

**10**  
yummy  
Meals For Under **\$100**  
at Walmart

### 8 Can Chicken Tortilla Soup

#### Ingredients

- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can pinto beans, drained and rinsed
- 1 (14.5 oz) can diced tomatoes, drained
- 1 (15 oz) can sweet corn, drained
- 1 (12.5 oz) can chicken breast, drained
- 1 (10.75 oz) can cream of chicken soup
- 1 (10 oz) can green enchilada sauce
- 1 (14 oz) can chicken broth
- 1 (1 oz) packet taco seasoning

#### Instructions

Open and pour all ingredients into a large stock pot or into your slow cooker and stir together. Cook on low heat for 2-3 hours. Serve with shredded cheese, sour cream, avocado and tortilla chips.

### Chicken & Cheese Enchiladas with Green Chili & Sour Cream Sauce

#### Ingredients

- 10 soft taco shells
- 2 cups cooked, shredded chicken
- 2 cups shredded Monterey Jack cheese
- 3 Tbsp. butter
- 3 Tbsp. flour
- 2 cups chicken broth
- 1 cup sour cream
- 1 (4 oz) can diced green chillies

#### Instructions

Preheat oven to 350 degrees. Grease a 9×13 pan. Mix chicken and 1 cup cheese. Roll up in tortillas and place in pan. In a sauce pan, melt butter, stir in flour and cook 1 minute. Add broth and whisk until smooth. Heat over medium heat until thick and bubbly. Stir in sour cream and chillies. Do not bring to boil, you don't want curdled sour cream. Pour over enchiladas and top with remaining cheese, and if you like green onions and black olives. Bake 22 min covered, remove foil and then high broil for 3 min to brown the cheese.

### Easy Cheesy Stuffed Shells

#### Ingredients

- 1 (12 ounce) package jumbo pasta shells
- 2 eggs, beaten
- 1 (32 ounce) container ricotta cheese OR mix 1/2 with cottage cheese
- 1 pound shredded mozzarella cheese, divided
- 8 ounces grated Parmesan cheese, divided
- 1 tablespoon dried parsley (I use fresh)
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 (28 ounce) jar pasta sauce OR make your own

#### Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, mix eggs, ricotta, half the mozzarella, half the Parmesan, parsley, salt and pepper until well combined. Stuff cooked shells with ricotta mixture and place in a 9×13 inch baking dish.

In a medium bowl, stir together pasta sauce, and reserved mozzarella and Parmesan. Pour over stuffed shells.

Bake in preheated oven 45 to 60 minutes, until edges are bubbly and shells are slightly set.

### Chicken/Shrimp Fried Rice

- 1 Packet Fried Rice Seasoning
- 1 12oz bag frozen vegetables
- 6 oz frozen or canned green peas
- Green onions
- Chicken or Shrimp
- 2 eggs

Basically - Follow directions on the back of the fried rice packet. Add Chicken or Shrimp if you choose.

## Buttermilk Chicken

1 qt. buttermilk  
2 T salt  
1 tbsp. lemon juice  
1 tbsp. Smoked Paprika  
5 cloves garlic minced  
3-4 lb. chicken

Combine buttermilk, salt, lemon juice, paprika, and garlic, pour over chicken pieces. Cover and refrigerate overnight or for at least 2 hours. Remove chicken from marinade and cook on outdoor grill over hot coals for 20-30 minutes until tender, in the oven at 400 for 25 minutes or until cooked through.

## Crispy Cheddar Chicken

### Chicken:

4 large chicken breasts  
2 sleeves Ritz crackers  
1/4 t salt  
1/8 t pepper  
1/2 C milk  
3 C cheddar cheese, grated  
1 t dried parsley or dill

### Sauce:

1 10 ounce can cream of chicken soup  
2 T sour cream  
2 T butter

Heat oven to 350° F.

In a bowl, combine the crackers, cheese, garlic, dill and ¼ teaspoon each salt and pepper.

Pound the chicken to about 1/4 - 1/2 inch thickness with a meat mallet. Dip the pounded chicken in the butter, then in the cracker mixture, pressing gently to help it adhere, and place on a foil-lined baking sheet.

