

Menu

- MEAL 1 - *Chili*
- MEAL 2 - *Tacos*
- MEAL 3 - *Oven Fried Chicken Legs*
- MEAL 4 - *Chicken & Rice*
- MEAL 5 - *Chicken Fajitas*
- MEAL 6 - *Spaghetti*
- MEAL 7 - *Grilled Chicken*
- MEAL 8 - *Taco Salads*
- MEAL 9 - *Chicken Legs*
- MEAL 10 - *Chicken & Wild Rice Soup*
- MEAL 11 - *Homemade Pizza*
- MEAL 12 - *Enchiladas*
- MEAL 13 - *Chicken Spaghetti*
- MEAL 14 - *Taco Soup*

Shopping List

Item	Quantity	Walmart Price	Total
Chili Beans	2 Cans	\$0.68	\$1.36
Diced Tomatoes	3 Cans	\$0.68	\$2.04
Tortilla Chips	2 Bags	\$2.00	\$4.00
Rice (Brown or White)	32 oz. Great Value	\$1.56	\$1.56
Spaghetti Noodles	2 Boxes	\$1.00	\$2.00
Spaghetti Sauce	2 15 oz. Jars	\$1.00	\$2.00
Frozen French Bread	1 Loaf	\$1.98	\$1.98
Green Beans	2 Cans	\$0.68	\$1.36
Bisquick	20 oz. box	\$1.98	\$1.98
Birds Eye Steam in bag corn	1 Bag	\$1.25	\$1.25
Iceberg	2 Heads	\$1.38	\$2.76
Tomato	1 ea.	\$0.65	\$0.65
Onion	1 ea.	\$0.74	\$0.74
Green Pepper	1 ea.	\$0.75	\$0.75
Black Beans	1 Can	\$0.68	\$0.68
Canned Corn	1 Can	\$0.68	\$0.68
Taco Seasoning	2 Packages	\$0.50	\$1.00
Sour Cream	24 oz. Tub	\$1.98	\$1.98
Cream of Chicken Soup	3 Cans	\$0.79	\$2.37
Salsa	1 24 oz. Jar	\$1.98	\$1.98
Uncle Bens Wild Rice	1 Box	\$1.98	\$1.98
Flour Tortillas	20 ct. Fajita Size	\$1.54	\$1.54
Taco Bell Salsa con Queso	1 15 oz. Jar	\$2.68	\$2.68
Taco Shells	1 Box 12 ct.	\$1.00	\$1.00
Jiffy Pizza Crust	2 Boxes	\$0.62	\$1.24
Shredded Mozzarella Cheese	1 8 oz. bag	\$2.38	\$2.38
Shredded Cheddar Cheese	1 16 oz. bag	\$4.78	\$4.78
Potatoes	10 lb. Bag	\$3.67	\$3.67
Panko	1 box	\$2.36	\$2.36
Ground Beef	5 lbs.	\$3.19	\$15.95
Chicken Breasts	5 lbs.	\$1.57	\$7.85
Chicken Legs	5 lbs.	\$1.19	\$5.95
			\$84.50

Items assumed on hand: Salt, Sugar, Chili Powder, Pepper, Eggs, Flour, Milk, and Butter

**you may need to purchase these items if you do not already have them

Meal 1 – Chili

Ingredients:

2 Cans of Chili Beans
1 Can of Diced Tomatoes
1 Can of Water
2 Cups Ground Beef (Cooked)
3 Tbsp. Chili Powder
2 tsp. Sugar
1 tsp. Salt
2 tsp. Pepper

Directions:

Combine all ingredients in a Slow Cooker and cook on high for 4 hours or low for 6-8 hours

Toppings Optional: Sour Cream & Cheese

Meal 2 – Tacos with Chips & Salsa

Ingredients:

4 Cups Ground Beef (Cooked) *
1 Package Taco Seasoning
Taco Shells – Use 8**
½ Head of Lettuce Shredded***
Tomato
4 oz. of Sour Cream
Cheese
Chips – Save remaining chips for Fajita night
Salsa

Directions:

Heat Meat in a Skillet with Taco Seasoning (Mixed according to Package Directions), Bring to a Boil,
Reduce and simmer for 5-10 Minutes

Heat Taco Shells in Oven at 350 Degrees for about 5-6 Minutes

Chop ¼ of Lettuce, ½ Tomato and use ½ Bag of Cheese and ½ Cup of Sour Cream for Garnish
Serve with Chips & Salsa

