrooms, sliced

1 onion, diced

10oz cream of mushroom soup

1/2 cup milk

14.5oz sweet peas

1. Boil egg noodles until tender, drain and set aside.
2. Heat a large skillet over medium heat and add ground turkey, mushrooms, and onion.
3. Cook, stirring and breaking up the turkey, until turkey is cooked through and mushrooms have released their moisture.
4. Stir in cream of mushroom soup and milk, then season with favorite seasonings.
5. Simmer 5–10 minutes until warmed through and slightly thickened.
6. Warm peas on the stove or in the microwave. Serve turkey and mushrooms over the noodles with peas on the side.

## Spinach & Mushroom Quiche with Roasted Potatoes

2 lb potatoes, chopped

2-3 tbsp oil

Favorite Seasonings

1-1½ cups sliced mushrooms

2 cups spinach, chopped

1/2 cup shredded cheddar

5 eggs

1/2 cup milk

1. Preheat oven to 375°F. Toss potatoes with oil & favorite seasonings, then spread on a greased baking sheet.
2. Roast potatoes in the oven for 10-15 minutes while you work on the quiche.
3. Grease an 8×8 baking dish or pie plate. Spread mushrooms, spinach, and cheese evenly in the bottom of the greased dish.
4. In a bowl, whisk eggs, milk, and favorite seasonings.
5. Pour the egg mixture evenly over the vegetables and cheese.
6. Add the quiche to the oven and flip the potatoes. Cook for another 30-35 minutes until quiche is firm.
7. Let quiche rest 5 minutes before slicing.

## Teriyaki Drumsticks with Pineapple Rice & Carrots

@lowdoughfamily

2 lb chicken drumsticks

1/2 cup teriyaki sauce

1 cup dry rice

2 cups water & pineapple juice

1/2 cup pineapple tidbits

1 tbsp butter

14.5oz carrots

1. Preheat oven to 400°F. Place drumsticks on a lined or grased baking sheet and brush generously with teriyaki sauce.
2. Bake for 25 minutes. Remove from oven, flip drumsticks, brush with more teriyaki sauce, then return to oven.
3. Continue baking 15–20 minutes until chicken reaches 165°F.
4. Add butter to a sauce pan, oncemelted add rice and toast for 1 minute. Add pineapple juice & water and bring to a boil. Reduce heat to a low simmer and cover for 15-18 minutes.
5. Once rice is cooked, fluff with a fork and gently stir in pineapple tidbits and butter.
6. Heat carrots in the microwave or on the stovetop. Serve chicken with rice and carrots on the side.