

6 DINNERS UNDER \$60- WEEK #91

*Lemon Garlic Chicken

*Taco Rice Skillet

*Mississippi Chicken Sandwiches

*Creamy Cajun Sausage Pasta

*Oven BBQ Chicken

*One Pot Ziti with Broccoli

SHOPPING LIST

PRODUCE

- Garlic
- Lemon Juice
- Cucumber
- Tomato
- Potatoes (5lbs)

MEAT DEPT

- Chicken Breasts
(5lbs)
- Ground Pork (1.5lbs)
- Smoked Sausage
(12oz)

FROZEN

- Green Beans (12oz)
- Peppers & Onions
(20oz)
- Peas & Carrots (12oz)
- Corn on the Cob (6ct)
- Broccoli (12oz)

PANTRY

- Chicken Broth
- White Rice
- Taco Seasoning
- Diced Tomatoes (14.5oz)
- Ranch Seasoning
- Pepperoncini Peppers
- Sandwich Buns
- Italian Dressing
- Cajun Seasoning
- Ziti Pasta
- BBQ Sauce
- Italian Seasoning
- Pasta Sauce (24oz)

DAIRY

- Butter (8oz)
- Half & Half (16oz)
- Parmesan Cheese (6oz)

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

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Lemon Garlic Chicken with Rice & Green Beans

1½ lb chicken breasts
2 tablespoons butter
3 cloves garlic, minced
1 cup chicken broth
2 tablespoons lemon juice
salt and pepper
1 cup uncooked white rice
2 cups water
12 oz frozen green beans

1. In a saucepan, combine rice and water. Bring to a boil, cover, reduce heat, and cook about 15 minutes until tender.
2. Season chicken breasts with salt and pepper.
3. Heat butter in a large skillet over medium heat. Add chicken and cook about 5–6 minutes per side until mostly cooked through.
4. Add garlic and cook for 30 seconds until fragrant.
5. Pour in chicken broth and lemon juice. Simmer 4–5 minutes until chicken is cooked and sauce slightly reduces.
6. Meanwhile cook green beans according to package directions.
7. Slice the chicken and serve over rice with green beans and spoon the lemon garlic sauce over everything.

Ground Pork Taco Rice Skillet with Peas & Carrots

¾ lb ground pork
1-2 cups peppers & onions (diced)
1-2 tablespoon taco seasoning
1 cup uncooked white rice
1 (14.5 oz) can diced tomatoes
1 cup water
1 cup frozen peas and carrots

1. In a large skillet, cook ground pork over medium heat until browned.
2. Add frozen onions and peppers and cook until softened.
3. Stir in taco seasoning, rice, diced tomatoes (with juice), and water.
4. Bring to a simmer, cover, and cook 15 minutes until rice is tender.
5. Stir in frozen peas and carrots and cook 3–4 minutes until heated through.

Mississippi Chicken Sandwiches Air Fryer Fries & Cucumber Tomato Salad

1½ lb chicken breasts

1 packet ranch seasoning

½ cup sliced pepperoncini peppers

4 tablespoons butter

4 sandwich buns

3 large russet potatoes

1 tablespoon oil

Favorite Seasonings

1 cucumber, sliced

1 tomato, diced

3-4 tbsp Italian dressing

1. Place chicken breasts in a slow cooker. Sprinkle with ranch seasoning. Add pepperoncini and butter.
2. Cook on LOW 6 hours or HIGH 3–4 hours until chicken shreds easily.
3. Shred the chicken directly in the crockpot and mix with the juices.
4. Cut potatoes into fry shapes. Toss with oil and favorite seasonings.
5. Air fry at 360°F for 15–18 minutes, shaking halfway through.
6. For the salad, combine cucumber, tomatoes, Italian Dressing, and favorite seasonings. Stir and refrigerate until serving.
7. Serve shredded chicken on sandwich buns with fries and cucumber tomato salad.

Creamy Cajun Sausage Pasta with Peppers & Onions

12 oz smoked sausage, sliced

2-3 cups onions & peppers (diced)

2 teaspoons Cajun seasoning

8 oz ziti pasta

1 cup half-and-half (or heavy cream)

½ cup shredded parmesan

1. Boil pasta in water until tender, drain, then set aside.
2. Heat a large skillet over medium heat and cook sliced sausage until browned.
3. Add bell pepper and onion and cook until softened.
4. Stir in Cajun seasoning and cream. Bring to a gentle simmer.
5. Add cooked pasta and toss to coat in the sauce.
6. Stir in parmesan cheese and cook until the sauce thickens slightly.

Oven BBQ Chicken with Roasted Potatoes & Corn on the Cob

1½ lb chicken breasts

Favorite Seasoning

¾ cup BBQ sauce

1½ lb potatoes, diced

1 tablespoon oil

Favorite Seasoning

4-6 frozen corn on the cob halves

1. Preheat oven to 400°F.
2. Toss diced potatoes with oil and favorite seasonings. Spread on a sheet pan.
3. Place chicken breasts on the same pan or a second pan. Season with favorite seasonings.
4. Bake potatoes and chicken for 20 minutes.
5. Brush the BBQ sauce over the chicken and return it to the oven for 10–15 more minutes, or until the chicken is cooked through.
6. Add corn to a pot of boiling water, and bring back to a boil. Reduce heat, cover, and let cook for 5 minutes, then drain.
7. Serve BBQ chicken with roasted potatoes and corn.

One Pot Ziti with Broccoli

¾ lb ground pork

3 cloves garlic, minced

1 teaspoon Italian seasoning

24 oz pasta sauce

3 cups water

12 oz ziti pasta

1 cup shredded parmesan

12 oz broccoli florets

Leftover Sandwich Rolls

1. In a large pot or deep skillet, cook ground pork over medium heat until browned.
2. Add garlic and Italian seasoning and cook 30 seconds.
3. Stir in marinara sauce, water, and dry ziti pasta.
4. Bring to a simmer, cover, and cook 12–15 minutes, stirring occasionally until pasta is tender.
5. Stir in mozzarella cheese until melted.
6. Meanwhile steam or microwave broccoli until tender.
7. Use any leftover buns to make garlic bread.