

6 DINNERS UNDER \$60- WEEK #94

*Chicken & Stuffing Bake

*Pork Street Tacos

*Orange Chicken Rice Bowls

*White Bean Spinach Garlic Pasta

*Baked Chicken Enchiladas

*Garlic Butter Pork & Rice

SHOPPING LIST

PRODUCE

- Coleslaw Mix (10oz)
- Asparagus
- Garlic
- Spinach (10oz)

MEAT DEPT

- Chicken Breasts (5lb)
- Pork Loin (4-5lb)

DAIRY

- Milk (1/2 gal)
- Parmesan (6oz)
- Mexican Blend (8oz)
- Butter (8oz)

FROZEN

- Green Beans (12oz)
- Broccoli (12oz)

PANTRY

- Cream of Chicken (10oz)
- Stuffing Mix (6oz)
- Taco Seasoning
- Coleslaw Dressing
- Refried Beans (16oz)
- Orange Marmalade
- Soy Sauce
- White Rice
- Pasta (any shape)
- White Beans (15oz)
- Green Enchilada Sauce (10oz)
- Small Tortillas (20ct)

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

@lowdoughfamily

Chicken & Stuffing Bake

1-1.5 lb chicken breasts

(cut into bite-sized pieces)

12 oz frozen green beans

10.5 oz cream of chicken soup

1/2 cup milk

6 oz stuffing mix

1. Preheat oven to 400°F and lightly grease a 9x13 baking dish.
2. In a large bowl, combine diced chicken, frozen green beans, cream of chicken soup, and milk. Stir until everything is evenly coated.
3. Option 1 (mixed): Stir in the dry stuffing mix until combined, then spread evenly in the baking dish.
4. Option 2 (layered): Spread the chicken mixture in the baking dish, then sprinkle the dry stuffing mix evenly over the top.
5. Bake uncovered for 25–35 minutes, or until the chicken is cooked through and the top is lightly golden.
6. Let sit for 5 minutes before serving.

Pork Street Tacos with Cabbage Slaw

2lb pork loin

1/2 cup water or chicken broth

Taco Seasoning

8 small flour tortillas

10oz shredded cabbage

1/2 cup coleslaw dressing

Favorite Seasonings

16oz refried beans

1. Place pork loin in the crockpot and pour in water or broth. Sprinkle in taco seasoning, then cover and cook on LOW for 6–8 hours or HIGH for 3–4 hours, until the pork is tender and shreds easily.
2. Remove pork and shred with two forks. Add additional seasoning if needed.
3. In a bowl, mix coleslaw dressing and shredded cabbage. Mix until well combined.
4. Heat refried beans in a small saucepan over low heat, adding a splash of water if needed to smooth them out.
5. Warm tortillas. Spread a thin layer of refried beans on each tortilla, add shredded pork, and top with slaw.

Orange Chicken Rice Bowls

1 tbsp oil

1-1.5 lb chicken breast

(cut into bite-sized pieces)

1 bunch asparagus, trimmed

(cut into 1–2 inch pieces)

1 cup orange marmalade

1/4 cup soy sauce

Favorite Seasonings

2 cups cooked white rice

1. Heat oil in a large skillet over medium-high heat.
2. Add chicken and cook until browned and cooked through.
3. Add asparagus to the skillet and cook for 3–5 minutes, stirring occasionally, until just tender.
4. In a small bowl, mix marmalade, soy sauce, and favorite seasonings.
5. Reduce heat to medium-low and pour sauce over the chicken and asparagus.
6. Stir and cook for 1–2 minutes, just until everything is coated and heated through. Serve over cooked white rice.

White Bean Spinach Garlic Pasta

8 oz pasta (any shape)

2 tbsp butter or oil

3 cloves garlic, minced

15 oz can white beans

(drained and rinsed)

3 cups fresh spinach

1/2 cup shredded parmesan

1. Cook pasta in boiling water until tender. Reserve 1/2 cup pasta water, then drain.
2. In a large skillet, melt butter over medium heat.
3. Add garlic and cook for 30 seconds until fragrant.
4. Stir in white beans and cook 2–3 minutes. Add spinach and cook until wilted.
5. Add cooked pasta and a splash of reserved pasta water.
6. Stir in parmesan until a light sauce forms, adding more pasta water as needed.

Baked Chicken Enchiladas

1 tbsp oil

1-1.5 lb chicken breasts

(cut into small pieces)

Favorite Seasonings

10 oz can green enchilada sauce

1 1/2 cups shredded Mexican Blend

8 small flour tortillas

Fresh Spinach

Salad Dressing

1. Preheat oven to 375°F and lightly grease a baking dish.
2. Heat oil in a skillet over medium-high heat. Add chicken and favorite seasonings. Cook until chicken is fully cooked through.
3. Stir in about half of the enchilada sauce and remove from heat.
4. Divide chicken mixture between tortillas, top with cheese, roll them up, and place seam-side down in the baking dish.
5. Pour remaining enchilada sauce evenly over the top.
6. Sprinkle remaining cheese over everything.
7. Bake uncovered for 20–25 minutes, until heated through and cheese is melted.
8. Serve enchiladas with a spinach side salad.

Garlic Butter Pork & Rice

1 tbsp oil

2 lb pork loin

(cut into bite-sized pieces)

3-6 tbsp butter

3 cloves garlic, minced

12 oz frozen broccoli

2 cups cooked white rice

1. Heat oil in a large skillet over medium-high heat. Add pork and cook until browned and cooked through.
2. Reduce the heat to medium and add butter, minced garlic, and favorite seasonings. Stir to coat the pork and let the butter melt into a light sauce.
3. Add broccoli directly to the skillet. Cover and cook for 5–7 minutes, stirring occasionally, until broccoli is tender.
4. If needed, add a splash of water to help steam the broccoli and loosen the sauce.
5. Serve pork and broccoli over rice, spooning any extra butter sauce over the top.