



Simple,  
From Scratch,  
Budget Friendly



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## Haystacks

### What You Need:

- Chips
- Lettuce
- Ground Beef (seasoned with taco seasoning)
- Fresh Tomatoes
- Shredded Cheese
- Salsa
- Olives
- Sour Cream

Crush the chips and place on the bottom of plate. Layer with all other toppings as desired.

## Chicken Fajitas

### What You Need:

- 1 1/2lb Chicken Breast, cut into strips
- 3 Bell Peppers, cut into strips
- 1 large Onion, cut into slices
- 1 Tablespoon Olive Oil
- 2 Tablespoon Fajita Seasoning
- Tortillas
- Sour Cream, Salsa

In a frying pan, cook the strips of chicken breast. Sprinkle the fajita seasoning over the chicken and stir while frying. Cook until thoroughly cooked. In another frying pan cook the bell pepper and onion until onion is cooked through. Place some chicken and some pepper/onion mixture in each tortilla. Serve with sour cream and salsa.

## Lasagna

- 1 Box Lasagna noodles
- 16oz. Cottage Cheese
- 8 oz Shredded Mozzarella Cheese
- 1 lb Hamburger
- 1 Jar Pasta Sauce
- Garlic Powder, Onion Powder, Salt

In a bowl, mix together the cottage cheese and mozzarella cheese. Add in a small amount of garlic powder, onion powder, and salt to taste. Set aside. Brown the hamburger. Mix together with the pasta sauce after you remove from heat. On the bottom of a 9x13" baking dish, pour 1/3 of the pasta sauce mixture. Top with a layer of uncooked lasagna noodles. Top with a layer of 1/2 of the cheese mixture and another layer of noodles. Then another layer of the pasta sauce mixture followed by the rest of the cheese mixture. Another layer of noodles and then pour the rest of the sauce over the top. Add a small amount of water into the dish (about 1/2 inch). Bake at 375 degrees for 40 minutes or until the noodles are done and the sauce is bubbly.



## **Chef Salads**

### **What You Need:**

- Various Leaf or Shredded Lettuces
- Diced or shredded Meats
- Shredded Cheddar Cheese
- Veggies (Chopped Bell Pepper, Avocado, Cooked Peas, ect)
- Fruits (Mandarin Oranges, Strawberries, Pears, ect)
- Hard Boiled Eggs
- Nuts or Seeds
- Dressing
- Anything else that sounds good to you!

Mix together as desired! Place different toppings buffet style in your kitchen and let your family design their own special salads.

## **Baked Chicken Chimis**

### **What You Need:**

- 8oz pkg. cream cheese
- 8oz. Pepperjack cheese, shredded
- 1 1/2 Tbsp. taco seasoning
- 1 lb. cooked chicken, shredded
- 8 flour tortillas
- shredded cheddar cheese, green onions, sour cream, salsa

Stir together cream cheese, Pepperjack cheese and taco seasoning. Add in chicken. Divide among tortillas. Tuck in sides, and roll up each tortilla. Lay seam side down in a sprayed 9×13” baking dish. Spray tops of tortillas with cooking spray. Bake at 350 for 15 minutes. Turn chimis over, and bake an additional 15 minutes. Serve with cheddar cheese, green onions, sour cream, and salsa.

## **Pita Pizzas**

### **What You Need:**

- 4 pita bread round
- 1 Tablespoon olive oil
- pizza sauce
- 2 cups shredded mozzarella cheese
- garlic salt

Preheat frying pan. Spread one side of the pita with olive oil and desired amount of pizza sauce. Top with cheese and season with garlic salt. Place pita pizza in frying pan cover, and cook until cheese completely melts, about 5 minutes. You can also make this recipe on the grill and add more toppings as desired.



## Chicken Stir Fry Wraps

### What You Need:

- 1 1/2 pounds boneless, skinless chicken breasts, halved horizontally and thinly sliced
- Coarse salt and ground pepper
- 2 tablespoons olive oil
- 1 large onion, halved and thinly sliced
- 1 large red bell pepper, sliced
- 3 cloves garlic, minced
- 1 1/2 teaspoons grated peeled fresh ginger
- 3 tablespoons soy sauce
- 3 tablespoons rice vinegar
- 1 1/2 teaspoons cornstarch, mixed with 1 tablespoon water
- 12 to 16 lettuce leaves (about 2 heads)

Season chicken with salt and pepper. In a large nonstick skillet, heat 1 tablespoon oil over high heat. Add the chicken; cook, stirring constantly, until no longer pink when cut. Transfer to a plate. Add remaining tablespoon oil to pan, along with the onion and bell pepper. Cook, stirring constantly, until onion is tender and golden. Reduce heat to medium; add garlic and ginger; cook for 1 minute. Stir in soy sauce, vinegar, and cornstarch mixture; remove from heat. Add chicken and any accumulated juices; toss to coat. Serve in lettuce cups.

