

6 DINNERS UNDER \$60 - WEEK #99

*Crockpot Italian Pork Sandwiches

*Bruschetta Chicken Pasta

*Crockpot Salsa Verde Pork Burrito Bowls

*Cheesy Chicken and Rice Skillet

*Crockpot Lemon Garlic Chicken

*Pork Lo Mein

SHOPPING LIST

PRODUCE

- Bell Pepper
- Onion
- Red Potatoes (3lb)
- Garlic
- Roma Tomatoes (3-4)
- Spinach (10oz)

MEAT DEPT

- Pork Loin (4.5-5lb)
- Chicken Breasts (5lb)

FROZEN

- Broccoli (12oz)
- Green Beans (12oz)
- Stir Fry Veggies (20oz)

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

PANTRY

- Italian Dressing Seasoning
- Chicken Broth (32oz)
- Sandwich Buns (x6)
- Penne Pasta
- Italian Seasoning
- Salsa Verde (16oz)
- Black beans (15oz)
- Corn (14.5oz)
- White Rice
- Cream Chicken (10.5oz)
- Lemon Juice
- Lo Mein Noodles
- Soy Sauce
- Stir Fry Seasoning Mix

DAIRY

- Parmesan Cheese (6oz)
- Cheddar Cheese (8oz)

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This is a 4.5-5lb pork loin. We will be breaking this down into 3 separate meals.

1. The top tip will about 1 lb and used for the “Pork Lo Mein” dinner.

1. The middle roast will be about 1.5-2 lbs and used for the Crockpot meal “Salsa Verde Pork”

3. The large end will be a 1.5-2lb roast for the crockpot meal “Italian Sandwiches”

Crockpot Italian Pork Sandwiches with Home Fries

1.5–2 lbs pork loin
1 green bell pepper, sliced
1 onion, sliced
1 packet Italian dressing seasoning
1 cup chicken broth
1.5 lbs red potatoes, diced
Oil & Favorite seasonings
6 sandwich buns

1. Add the sliced peppers and onions to the bottom of the crockpot.
2. Place the pork loin on top and sprinkle the Italian seasoning packet over the pork. Pour in the chicken broth.
3. Cook on low for 6–8 hours or high for 4–5 hours.
4. Toss potatoes in oil and favorite seasonings. Air fry at 360 degrees for 18–22 minutes, shaking halfway through cooking.
5. Shred or slice the pork and serve on sandwich buns with the peppers and onions alongside the home fries.

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Crockpot Salsa Verde Pork Burrito Bowls

1.5 lbs pork loin
1 jar salsa verde
15oz black beans, drained
14.5oz corn, drained
2 cups cooked white rice

1. Place the pork loin into the crockpot and pour the salsa verde over the top.
2. Cook on low for 6–8 hours or high for 4–5 hours.
3. Shred the pork directly in the crockpot.
4. Stir in the black beans and corn.
5. Cover and cook for an additional 15–20 minutes until heated through.
6. Serve over cooked rice.

Bruschetta Chicken Pasta

8 oz penne pasta

1-1.5 lbs chicken breasts, diced

1-2 tablespoon Italian seasoning

Favorite seasonings

1 tablespoon oil

1 tablespoon minced garlic

3-4 Roma tomatoes, diced

2 cups spinach

6oz shredded parmesan cheese

(Optional:

2 tablespoons balsamic glaze)

1. Cook the pasta in boiling water until tender, drain and set aside.
2. Season the diced chicken with Italian seasoning and Heat the oil in a large skillet over medium heat. Cook the chicken until browned and fully cooked.
3. Add the garlic and cook for 30 seconds. Stir in the diced fresh tomatoes and let them cook for 3-4 minutes until slightly softened.
4. Add the spinach and stir until wilted.
5. Toss the cooked pasta into the skillet and mix well.
6. Stir in the parmesan cheese until melted and combined.
7. Optional: Drizzle with balsamic glaze right before serving.

Cheesy Chicken and Rice Skillet with Broccoli

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1.5 lbs chicken breasts, diced

1 tablespoon oil

Favorite seasonings

1 cup white rice

2 cups chicken broth

10.5oz cream of chicken soup

12oz frozen broccoli

2 cups shredded cheddar cheese

1. Heat the oil in a large skillet over medium heat.
2. Season the chicken with favorite seasonings and cook until browned.
3. Stir in the uncooked rice, chicken broth, and cream of chicken soup.
4. Bring the mixture to a gentle simmer. Cover and cook for 15-18 minutes, stirring occasionally, until the rice is tender.
5. Stir in the broccoli and cook for another 3-4 minutes until heated through.
6. Stir in the cheddar cheese until melted and creamy.

Crockpot Lemon Garlic Chicken

1.5 lbs red potatoes, chopped

12oz frozen green beans

1.5–2 lbs chicken breasts

Favorite seasonings

1 cup chicken broth

2 tablespoons lemon juice

1 tablespoon minced garlic

1. Add the chopped red potatoes and frozen green beans to the bottom of the crockpot.
2. Place the chicken breasts on top and season lightly with favorite seasonings.
3. Pour in the chicken broth, lemon juice, and garlic.
4. Cook on low for 6–7 hours or high for 3–4 hours.
5. Slice or shred the chicken before serving.

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Pork Lo Mein with Stir Fry Veggies

1 lb pork loin, thinly sliced

10oz lo mein noodles

20oz frozen stir fry vegetables

Stir Fry Seasoning Mix

2 tbsp soy sauce

1/3 cup water

1 tablespoon minced garlic

1. Cook the lo mein noodles in boiling water until tender (about 4-5 minutes). Drain and set aside.
2. In a large skillet, cook the stir-fry vegetables until tender.
3. Add the sliced pork to the skillet and cook 5-7 minutes until browned and fully cooked.
4. In a bowl, stir together the soy sauce, brown sugar, garlic, and ginger. Toss the noodles and sauce into the skillet and cook for 2–3 minutes until combined.