

6 DINNERS UNDER \$60 - WEEK #96

*Egg Roll Lo Mein

*Chicken Taco Bowls

*Brunswick-Style Lentil Stew

*Chicken Philly Cheesesteak Pasta

*Mongolian Style Rice Bowl

*Chicken Ranch Wraps

SHOPPING LIST

PRODUCE

- Broccoli Slaw (16oz)
- Lettuce
- Roma Tomatoes (1-2)
- Onion x2
- Garlic
- Bell Pepper
- Ginger

MEAT DEPT

- Ground Pork (1.5lbs)
- Chicken Breasts (5lbs)

DAIRY

- Cheddar Cheese
- Milk
- Mozzarella Cheese

FROZEN

- Mixed Veggies (12oz)
- Green Beans (12oz)

PANTRY

- Spaghetti Pasta
- Vinegar
- Brown Sugar
- Ketchup
- Cornstarch
- White Rice
- Salsa
- Taco Seasonings
- Corn (14.5oz)
- Diced Tomatoes (14.5oz)
- Chicken/ Veggie Broth (32oz)
- BBQ Sauce
- Penne Pasta
- Lentils
- Soy Sauce
- Tortillas
- Ranch Dressing
- Potato Chips

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

Egg Roll Lo Mein (Sweet & Sour Style)

8 oz spaghetti
1 tablespoon oil
¾ lb ground pork
2 teaspoons garlic, minced
16oz broccoli slaw mix
½ cup vinegar
½ cup brown sugar
¼ cup water
¼ cup ketchup
1 tablespoon cornstarch
Favorite seasonings

1. Cook spaghetti in boiling water until tender. Drain and set aside.
2. In a large skillet, heat oil and cook ground pork until browned.
3. Add garlic and cook for 1 minute.
4. Stir in broccoli slaw and cook until slightly softened.
5. In a small bowl, whisk together vinegar, brown sugar, water, ketchup, cornstarch, and seasonings.
6. Pour sauce into the skillet and bring to a simmer.
7. Add cooked spaghetti and toss until everything is well coated and the sauce thickens.

Chicken Taco Bowls with Salsa Rice

2 cups white rice
4 cups water
1 tablespoon oil
1/2-1 cup salsa
1 packet taco seasoning
1-1.5 lbs chicken breasts, chopped
1 tablespoon oil
Lettuce, chopped
1-2 tomatoes, chopped
14.5oz corn, drained
1 cup shredded cheddar

1. Add rice, water, and oil to a pot. Bring to a boil, cover, and simmer until rice is tender.
2. Once rice is cooked, stir in salsa and about 1 tablespoon taco seasoning until well combined.
3. In a skillet, heat oil and cook chopped chicken until fully cooked through.
4. Sprinkle remaining taco seasoning over the chicken and stir to coat.
5. Assemble bowls with lettuce, rice, chicken, tomatoes, corn, and cheese.

Brunswick-Style Lentil Stew

1 tablespoon oil
1 onion, chopped
1-2 garlic cloves, minced
1 cup dry lentils
14.5oz diced tomatoes
4 cups broth (chicken or veggie)
12 oz frozen mixed vegetables
½ cup BBQ sauce
Favorite seasonings

1. In a large pot, heat oil and cook onion until softened.
2. Add garlic and cook for 1 minute.
3. Stir in lentils, diced tomatoes, and broth. Bring to a boil.
4. Reduce heat and simmer until lentils are tender.
5. Add frozen vegetables, BBQ sauce, and favorite seasonings.
6. Simmer for another 10–15 minutes until flavors come together.

Chicken Philly Cheesesteak Pasta

8 oz penne pasta
1 lb chicken breasts, thinly sliced
1 tablespoon oil
1 green bell pepper, sliced
1 onion, sliced
2 cups milk
1 cup mozzarella cheese
1 tablespoon cornstarch
(mixed with 2 tablespoons water)
Favorite seasonings

1. Cook pasta in boiling water until tender. Drain and set aside.
2. In a large skillet, heat oil and cook chicken until browned and cooked through. Remove and set aside.
3. In the same skillet, cook peppers and onions until softened.
4. Pour in milk and bring to a gentle simmer.
5. Stir in the cornstarch slurry and cook until the sauce thickens.
6. Stir in cheese and favorite seasonings until melted.
7. Add cooked chicken and pasta back to the skillet and stir to combine.

Mongolian Style Rice Bowl

1/2 cup dry lentils

3/4 lb ground pork

1-2 garlic cloves, minced

1 tbsp minced/grated ginger

12oz frozen green beans

1/4 cup soy sauce

1/4 cup brown sugar

1/2 cup water

1 tablespoon cornstarch

(mixed with 2 tablespoons water)

2 cups cooked rice

1. Cook lentils in a pot of water until tender. Drain and set aside.
2. In a large skillet, cook ground pork until browned. Drain excess grease if needed.
3. Add garlic and fresh ginger and cook for 1 minute.
4. Stir in frozen green beans and cook until heated through and slightly tender.
5. Add soy sauce, brown sugar, and water. Stir and bring to a simmer.
6. Add cooked lentils and stir to combine.
7. Stir in cornstarch slurry and cook until sauce thickens. Serve over rice.

Chicken Ranch Wraps

1 lb chicken breasts, chopped

1 tablespoon oil

Favorite seasonings

4 large tortillas

1 1/2 cups shredded lettuce

1 cup shredded cheddar cheese

1/2 cup ranch dressing

Potato Chips

1. Heat oil in a skillet, then add chopped chicken. Sprinkle with favorite seasonings and stir to coat. Cook until fully cooked through.
2. Warm tortillas slightly so they are easier to roll.
3. Fill each tortilla with chicken, lettuce, cheese, and a drizzle of ranch dressing.
4. Roll up tightly and serve with potato chips.