

6 DINNERS UNDER \$60 - WEEK #89

*Ham, Broccoli & Cheese Calzones

*Greek Chicken with Lemon Rice

*Chorizo & Potato Tacos

*BBQ Chicken Stuffed Baked Potatoes

*Turkey & Green Bean Skillet

*Chicken & Corn Chowder

SHOPPING LIST

PRODUCE

- Lemon (x1)
- Cucumber (x1)
- Potatoes (5lb)
- Zucchini (x1)
- Coleslaw Mix (16oz)
- Green Beans (12oz)
- Garlic
- Onion (x1)

MEAT DEPT

- Diced Ham (8oz)
- Chicken Breasts (5lb)
- Chorizo (9oz)
- Ground Turkey (1lb)

FROZEN

- Chopped Broccoli (12oz)
- Corn (12oz)

PANTRY

- Rice (1lb)
- Chicken Broth (48oz)
- Garlic Powder
- Oregano
- Tortillas (8-10ct)
- BBQ Sauce
- Coleslaw Dressing
- Thai Sweet Chili Sauce

DAIRY

- Pizza Dough (1lb)
- Cheddar Cheese (16oz)
- Milk

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

Ham, Broccoli & Cheese Calzones

1 lb pizza dough
12oz frozen chopped broccoli
8 oz diced cooked ham
2 cups shredded cheddar
favorite seasonings
1 tablespoon oil

1. Heat oven to 400°F. Steam broccoli in the microwave and allow to cool. May need to chop broccoli further if there are large cuts.
2. In a bowl, mix broccoli, ham, shredded cheese, and favorite seasonings.
3. Divide pizza dough into 4 equal pieces and roll into circles.
4. Spoon filling onto one half of each dough circle.
5. Fold dough over filling and pinch edges to seal.
6. Brush tops lightly with olive oil.
7. Bake 15–20 minutes until golden brown.

Optional: You can brush the tops of the calzone with melted butter and sprinkle with favorite seasonings to add more flavor!

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Greek Chicken with Lemon Rice & Cucumbers

1 cup white rice
2 cups chicken broth
1 lemon (zest + juice)
1.5-2 lbs chicken breasts
(cut into bite-sized pieces)
1 tablespoon oil
1 teaspoon garlic powder
1 teaspoon dried oregano
1 large cucumber (sliced)

1. Add rice, chicken broth, and 2 tablespoons lemon juice to a saucepan and bring to a boil. Reduce the heat to low, cover, and simmer for 15–18 minutes until the liquid is absorbed.
2. Remove from heat, stir in lemon zest, cover, and let sit for 5 minutes.
3. While rice cooks, toss chicken pieces with oil, garlic powder, and oregano.
4. Cook chicken in a skillet over medium heat for about 6-8 minutes until cooked through and lightly browned.
5. Serve chicken with rice and sliced cucumbers on the side.

Chorizo & Potato Tacos with Zucchini

2 potatoes, diced

9 oz chorizo

1 zucchini, sliced

oil/ favorite seasonings

8-10 tortillas

1 cup shredded cheddar

1. Place diced potatoes in a microwave-safe bowl with 2 tablespoons water. Cover and microwave 5–7 minutes, stirring once, until just tender. Drain.
2. Heat a large skillet over medium heat and cook chorizo, breaking it up, until fully cooked.
3. Add the microwaved potatoes to the skillet and cook 3–5 minutes until lightly browned. Remove the chorizo/potato mix and set aside.
4. In the same pan, heat oil over medium heat. Add zucchini and favorite seasonings. Cook 3–5 minutes until tender but not mushy.
5. Fill tortillas with the chorizo & potato mixture, top with cheese. Serve the zucchini on the side.

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BBQ Chicken Stuffed Baked Potatoes with Coleslaw

1.5-2 lbs chicken breasts

3/4 cup BBQ sauce

coleslaw cabbage mix

coleslaw dressing

4 large potatoes

1 cup shredded cheddar

1. Place chicken breasts in a slow cooker and pour BBQ sauce over the top.
2. Cover and cook 3–4 hours on LOW or 2–2½ hours on HIGH.
3. In a bowl, mix coleslaw mix and dressing. Refrigerate until ready to serve.
4. Shred chicken directly in the slow cooker and stir to coat with sauce. Keep warm.
5. Pierce potatoes several times with a fork. Microwave 8–10 minutes, turning every 2 minutes, until tender.
6. Split potatoes open and fluff the insides with a fork. Spoon BBQ chicken over each potato and sprinkle with shredded cheese. Serve with coleslaw on the side.

Turkey & Green Bean Skillet with Thai Sweet Chili Sauce

1½ cups rice

3 cups water

1 lb ground turkey

1 tablespoon oil

12 oz green beans

(cut in half & trimmed)

2 cloves garlic, minced

1/3 cup Thai sweet chili sauce

1. Add rice and water to a saucepan and bring to a boil.

2. Reduce heat to low, cover, and simmer 15–18 minutes until the liquid is absorbed.

Remove from heat and fluff with a fork.

3. Heat a large skillet over medium heat and cook the ground turkey breaking it up, until fully cooked and no longer pink.

4. Add green beans to the skillet and cook 4–6 minutes, stirring occasionally, until tender-crisp.

5. Stir in garlic and cook 30 seconds until fragrant.

6. Pour in Thai sweet chili sauce and stir to coat everything evenly.

7. Serve the turkey and green bean skillet over the cooked rice.

Chicken & Corn Chowder

1 tablespoon butter or oil

1 onion, diced

2 potatoes, diced

1 lb chicken breasts, diced

12oz frozen corn

4 cups chicken broth

Favorite Seasonings

1 cup milk

1. Heat butter or oil in a large pot over medium heat. Add diced onion and cook 3–4 minutes until softened.

2. Add diced potatoes, chicken, frozen corn, chicken broth, and favorite seasonings to the pot and stir to combine. Bring this to a boil.

3. Reduce heat to a simmer and cook 12–15 minutes, stirring occasionally, until potatoes are very tender.

4. Use the back of a spoon to lightly mash some of the potatoes against the side of the pot to thicken the broth.

5. Stir in milk and cook 5–8 minutes, stirring occasionally, until heated through and slightly thickened.

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