Notes:

*Save & Freeze 2 cups of Seasoned meat for Taco Salads
**Save remaining 4 shells for taco salads
***Save Remaining Lettuce for Taco Salads

Meal 3 – Oven Fried Chicken Legs

Ingredients:

8 Chicken Legs (Approx. 2 lbs.)
Panko Crumbs
1 Egg
1 Cup Flour
2/3 Cup Milk
2 Cups Bisquick
1 Can of Green Beans

Directions:

Place Beaten Egg in a Bowl, Flour in a separate bowl and Half of Panko Crumbs in a Third Bowl
Dip Chicken first in Flour, Then Egg, Then Panko Crumbs. Use your hands to coat completely.
Place Chicken on Baking Sheet
Bake at 350 for about 45 minutes

Combine Bisquick Mix & Milk in a bowl, Stir until well mixed
Drop Biscuit Mixture onto a Greased Baking Sheet
Bake at 425 Degrees for about 10 Minutes

Heat Corn in the Microwave for about 6 Min on High (Follow Directions on Bag)
Drain and season lightly with salt & pepper

Meal 4 – Chicken & Rice, Green Beans

Ingredients:

8 4 oz. Chicken Breast*
1 ½ Cups Rice
1 Can of Cream of Chicken Soup
2 Cans of Water
Salt
Pepper
1 Can of Green Beans

Directions:

Place Cream of Chicken Soup & Water in a 9x13 Baking Pan
Stir until well mixed
Slowly add in Rice and Stir
Place Chicken on top of Rice Mixture
Season with Salt & Pepper to taste (Note: Don't use too much salt because the cream of chicken soup is already salty)
Bake at 350 Degrees for around 1 ½ Hours or until rice is tender.

Heat Green Beans in the Microwave for about 6 Min on High
Drain and season lightly with salt & pepper
(*you can also add brown sugar to these if you would like for a sweet green bean)

Notes:

*Save & Freeze 4 Chicken Breasts for Enchilada's

Meal 5 – Chicken Fajitas

Ingredients:

4 Chicken Breast
½ Onion
½ Green Pepper
½ Tomato
8-10 Flour Tortillas *
4 oz. of Sour Cream
Cheese
Chips**
Salsa
½ Jar of Salsa Con Queso

Directions:

Slice Chicken Breast and Grill with Sliced Onion & Green Pepper
Salt & Pepper to taste

Serve Fajita meat & Vegetables on Tortillas and top with Sour Cream, Cheese, Tomato, Queso and Salsa

Notes:

*Save other half of Tortillas for enchiladas, there are 20 total in the bag I buy at Walmart

**Save remaining chips for Taco Salads

Meal 6 – Spaghetti & French Bread

Ingredients:

1 Jar of Spaghetti Sauce (Save $\frac{3}{4}$ Cup for Pizza)*
2 Cups Ground Beef (Cooked)
1 Can of Diced Tomatoes
1 Box of Spaghetti Noodles
2 Tbsp. Chili Powder
 $\frac{1}{2}$ Loaf Great Value Frozen French Bread

Directions:

Combine Spaghetti Sauce, Diced Tomatoes, Ground Beef, and Chili Powder in a Slow Cooker
Cook on Low about 4 hours
Bring a pan of water to a boil, Add Noodles to boiling water and cook 10 min on high (Stir frequently)

Heat French Bread in a 400 Degree Oven for about 10 Minutes

Serve Sauce over noodles and with French Bread

Notes:

*Set aside pizza sauce first before you start!

**Save Remaining Half of French Bread for Chicken Spaghetti

Meal 7 – Grilled Chicken Breast

Ingredients:

4 – 4 oz. Chicken Breasts
4-6 Small Potatoes for Baking
1 – Can Green Beans

Directions:

Grill Chicken Breast with Seasoning of Choice (I use McCormick Chicken Seasoning)

Wash Potatoes, Use a Fork to poke holes in potatoes and wrap in foil

Place Baked Potatoes in Slow Cooker on high for 6 hours (Or cook in oven at about 350 Degrees for around 2 ½ Hours)

Heat Green Beans in the Microwave for about 6 Min on High

Drain and season lightly with salt & pepper

(*you can also add brown sugar to these if you would like for a sweet green bean)

Meal 8 – Taco Salads

Ingredients:

