

MENU 1

- Chicken Curry
- Tacos
- Spaghetti and caesar salad
- Chicken Pot Pie
- Frozen Pizza (date night)
- Sunday Soup: Taco

SHOPPING LIST

Chicken Breast
Curry powder
Parsley
Evaporated milk
Corn starch
Rice
Chopped onion
Ground meat (3)
Taco shells/ tortillas
Shredded lettuce
Tomatoes
Cheese (shredded)
Sour cream
Refried beans
Taco seasoning
Spaghetti
Spaghetti sauce
Caesar salad
Pie crust
3 potatoes
Carrots
Butter
Thyme
Chicken broth
Frozen peas
Frozen corn
Ranch style beans
Diced tomatoes
Hominy
Green chiles
Taco seasoning
Ranch dressing
Tortilla chips
Frozen pizza

CHICKEN CURRY

2-4 TBSP butter or coconut oil
4 chopped chicken breast
2 TBSP curry powder
1 small onion
1 small bunch parsley chopped
1/2 can evaporate milk
1 TBSP corn starch
Season chicken with salt, then coat with curry. In a pan, sauté onions and parsley in butter then add chicken breast and cook both sides.
Dissolve corn starch in milk, bring to chicken and let it boil until it thickens to a sauce.

CHICKEN POT PIE

2 cups peeled potatoes, cut in bite-size chunks
1 1/2 cups carrots, peeled and sliced
1 cup butter (2 sticks)
2/3 cup chopped onion
1 cup all-purpose flour
1 3/4 teaspoons salt
1 teaspoon dried thyme
3/4 teaspoons pepper
3 cups chicken broth
1 1/2 cups milk
4 cups cubed cooked chicken
1 1/2 cups frozen peas
1/2 cup frozen corn
2 packages refrigerated double pie crust (or your favorite home-made recipe) .

Put the potatoes and carrots in a large pot, and cover it with water. Cook over high heat until it boils for several minutes and potatoes and carrots are tender when poked with a fork, but don't overcook. Drain water and set potatoes and carrots aside. In the large pot, combine the butter and onion over medium heat, while the butter melts, stir

often, cooking the onions. When onions are soft, add the flour and seasonings and mix well. Add the broth and milk. Stir until thickened. Add the chicken, peas corn, potatoes and carrots and mix to combine. Prepare two pie dishes by lining them with an uncooked pastry crust. Pour half of the chicken and vegetable mixture into each pie shell. Cover with the top pie crusts, and let the top layer overlap the bottom crust, pinching seams to seal, then fluting the edge of the seam. Crack an egg into a bowl and beat it. Brush the beaten egg over the top, then with a sharp knife, cut some slits in the top of the pie so it can vent steam. Bake at 425 for 35-40 minutes. Let cool for about 10 minutes before digging in. Enjoy!

TACO MEAT

1 lb ground turkey
1 can refried beans
1/2 can water
Taco seasoning to taste

TACO SOUP

1 LB Ground Turkey
1/2 chopped onion
3 TBSP taco seasoning
3 TBSP ranch seasoning
2 cans of ranch style beans
2 cans of diced tomatoes
1 can of white hominy
1 can of yellow hominy
1 can diced green chiles
4 cups of water or chicken broth

Cook burger, with spices and onion
Add all remaining ingredients, bring to a boil, simmer for 15-20 minutes and serve topped with chips, sour cream, and shredded cheese.