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Pepperoni Pizza Sliders
White Bean Chicken Chili (Buffalo-Style Option)



Meat \$24.44

- \$12.71 (average price Organic Whole chicken (\$2.99/lb))
- \$11.98 2 pounds organic chicken thighs (5.99/lb)
- \$12.98 2 pounds organic grass-fed beef (6.49/lb)
- \$4.99 Simple Truth Uncured Hickory Smoked Bacon
- \$4.99 Simple Truth Kielsbasa
- \$4.79 Applegate pepperoni

Produce \$42.69

- \$1.99 16 ounces fresh organic spinach
- \$1.67 5 ears corn (5 @ 3/\$1.00)
- \$1.58 1 head cabbage
- \$2.59 1 Head cauliflower
- \$2.58 (2) bunches organic kale (\$1.29 x 2)
- \$2.49 3-pound bag organic yellow onions
- \$0.80 1 organic yellow squash (\$1.99/lb)
- \$0.60 1 organic zucchini squash (\$1.99/lb)
- \$1.29 organic green pepper
- \$2.19 organic yellow/orange bell pepper
- \$1.78 2 pounds sweet potatoes (\$0.89/lb)
- \$1.29 1 lb. Simple Truth Organic carrots
- \$2.49 Organic Celery
- \$3.99 3 lbs. STO russet potatoes
- \$2.50 10-oz container STO grape tomatoes
- \$1.52 (4) organic Roma tomatoes (\$0.38/each)
- \$2.37 (3) Lemons (\$0.79/each)
- \$1.00 (2) limes (\$0.50/each)
- \$0.50 Garlic
- \$1.68 1 Granny Smith apple
- \$2.79 STO 8 oz baby bella mushrooms
- \$1.29 1 bunch organic green onions
- \$1.59 bunch organic parsley
- \$0.12 1 small knob ginger

Dairy \$12.46

- \$3.49 Simple Truth Org. Mozzarella Cheese
- \$2.29 8 oz. bar Kroger cheddar cheese
- \$2.69 Private Selection crumbled Feta cheese
- \$3.99 5-ounce container STO Grated Parmesan Cheese

Pantry \$26.60

- \$1.39 Simple Truth Org. Spaghetti
- \$4.29 Simple Truth Organic Quinoa
- \$1.00 STO Tomato sauce
- \$1.29 15-oz can STO fire-roasted tomatoes
- \$1.69 28-oz can STO diced tomatoes
- \$1.99 Simple Truth Organic Pizza Sauce
- \$1.00 Simple Truth Organic Great Northern Beans
- \$1.00 Simple Truth Organic Black Beans
- \$2.69 STO Hard Taco Shells
- \$4.99 Julienne Cut Sun Dried Tomatoes
- \$1.29 15-ounce can STO sweet corn
- \$3.98 (2) 32-ounce cartons Simple Truth Organic Chicken Broth (\$1.99/carton)

Bread/Bakery \$2.99

- \$2.99 Simple Truth Organic Whole Wheat Hamburger Buns

Frozen \$12.85

- \$1.69 STO Frozen butternut squash
- \$2.69 STO Brussels Sprouts
- \$2.29 STO Frozen Broccoli florets
- \$1.19 Kroger Frozen Cauliflower
- \$4.99 Cod

Total: 150.03

Pantry Staples Needed (Check your pantry/fridge...totals needed noted)

