

6 DINNERS UNDER \$60- WEEK #92

- *Chicken Alfredo Biscuit Bake
- *Sausage & Cabbage Noodle Skillet
- *Chicken Caesar Pasta Salad
- *Ham & Potato Cheesy Bake
- *Chicken Bruschetta Bowls
- *Veggie Chili Over Potatoes

SHOPPING LIST

PRODUCE

- Coleslaw Mix (16oz)
- Romaine Lettuce
- Potatoes (5lb)
- Zucchini (x1)
- Roma Tomatoes (4-6)
- Garlic

MEAT DEPT

- Chicken Breasts (5lb)
- Mild Ground Sausage (1lb)
- Diced Ham (8oz)

DAIRY

- Dairy:
- Milk (1/2 gallon)
- Canned Biscuits (16oz)
- Mozzarella (8oz)
- Butter (8oz)
- Parmesan (6oz)

PANTRY

- Alfredo Sauce (16oz)
- Egg Noodles
- Bowtie Pasta
- Caesar Dressing
- French Bread
- Italian Seasoning
- White Rice
- Kidney Beans (15oz) x2
- Diced Tomatoes (14.5oz)
- Tomato Sauce (8oz)
- Chili Seasoning
- Lentils
- Corn (14.5oz)

FROZEN

- Broccoli (12oz)
- Sweet peas (12oz)

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

Chicken Alfredo Biscuit Bake with Broccoli

1-1.5 lbs chicken breast, diced

12oz frozen broccoli

16 oz Alfredo sauce

1/2 cup milk

Favorite Seasonings

16 oz can refrigerated biscuits

1 cup shredded mozzarella

1. In a large skillet, cook diced chicken until fully cooked.
2. Add broccoli and cook 3–4 minutes until heated through.
3. Stir in Alfredo sauce, milk, and favorite seasonings. Heat until warmed and combined.
4. Pour mixture into a greased baking dish.
5. Cut biscuits in quarters and arrange on top of the mixture.
6. Sprinkle cheese over everything.
7. Bake at 375°F for 20–25 minutes until biscuits are golden and cooked through.

Sausage & Cabbage Noodle Skillet

1 lb mild ground sausage

16 oz bag coleslaw mix

8 oz egg noodles

2 tbsp butter

Favorite Seasonings

1. Cook egg noodles in boiling water until tender, drain, and set aside.
2. In a large skillet, cook sausage until browned. Remove excess grease if needed.
3. Add coleslaw mix and cook until softened about 5-7 minutes.
4. Stir in butter and favorite seasonings.
5. Add cooked noodles and toss to combine.

Chicken Caesar Pasta Salad

8 oz bowtie pasta

1-1.5 lbs chicken breast

Favorite Seasonings

1 tbsp oil

4-5 cups chopped Romaine lettuce

1/2 cup Caesar dressing

1/2 cup shredded parmesan cheese

French Bread

1. Cook pasta in boiling water until tender, drain, and cool in an ice bath.
2. Cut chicken into bite-sized pieces and season with favorite seasonings.
3. Heat oil in a skillet over medium heat.
4. Add chicken and cook until fully cooked and lightly browned.
5. In a large bowl, combine pasta, cooked chicken, and romaine.
6. Toss with Caesar dressing and parmesan cheese.
7. Serve immediately with a slice of French Bread or chill before serving.

Ham & Potato Cheesy Bake with Peas

2–3 medium potatoes, thinly sliced

8 oz diced ham

12oz frozen peas

2 tbsp butter

2 cups milk

1-1 1/2 cups shredded mozzarella

& parmesan cheese

1. Preheat oven to 375°F and lightly grease a casserole dish.
2. Slice potatoes thin (about 1/8 inch).
3. Add potatoes to a pot of water and boil for 5–7 minutes (just until slightly tender, not fully cooked).
4. Drain potatoes.
5. Layer potatoes, ham, and peas in a greased baking dish.
6. In a small saucepan, heat butter, milk, and seasonings until warm.
7. Pour over the dish and top with cheese.
8. Bake uncovered for 25–30 minutes, until bubbly and golden.

Chicken Bruschetta Bowls

1-1.5 lbs chicken breast, diced

1 tbsp oil

1 zucchini, diced

4-6 diced Roma tomatoes

2 cloves garlic, minced

Italian seasoning

2 cups cooked white rice

1. Heat oil in a large skillet over medium heat.
2. Add diced chicken, season with favorite seasonings, and cook until browned and cooked through.
3. Add zucchini and cook 3–4 minutes until slightly softened.
4. Stir in tomatoes, garlic, and Italian seasoning.
5. Simmer for 5 minutes until everything is heated through and slightly saucy.
6. Serve over cooked rice.

This works really well served with pasta as well!

Veggie Chili Over Potatoes

4–5 potatoes

2 (15 oz) kidney beans, drained

15 oz can diced tomatoes

8 oz can tomato sauce

1–2 tbsp chili seasoning

½ cup dry lentils

1 cup water or broth

14.5oz corn (drained)

1. Bake or microwave potatoes until tender.
2. In a large pot, add beans, diced tomatoes, tomato sauce, lentils, chili seasoning, corn, and 1 cup water or broth.
3. Bring to a simmer over medium heat.
4. Cook for 20–25 minutes, stirring occasionally, until lentils are tender.
5. Add more liquid as needed if the chili thickens too much.
6. Taste and adjust seasoning if needed.
7. Serve chili over cooked potatoes.