Sprinkle any remaining cracker mixture on the chicken and drizzle with any remaining butter. Bake until the chicken is golden brown and cooked through, 20-25 minutes.

## Taco Pasta

1 pound ground beef or turkey ( I used 1.5 lb. )  
8-12 ounces medium pasta shells or other small dry pasta shapes ( I used 12 oz)  
1 small onion, chopped (about 1 cup)  
1 clove garlic, minced  
1 (14 oz.) can diced tomatoes with mild green chilies, drained (if making this for kids you might want to use just plain diced tomatoes)  
4 tablespoons taco seasoning (I used 1 packet)  
3 ounces cream cheese  
1/2 cup sour cream  
1/4 cup chopped cilantro  
Salt and pepper

Bring a large pot of water to boil. Cook pasta according to the package directions. Drain, reserving 1/2 cup of pasta water. Set aside.

Meanwhile, in a large skillet or sauté pan, cook the ground meat over medium-high heat until no longer pink. A few minutes before the meat is cooked through, add the chopped onion to the skillet. Once the meat is cooked through, mix in the garlic and cook until fragrant, about 30 seconds. Add in the diced tomatoes and taco seasoning and let simmer over medium heat for about 3-5 minutes.

Stir in the cooked pasta, cream cheese, sour cream and reserved pasta water, and continue stirring until the cream cheese is melted and the sauce is well blended. Season with salt and pepper to taste. Simmer over medium-low heat 3-5 minutes to reduce the sauce a bit if it is still too thin.

## Easy Biscuits & Gravy

1 Roll Sausage  
12 Biscuits  
5T Flour  
2-4 Cups Milk

Fist brown a roll of sausage. We like maple flavor but you can use whatever you like. When brown, do not drain. Add about 5T of flour to coat the sausage. Turn the heat to medium and add about 2 cups milk. Stir all together and cook for a few minutes. The flour is going to start thickening up into gravy. You are going to have to add more milk, a little at a time, to get the gravy to the consistency that you and your family like. In total I add about 3 cups milk but honestly every batch is different. Pour over biscuits.

## Easy Homemade Chicken Pot Pie

2 (9 inch) pie crusts  
1 (10.75 ounce) can condensed cream of chicken soup  
1 (8 ounce) tub or package cream cheese  
1/2 (16 ounce) package frozen mixed vegetables, thawed  
3 cups cooked, diced chicken meat

Preheat oven to 425 degrees F (220 degrees C). In a large mixing bowl combine soup and softened cream cheese. Mix until thoroughly blended. Stir in vegetables and chicken.

Pour chicken mixture into pastry-lined pie pan. Cover with top crust. Seal and cut steam vents in top. Cover edges of crust with aluminum foil to prevent over browning.

Bake in preheated oven for 35 to 40 minutes. Remove foil halfway through baking to allow edges of crust to brown. Check often late in cooking time to ensure crust is not burning.

## Homemade Hot Pockets

### Ingredients

1/2 batch, or approx. 4 cups bread dough (I use unfrozen Rhodes Bread Dough)  
2 large chicken breasts or sliced beef  
2 cups steamed broccoli  
1 – 2 oz cream cheese  
1/4 – 1/2 cup Alfredo sauce  
1 – 2 cups cheddar cheese  
various seasonings  
1/2 cup olive oil

### Instructions

1. Season and bake chicken breasts in a 350 degree oven until no longer pink in center. Dice chicken and set aside.
2. Roll out a handful of bread dough into a 1/4 inch thick rectangle. Spread 1-2 tsp of softened cream cheese over dough. Add 1-2 Tbsp of alfredo sauce over the cream cheese. Top with 1/2 cup diced chicken, 1/4 cup steamed chopped broccoli, and 1/4 – 1/3 cup cheddar cheese.
3. Fold up ends of dough over the filling mixture. Fold other ends up and over and seal seams shut using a bit of water if necessary.
4. Place seam side down on a prepped baking sheet, cut a small steam vent in the top, and let rise for about 30 minutes in a warm, draft-free place.
5. Bake at 400 degrees until golden brown, about 20-25 minutes. Brush with oil mixture again after baking if desired.