

Shopping List (I got mine at Aldi's)

Whole Chicken (I got 6.5 lbs and found that to be adequate for my family)

Baby Carrots bag

Onion (1)

Celery (if desired; I skipped it)

Potatoes (3 lbs)

Frozen Stir Fry (The Teriyaki is amazing)

Enchilada Sauce

Corn or Flour Tortillas (Small size 24ct)

Panko Bread Crumbs

24 oz Marinara Sauce

8 oz Penne Pasta

Rice (4-6 servings)

Canned Parmesan Cheese

Canned or Frozen Corn (if you want to add this to Enchiladas)

Canned Black Beans (if you want to add this to Enchiladas)

Tortilla chips (if you want to make nachos with leftover enchilada mix)

12 oz Mexican Cheese (Shredded without seasoning)

8 oz Mozzarella Cheese

Garlic Bread or Knots

Recipe #1 - Whole Chicken with Potatoes and Carrots

Whole chicken

Potatoes - 1 1/2 lbs

Baby Carrots - 1/2 of the package

Roast the Whole Chicken. You can do this in a variety of ways including using the oven or the Instant Pot. I elected to use the Instant Pot and it turned out amazing! If you have an Instant Pot, I recommend giving this a try.

How to roast a chicken in the Instant Pot:

- Frozen (yes frozen!) whole chicken
- Salt and Pepper
- Seasoning of your choice (I went with Rotisserie Chicken by Badia)

Directions:

1. The rule of thumb is 10 minutes per pound of chicken if it is frozen. If it is 6 pounds, you would do 60 minutes. If it is fresh/unfrozen, go for 7 minutes per pound.
2. Place the trivet (that it came with) in the Instant Pot and then place the chicken on top of it
3. Season with salt, pepper and seasoning. You can either do it in the instant pot or you can season it before adding it so you can coat both sides.
4. Add 1/2 to 1 cup of water depending on the size of your chicken
5. Set the timer on manual mode to the approximate time determined in step #1
6. Once it finishes, allow it to naturally release the pressure for 15 minutes before opening
7. Place on a cutting board and pull off the chicken for tonight's dinner (Just as you would serve it if you had bought it in the store. We like to eat portions of the breast, wing and leg on night #1).
8. Cover the chicken with something in the kitchen to keep it safe until cooled enough to shred.
9. Once cooled, pull off as much of the usable chicken as possible. Place into a bowl and seal. Take the carcass and place into another bowl to save for meal #5 if you want. Refrigerate both.

Sides for Recipe #1

We served diced potatoes and carrots. Super easy to make. Dice up however many potatoes and baby carrots your family would consume. Toss with olive oil and seasonings (we went with Salt, Pepper and Italian seasoning). Roast them in the oven until browned at 425. It took mine about 45 minutes and I stirred them halfway through.

Recipe #2 - Chicken Stir Fry with Rice

Frozen Stir Fry

1-1/2 cups of shredded chicken

Rice

Start the rice according to package directions. If you have long grain white rice, you can make it in the Instant Pot. (Google for directions)

Start the Stir Fry according to package directions. We really like the Teriyaki Stir Fry from Aldi. Heat up the chicken in a separate skillet with about 1 tbsp of oil. If you have a bottle of Teriyaki Sauce, you can add it to the skillet too.

Combine everything in a bowl and serve.

Recipe #3 - Chicken Enchiladas

1 1/2 cups of Chicken

Enchilada Sauce

Corn or Flour Tortillas

2 1/2 cups Mexican Shredded Cheese

(Optional add a can or bag of frozen corn and black beans to stretch further)

Gather ingredients. In a skillet, heat up the chicken and add the corn and black beans if you are using them. Once heated, remove from heat and add 1/2 cup of the Enchilada Sauce to the skillet. Stir well. Season with salt and pepper as desired.

Preheat the Oven to 350.

For Corn Tortillas - wrap them in a damp paper towel and microwave for 30 seconds, flip and then microwave for another 30 seconds

For Flour Tortillas - microwave for 30 seconds, flip them and then microwave for another 30 seconds.

Get a 9x13 baking dish. Begin to put the mixture into each tortilla and top with some cheese and wrap tightly. Place in the dish seam side down.

Once you have assembled as many tortillas as your family will eat, put the remaining meat mixture (if there is any) in a Tupperware for later on.

Top the assembled tortillas with the rest of the Enchilada sauce and add as much cheese as your heart desires.

Bake in the oven for 20 minutes until the cheese is melted and bubbly.

Serve to your family.

*The next day you can use the remaining enchilada mix for nachos! You just need some tortilla chips to add them to.

Recipe #4 - Chicken Parmesan Casserole

1 1/2 to 2 cups of chicken
Penne Pasta
Mozzarella Cheese
Parsley seasoning (if desired or Italian is also good)
2 tbsp of butter (melted)
1/3 cup Panko Bread Crumbs
Garlic Powder
Italian Seasoning
Canned Parmesan Cheese (if desired)
Garlic Knots or Garlic Bread

1. Preheat the oven to 375 degrees
2. Cook the pasta al dente according to package directions
3. Combine the ingredients for the topping
 - 2 tbsp melted butter
 - 1/3 cup Panko Bread Crumbs
 - 1 tbsp parsley flakes or fresh parsley
 - 1/4 tsp garlic powder (or more if you love garlic)
 - 1/4 cup parmesan cheese
4. Toss the pasta with pasta sauce, 1 tbsp Italian seasoning and chicken.
5. Place chicken/pasta in a 9x9 or 9x13 baking dish
6. Spread out the toppings over the top. Add mozzarella cheese.
7. Bake 23-25 minutes
8. Cook the Garlic Bread/Knots according to package directions

Recipe #5 - Chicken Soup in the Crockpot

Remaining chicken and the saved chicken carcass

Potatoes

Carrots

Onion

Garlic minced (or powder)

6-8 c of water (or split this with chicken broth if you have some on hand)

Parsley

Salt and Pepper

Set up your Crock Pot and cook on low 5-6 hours or high 2-3 hours

Dice up as many potatoes, carrots and onion as you'd like. This is good to eyeball. I usually try to do a potato per person eating.

Place the chicken and the carcass in the Crockpot and set it to low or high.

Add the diced veggies

Sprinkle in either 1 tbsp of minced garlic or 1/2 tbsp of garlic powder

Dust in some salt and pepper

Add in 1 tbsp of dried parsley if you have it

Pour in 6-8 cups of purified water/chicken broth depending on if you have chicken broth on hand. The chicken will produce its own broth and flavor the water nicely.

Add in some salt and pepper to your liking

Let cook all day and enjoy a job well done Mama!