- Olive Oil (8 Tablespoons)
- avocado oil (4 Tablespoons)
- butter (5 T)
- paprika (3 ½ teaspoons)
- Dijon mustard (1/4 cup)
- whole grain Dijon mustard (1/4 cup)
- pure maple syrup (1/3 cup)
- apple cider vinegar (1 T)
- kosher sea salt (5 ¾ teaspoons)
- smoked paprika (1 ¾ teaspoons)
- cumin (1 tsp)
- chili powder (1 Tbsp)
- red pepper flakes (1/4 t)
- oregano (1/2 tsp)
- Italian seasoning (1 tsp)
- cayenne pepper (3/8 tsp)
- garlic powder (1/2 tsp)
- dried thyme (1/4 tsp)
- dried parsley (1/2 tsp)
- pepper (1 tsp)
- beef broth (1/2 c) or/ better than Bouillon (1/2 t.)
- brown sugar (1 ½ Tablespoons)
- soy sauce (2 T)
- sriracha (1 T)
- toasted sesame oil (1 T)
- hot sauce (2-4 Tbsp)
- half and half or milk (2 cups)



Corn, Zucchini, Potato Chowder (Life Made Simple)

4 strips bacon, chopped into bits
 1/2 large yellow onion, diced
 2 ribs celery, finely diced
 5 ears corn, cut off from the cob
 4 cloves garlic, minced
 5 c. low-sodium chicken broth
 2 russet potatoes, peeled and cut into 1/4-inch cubes
 1 1/4 tsp. kosher sea salt
 1/2 tsp. ground black pepper
 1/2 tsp. paprika
 1/2 tsp. dried parsley
 1/4 tsp. thyme
 1/8 tsp. cayenne pepper
 1 large zucchini, cut into quarters lengthwise, then sliced
 1 large yellow squash, cut into quarters lengthwise, then sliced
 2 c. half and half or whole milk

FULL RECIPE:

<https://lifemadesimplebakes.com/2017/08/summer-corn-and-zucchini-chowder/>

BLT Chopped Salad (Well Plated)

For the BLT Chopped Salad:

8 slices thick-cut bacon — about 9 ounces
 1/2 cup julienned sun-dried tomatoes — not the kind packed in oil
 8 cups kale — tough stems removed and chopped (about 14-16 ounces with stems or 8 ounces without)
 1/4 teaspoon kosher salt
 1 pint cherry tomatoes — halved
 1 1/2 cups sweet corn kernels — fresh, frozen and thawed, or drained from a can
 1/2 cup crumbled feta cheese
 1/4 cup finely chopped green — or red onion

For the Dressing:

1/4 cup fresh lime juice — from about 2 medium limes
 2 tablespoons extra-virgin olive oil
 3/4 teaspoon smoked paprika
 1/4 teaspoon kosher salt

FULL RECIPE:

<https://www.wellplated.com/blt-chopped-salad/>

Baked Beef and Black Bean Tacos (Budget Bytes)

TACO SEASONING

1 Tbsp chili powder
 1 tsp smoked paprika
 1 tsp cumin
 1/2 tsp oregano
 1/4 tsp cayenne
 1/2 tsp salt
 Freshly cracked pepper

TACOS-1 Tbsp cooking oil

1 yellow onion
 2 cloves garlic
 1/2 lb lean ground beef (93% lean or higher)*
 15 oz can black beans
 1 box 10 hard taco shells
 1 cup shredded cheddar (4oz.)

OPTIONAL TOPPINGS

1 tomato, 1 jalapeño, Handful fresh cilantro, 1/4 cup sour cream

FULL RECIPE:

<https://www.budgetbytes.com/baked-beef-black-bean-tacos/>



Kielbasa Pepper, Onion, and Potato Hash (The Two Bite Club)

1 (14 ounce) package kielbasa, cut into 1/4 inch rounds
1 green bell pepper, diced
1/2 yellow, red or orange bell pepper, diced
1 onion, diced
3 small or 2 large potatoes, peeled and diced
olive oil
salt and pepper

FULL RECIPE:

<https://www.thetwobiteclub.com/2014/05/kielbasa-pepper-onion-and-potato-hash.html>

Autumn Glow Salad (Pinch Of Yum)

For the Salad

1 cup freekeh or other grain (*quinoa, bulgur, etc.*)
1 head cauliflower
2 sweet potatoes
1 tablespoon olive oil
a sprinkle of dried spices that you like, or a few sprigs of thyme, rosemary, etc.
1 large apple

