

# Two-Week Cooking with Saving & Giving



## Ingredient List

*The quantities given are the ones I use for my family of three. If you have a larger or smaller family, you'll need to adjust them accordingly.*

### **Southwest Chicken Roll-Ups from Money Saving Mom**

*I'm making a double batch of these, so half the ingredients if you only want one batch.*

- 2 packs flour tortillas (large size)
- 1 can refried beans
- ¼ - ½ c. salsa (I don't use as much as she does)
- 2 c. shredded cheddar cheese
- 1 ½ lb. chicken breasts (I usually use 3 for a double batch.)

### **Ground Beef Stroganoff**

- ½ - 1 lb. ground beef (depends on how "meaty" you want it)
- 2 T. chopped onion (optional) – I use frozen.
- 1 single-serve cream cheese (or about 1 oz. from a larger package; I use light, not fat-free.)
- 1 can cream of mushroom soup (I used low-fat.)
- ½ box rotini (I used SmartTaste to up the fiber content.)
- ½ tsp. beef bouillon powder (optional)
- 8 oz. mushrooms, sliced (optional)
- 2 tsp. butter (I used spreadable.)

### **Crock Pot Chicken Parmesan from \$5 Dinner Mom**

- 2 eggs
- 2 T. olive oil
- 6 boneless, skinless chicken breasts
- 1 c. breadcrumbs (I make my own with whole wheat bread.)
- ½ c. grated Parmesan cheese
- 1 t. Italian seasoning
- 2 c. shredded mozzarella cheese
- 2 26 oz. cans spaghetti sauce
- spaghetti noodles (enough for 2 meals)

### **Grilled BBQ Chicken**

6 boneless, skinless chicken breasts (enough to make salads another day)  
BBQ sauce (or any marinade)  
Sides: 3 yams & 1 can of green beans

### **Grilled Chicken Salads**

\*The chicken is included in the BBQ Chicken meal.  
Romaine lettuce (or whatever kind you like!)  
Salad veggies of your choice  
Croutons, dressing, etc.

### **Chicken Fettuccini Alfredo**

½ lb. fettuccini noodles  
3 boneless, skinless chicken breasts  
1 15 oz. can chicken broth  
flour  
4 oz. cream cheese (I use light, not fat-free.)  
3 T. grated Parmesan cheese  
garlic powder  
pepper

### **Homemade Pizza (enough for 2 meals)**

4 T. canola oil  
2 tsp. sugar  
2 tsp. salt  
6 c. flour  
4 T. yeast (I use the bread machine kind because it's cheaper.)  
1 can/jar pizza sauce (your favorite kind)  
2 8 oz. bags shredded mozzarella cheese  
pizza toppings of your choice

### **Chicken Stir Fry**

3 boneless, skinless chicken breasts  
1-2 bags frozen stir fry veggies  
1 bottle stir fry sauce (No time to make my own this time!)  
rice (You can use some Uncle Ben's Ready Rice if you don't want to make your own.)

### **Crock Pot Bean Casserole**

2 14 oz. cans pork 'n beans (We use vegetarian.)  
1 15 oz. can kidney beans  
1 15 oz. can baby lima beans  
1 15 oz. can cannellini beans (white kidney beans) – or other type of bean you like  
¼ c. chopped onion (I use frozen.)  
½ c. ketchup  
1 t. mustard  
½ c. brown sugar (Not exactly carb-friendly, but yummy)  
2 t. vinegar  
1 T. molasses  
½ - 1 lb. ground beef

### **Pizza-Stuffed Peppers – The only new recipe for me this time**

½ c. orzo or rosamarina pasta (I'm going to substitute 1 c. brown rice for this.)  
6 small bell peppers (I'm going to use sweet ones rather than green.)  
½ lb. ground beef  
½ c. diced pepperoni  
1 15 oz. can pizza sauce  
6 oz. shredded mozzarella or pizza blend cheese

### **Crock Pot Chicken Sausage Stew**

½ lb. smoked sausage or kielbasa  
2 boneless, skinless chicken breasts  
½ c. thinly sliced carrots (We usually have baby carrots on-hand, so I slice those.)  
½ c. chopped onion (I use frozen.)  
16 oz. can baked beans  
2 T. brown sugar  
1 t. dry mustard (or just a squirt of regular mustard – Don't buy this if you don't have it.)  
½ c. ketchup  
1 T. vinegar  
2 c. frozen green beans (which I usually detest but love in this recipe for some reason!)