

6 DINNERS UNDER \$60 - WEEK #97

*Sticky Apricot Chicken

*Turkey Taco Mac

*Chicken & Spinach Orzo Skillet

*Garlic Herb Sausage Sheetpan

*Crispy Ranch Chicken Cutlets

*Turkey & Mushroom Rice Bowls

SHOPPING LIST

PRODUCE

- Garlic
- Onion (x1)
- Spinach
- Potatoes (5lb)
- Mushrooms (8oz)
- Baby Carrots (1lb)

MEAT DEPT

- Chicken Breasts (5lbs)
- Ground Turkey (2lbs)
- Smoked Sausage (12-14oz)

DAIRY

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

PANTRY

- Apricot Preserves
- Soy Sauce
- White Rice
- Shells or Elbow Pasta
- Taco Seasoning
- Corn (14.5oz)
- Orzo
- Chicken Broth
- Garlic Powder
- Italian Seasoning
- Breadcrumbs
- Ranch Seasoning
- Green Beans (14.5oz)

FROZEN

- Broccoli (12oz)

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

Sticky Apricot Chicken with Rice & Broccoli

1 tbsp oil

1-1.5lb chicken breasts, diced

2 cloves garlic, minced

1/2 cup apricot preserves

2 tbsp soy sauce

Favorite seasonings

12oz frozen broccoli

2 cups cooked white rice

1. Heat oil in a skillet over medium-high heat. Add chicken and cook until browned and cooked through.
2. Add garlic and cook for 30 seconds.
3. Stir in apricot preserves, soy sauce, and seasonings. Simmer until thick and sticky.
4. Steam broccoli in the microwave.
5. Serve chicken over rice with broccoli on the side.

@lowdoughfamily

Turkey Taco Mac & Cheese with Corn

8 oz pasta (elbows or shells)

1 lb ground turkey

1 packet taco seasoning

1/2 cup water

1 tbsp butter

1 cup milk

1-1½ cups shredded cheddar cheese

14.5oz Corn

1. Cook pasta until tender, then drain and set aside.
2. In a large skillet, cook ground turkey over medium heat until browned.
3. Stir in taco seasoning and 1/2 cup water. Simmer for 3-4 minutes.
4. Reduce heat to low. Add butter to the turkey mixture and let it melt.
5. Sprinkle in a little shredded cheese at a time, stirring as it melts into the ground turkey.
6. Add the cooked pasta and stir to coat.
7. Slowly add milk, a splash at a time, only as needed to loosen the cheese sauce. You may not need the full amount.
8. Keep stirring over low heat until the pasta is creamy, cheesy, and coated, not soupy.
9. Heat corn separately and serve it on the side.

Chicken & Spinach Orzo Skillet

1 tbsp oil

1-1.5lbs chicken breasts, diced

1/2 onion, diced

2 cloves garlic, minced

1 cup dry orzo

2 cups chicken broth

Favorite seasonings

2-3 cups fresh spinach

1/4 cup shredded parmesan (optional)

1. Heat oil in a large skillet. Cook chicken until browned; remove and set aside.
2. In the same pan, cook onion until soft, then add garlic.
3. Stir in orzo and toast for 1-2 minutes.
4. Pour in broth and seasonings. Simmer, covered, until orzo is tender.
5. Stir chicken back in, then add spinach and cook until wilted.
6. Stir in parmesan if using.

Garlic Herb Sausage, Potatoes, & Carrots (Sheet Pan Meal)

3-4 potatoes, diced

8oz baby carrots, sliced

2 tbsp oil

1 tsp garlic powder

1 tsp Italian seasoning

Favorite seasonings

14 oz smoked sausage, sliced

1. Preheat oven to 400°F.
2. Toss potatoes and carrots with oil and seasonings on a sheet pan.
3. Roast for 20 minutes.
4. Add sausage, toss, and return to oven.
5. Roast another 15-20 minutes until everything is browned and tender.

Crispy Ranch Chicken Cutlets with Mashed Potatoes & Green Beans

2-3 potatoes, peeled and diced

2 tbsp butter

1/4 cup milk

1 egg

1 cup breadcrumbs

1 packet ranch seasoning

1-1.5lbs chicken breasts, sliced into thin cutlets

Oil for pan frying

14.5oz green beans

1. Boil potatoes in water until fork-tender. Drain and mash with butter and milk.
2. Beat egg in one bowl. Mix breadcrumbs with ranch seasoning in another.
3. Dip chicken in egg, then coat in breadcrumb mixture.
4. Heat oil in a skillet and cook chicken until golden and cooked through.
5. Serve chicken with mashed potatoes and green beans on the side.

Turkey & Mushroom Rice Bowls

1 tbsp oil

1 lb ground turkey

1/2 onion, diced

8 oz mushrooms, sliced

1 tbsp soy sauce

Favorite seasonings

2 cups cooked white rice

3-4 cups fresh spinach

Dressing of choice

1. Heat oil in a skillet. Cook turkey until browned.
2. Add onion and mushrooms. Cook until softened and mushrooms release moisture.
3. Stir in soy sauce and seasonings. Simmer a few minutes.
4. Toss spinach with dressing to make a simple salad.
5. Serve turkey mixture over rice with salad on the side.