For the Lemon Dressing

1 bunch parsley (*about 1 cup*), minced
1 small clove garlic, minced
2/3 cup olive oil
juice of one lemon (*more to taste*)
1 teaspoon agave (*optional*)
1/2 teaspoon salt
pepper to taste

Full recipe:

<https://pinchofyum.com/autumn-glow-salad-with-lemon-dressing>

Tomato Spinach Chicken Spaghetti (Julia's Album)

1/4 cup sun-dried tomatoes chopped, drained of oil
2 tablespoons olive oil drained from sun-dried tomatoes
1/2 lb chicken boneless and skinless (preferably, boneless skinless thighs), chopped
1/4 teaspoon salt
1/4 teaspoon red pepper flakes
1/4 teaspoon salt
4 Roma tomatoes chopped
1/4 cup fresh basil leaves chopped
8 oz spinach fresh
3 garlic cloves chopped
8 oz spaghetti pasta
3 tablespoons olive oil (use high quality olive oil or oil from the sun-dried tomatoes jar)

<https://juliasalbum.com/tomato-spinach-chicken-spaghetti/>



Unstuffed Cabbage Rolls

1 pound ground beef
 2-3 garlic cloves, minced
 ½ cup onion, diced
 1/2 head green cabbage, chopped or shredded (about 4 cups)
 28-ounce can diced tomatoes
 1 (8oz) can tomato sauce
 ½ cup beef broth
 1 tsp paprika
 1 T brown sugar
 1 tsp. salt
 1/2 tsp black pepper

1. Brown ground beef in a large skillet (deep enough to hold cabbage and other ingredients as well) Add in onions and garlic in last couple minutes.
2. Drain grease, if necessary. Add cabbage, tomatoes and sauce, broth, and spices and bring to a gentle boil.
3. Cover and reduce heat to a simmer. Cook until cabbage is tender. (25-30 minutes)

Whole Chicken w/ Roasted Cauliflower and Butternut Squash

1 4-5 pound whole organic chicken
 Rotisserie seasoning blend
 1 Lemon, cut into wedges
 1 onion, cut into large chunks
 1 bag frozen cauliflower
 1 bag frozen butternut squash cubes
 2 T olive oil
 ½ tsp. salt

1. Remove innards of chicken, stuff with lemon and onion.
2. Generously coat with [seasoning](#).
3. If using Instant Pot, add cup of water (6-quart) set to manual pressure, and cook chicken 6 minutes per pound.

Here is a full tutorial on how to cook a rotisserie-style chicken in the instant pot. This is the BEST, BEST chicken you'll ever make.

<https://amindfullmom.com/how-to-make-a-whole-chicken-in-the-instant-pot/>

Note: Can cook in oven as well. Instructions here: <https://amindfullmom.com/oven-roasted-rotisserie-chicken/>

Veggies:

1. Heat extra-large baking sheet in oven set to 450 degrees.
2. Pour veggies in large bowl. Coat with olive oil and salt.
3. Carefully remove pan (with an oven mitt) and arrange veggies in an even layer.
4. Bake about 20 minutes, flipping halfway through if desired.



Spinach Mushroom Pasta

½ pound spaghetti
 8 ounces baby bella mushrooms
 4-5 ounces fresh spinach
 ½ onion, diced
 2 T butter
 ½ cup Parmesan cheese
 Salt and pepper to taste

1. Cook spaghetti according to package instructions.
2. While spaghetti is cooking, heat butter in large skillet on medium-high heat.
3. Cook onions about 3-4 minutes, until slightly translucent.
4. Add mushrooms and cook an additional 3-4 minutes. Season with salt and pepper.
5. Drain pasta and add to skillet. Lower heat, then add spinach and toss.
6. Add parmesan cheese and serve immediately.