1 Cup Rice
2 Cups Taco Meat (Remaining Meat Cooked With Tacos)
1 Head Lettuce
Remaining Chips
Cheese
4 oz. of Sour Cream
Salsa

Directions:

Cook 1 Cup Rice with 2 Cups of Water
You may add 1 tsp. of Taco Seasoning for Flavoring

Heat Taco Meat in a Pan until Warm
Heat Remaining Taco Shells

Break Open Taco Shells for Base, Layer Rice, Lettuce, Taco Meat, Cheese, Sour Cream & Salsa

Meal 9 – Grilled Chicken Legs

Ingredients:

12 Chicken Legs (Approx. 3 lbs.)*
Salt & Pepper
2/3 Cup Milk
2 Cups Bisquick
6 Small Russet Potatoes
¼ Milk
¼ Cup Butter
Salt & Pepper to Taste

Directions:

Thaw Chicken Legs Completely

Place in Hot Pan on Stove Top and Grill about 10 Minutes on Each Side over Medium-High heat

Combine Milk and Bisquick in a Bowl, Drop Biscuits on a Greased Cookie Sheet

Bake at 425 Degrees for about 10 Minutes

Peel and Chop Potatoes

Place potatoes in a Pan full of Water and Bring Water to a Boil

Boil for around 20-30 Minutes until Potatoes are Tender

Drain Water and Smash with Butter, Milk and Salt & Pepper to Taste

Notes:

*Save 4 Chicken Legs for Chicken & Wild Rice Soup

Meal 10 – Chicken and Wild Rice Soup

Ingredients:

- 1 Box of Uncle Bens Wild Rice
- 1 Can Cream of Chicken Soup
- 4 Cooked Chicken Legs (Saved from Grilled Chicken Legs)

Directions:

Remove Chicken from the Cooked Chicken Legs and cut into small bite size pieces.

Place Chicken, Cream of Chicken Soup, Wild Rice, Seasoning Packet in a Slow Cooker.

Add about 4-5 Cups of Water (Depending on how much soup you need. I prefer less water but you can easily stretch this meal to make a little more if you need it to.

Cook on High 4-5 hours until rice is cooked and serve Hot!

Meal 11 – Homemade Pizza

Ingredients:

2 Boxes of Jiffy Pizza Mix
1 Bag of Mozzarella Cheese (8 oz.)
Remaining Pasta Sauce (Saved from Spaghetti Sauce)
1 Cup Cooked Ground Beef

Directions:

Prepare Pizza Mix according to Directions

Use Pasta Sauce as Pizza Sauce, top with Beef and Mozzarella Cheese
Bake at 425 for around 17 Minutes!

Meal 12 – Enchiladas

Ingredients:

8-10 Flour Tortillas
½ Jar of Salsa Con Queso
1 Can of Cream of Chicken Soup
12 oz. of Sour Cream
½ Cup Salsa
2 Cups Shredded Cheese
4- Cooked Chicken Breasts Shredded (From Chicken & Rice)

Directions:

Mix Sour Cream and Cream of Chicken Soup in a Small Bowl
Pour Half of Sour Cream Mixture in a 9x13 Baking Pan
Lay Tortillas Flat & Fill with Queso and Chicken
Roll Tortillas up and Place in Baking Pan
Top with the remaining sour cream mixture
Top with Salsa and spread evenly over all tortillas
Top with Shredded Cheese
Bake at 350 for 35 Minutes

Serve with Fruit/Veggies or Chips – I just mix this up depending on what I have remaining

Meal 13 - Chicken Spaghetti

Ingredients:

4- 4 oz. Chicken Breasts
1 Jar of Spaghetti Sauce
1 Box of Spaghetti Noodles
Half of French bread

Directions:

Place Frozen Chicken Breast in the Crock Pot
Cover with Spaghetti Sauce
Add ¼ Cup Water
Simmer on High about 4 hours or low about 6 hours until Chicken is cooked

Cook French Bread according to Package Directions

Boil Water, Add Noodles to Boiling Water and cook 10 minutes. Drain Noodles and serve with sauce and French bread.

Meal 14 – Taco Soup

Ingredients:

- 1 Can of Black Beans
- 1 Can of Corn
- 1 Package of Taco Seasoning
- 1 Can of Diced Tomatoes
- 2 Cups Cooked Ground Beef
- 2 Cans of Water

Directions:

Combine all ingredients in a Slow Cooker and Cook on High for 4 hours.

Optional: Serve with Chips, Cheese, Rice and Sour Cream