Beef and Cabbage Stir Fry (Budget Bytes)

STIR FRY SAUCE
 2 Tbsp soy sauce
 1 Tbsp toasted sesame oil
 1 Tbsp sriracha
 ½ Tbsp brown sugar
 STIR FRY
 ½ head green cabbage
 2 carrots
 3 green onions
 ½ Tbsp neutral cooking oil
 ½ lb. lean ground beef
 2 cloves garlic
 1 Tbsp fresh grated ginger
 Pinch of salt and pepper
 GARNISHES (optional)
 1 Tbsp sesame seeds
 1 Tbsp sriracha

FULL RECIPE:

<https://www.budgetbytes.com/beef-cabbage-stir-fry/>

Cod Skillet

1 pound cod fillets (thawed if frozen)
 4 T butter
 ½ tsp garlic powder
 ½ tsp paprika
 ½ tsp salt
 Pinch of pepper
 1 lemon

1. Mix seasoning spices together and coat all sides of fish.
2. Heat two tablespoons of butter in large skillet on medium-high heat.
3. Cook cod about two minutes. Add remaining butter and flip cod to other side. Turn down heat slightly and cook 3 minutes, until fish flakes with fork.
4. Remove from heat and squeeze lemon juice over top.

Optional side: Steamed broccoli (according to bag instructions)

Optional side: Quinoa (on shopping list) /rice (not on shopping list)



Maple Dijon Roasted Chicken and Vegetables (Life Made Simple)

For the chicken:

2 tsp. canola, avocado or grapeseed oil
 1 1/2 lb. boneless skinless chicken thighs
 1/2 tsp. paprika
 1/4 c. Dijon mustard
 1/4 c. whole grain Dijon mustard
 1/3 c. pure maple syrup
 1 tbsp. apple cider vinegar
 1/2 tsp. coarse kosher sea salt

For the vegetables:

2 c. diced sweet potatoes (3/4-inch cubes)
 2 c. halved brussels sprouts
 2 tsp. canola, avocado or grapeseed oil
 Salt and ground black pepper

FULL RECIPE:

<https://lifemadesimplebakes.com/2018/10/maple-dijon-roasted-chicken-and-vegetables/>

Pepperoni Pizza Sliders

1 pkg Applegate pepperoni
 1 pkg Simple Truth Organic Whole Wheat hamburger buns
 About 1 cup pizza sauce
 1 6-ounce pkg Simple Truth Organic Mozzarella cheese
 3 T butter, melted
 1 T olive oil
 1 tsp Italian seasoning

1. Preheat oven to 350 degrees.
2. In a 9 x 13-inch baking dish, line with bottoms of buns. Layer on pepperoni, sauce, and cheese. Top with tops of buns.
3. Mix butter, olive oil, and Italian seasoning and drizzle over buns.
4. Cover with foil and bake for 15 minutes. Remove foil and bake another five minutes, until cheese is nice and melted.

White Bean Chicken Chili

2 cups cooked chicken, shredded (use leftover chicken from whole chicken!)
 1 carrot, finely diced
 1/2 onion, finely diced
 2 stalks celery, finely diced
 1 T olive oil
 1 can Great Northern beans, drained and rinsed
 1 can fire-roasted tomatoes
 1 32-ounce carton chicken stock
 2 cloves garlic
 1 tsp paprika
 2-4 T hot sauce (optional, depending on how much you like hot sauce!)

1. In large stockpot, heat olive oil on medium heat. Add in carrots, onion and celery and cook about 5-6 minutes, until veggies are softened.
2. Add paprika and garlic and cook another minute.
3. Add stock or broth, making sure to scrape all the browned bits from the bottom of the pot.
4. Add beans, tomatoes, chicken, and hot sauce.
5. Bring to a boil, then reduce heat and let simmer for about 20 minutes.

Notes: Serve with cornbread, tortilla chips, blue cheese, pepper jack cheese, sour cream or any mixture of the above. It's good with everything!