## Beef Stuffed Zucchini

### What You Need:

- 4 medium zucchini
- 1 pound ground beef
- 1/2 cup chopped onion
- 3/4 cup marinara or spaghetti sauce
- 1 egg, beaten
- 1/4 cup seasoned bread crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup (4 ounces) shredded Monterey Jack cheese, divided
- Additional marinara or spaghetti sauce

Cut zucchini in half lengthwise; cut a thin slice from the bottom of each with a sharp knife to allow zucchini to sit flat. Scoop out pulp, leaving shells. Place shells in an ungreased 3-qt. microwave-safe dish. Cover and microwave on high for 3 minutes or until crisp-tender; drain and set aside. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain if needed. Remove from the heat; stir in the marinara sauce, egg, bread crumbs, salt, pepper and 1/2 cup cheese. Spoon about 1/4 cup into each shell. Microwave, uncovered, on high for 4 minutes. Sprinkle with remaining cheese. Microwave 3-4 minutes longer or until a thermometer inserted into filling reads 160° and zucchini are tender.



## Grilled Veggie Bowls

### What You Need:

- 1/4 cup olive oil
- 2 tablespoons honey
- 4 teaspoons balsamic vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/8 teaspoon pepper
- Dash salt
- 1 pound fresh asparagus, trimmed
- 3 carrots, cut in half lengthwise
- 1 large sweet red pepper, cut into 1-inch strips
- 1 medium yellow summer squash, cut into 1/2-inch slices
- 1 medium red onion, cut into wedges

In a small bowl, whisk the first seven ingredients. Place 3 tablespoons marinade in a large resealable plastic bag. Add vegetables; seal bag and turn to coat. Marinate 1-1/2 hours at room temperature. Transfer vegetables to a grilling container; place container on grill rack. Grill vegetables, covered, over medium heat 8-12 minutes or until crisp-tender, turning occasionally. Serve with remaining marinade. Serve with rice or quinoa or just plain.

## Meatball Sliders

### What You Need:

- 1 lb ground beef
- 1/2 cup dry breadcrumbs or oats
- 1/4 cup finely chopped green pepper
- 1/4 cup finely chopped onion
- 1 Tablespoon Italian seasoning (optional)
- 1 teaspoon garlic powder
- Salt & Pepper to taste
- 1 egg, slightly beaten
- Small sandwich buns
- Spaghetti or marinara sauce
- Fresh mozzarella cheese, thinly sliced

Combine the meatball ingredients. Form into large balls. Bake at 400 degrees for 15-20 minutes in a small baking pan with side. Heat up the spaghetti sauce in a large pan. Place the meatballs into the sauce. Simmer for 30 minutes. When you're ready to make the sliders, scoop out a meatball along with some sauce and place on a roll. Top with a slice of cheese.



## Omelets

### What You Need:

- 8 eggs
- ½ c. milk
- Butter
- Any fresh veggies or meats as desired
- Cheddar Cheese

For each omelet use 2 eggs, 2 tablespoons of milk, and a small amount of butter to fry in. Whisk the ingredients together and mix in any veggies or meats you like. Pour into a greased, heated frying pan and cook until one side is starting to brown. Add some cheddar cheese on top and fold over. Cook until egg is cooked through and cheese is melted. Serve with salsa or plain.

## Chicken Broccoli Stroganoff

### What You Need:

- 12oz Broccoli florets
- 8 oz cream cheese
- 8 oz milk
- 2 cups cubed cooked chicken
- 1 cup fresh or canned sliced mushrooms
- 1/2 teaspoon onion powder
- 2/3 cup sour cream
- 4 cups hot cooked noodles (any kind you have on hand!)

Cook broccoli in microwave until steamed. Drain if needed and set aside. In a saucepan, heat cream cheese, milk, chicken, mushrooms, onion powder, 1/4 teaspoon salt and 1/8 teaspoon pepper to a low boil. Stir in broccoli. Reduce heat to low; stir in sour cream. Heat until warm and serve over noodles.

## Beef N Beans

### What You Need:

- 3lb beef roast
- 1/4 c. rice flour (or regular flour if you aren't GF)
- 1 t. salt
- 1 chopped onion
- 1 quart tomatoes (or 3 cups tomatoes)
- 1/2 t. minced garlic
- 2 T. turbinado (or brown) sugar
- 16 oz green beans

Add all ingredients together in a slow cooker and cook on low for 6-8 hours.

## Zucchini Pasta

### What You Need:

- 6 zucchini
- 2 tablespoons butter
- Pasta sauce

Wash the zucchini and julienne them to make noodles. Add 2 tablespoons of butter to a frying pan and cook on a low heat until zucchini is cooked through. Add a little salt and pepper to taste. Serve with pasta sauce a little fresh grated cheese if desired.



## Hot Dogs & Beans

### *Hot Dogs –*

#### What You Need:

- Hot Dogs
- Buns

### *Baked Beans –*

#### What You Need:

- 4 slices bacon
- 1/2 cup chopped onion
- 32 ounces of cooked beans (any of your favorites!)
- 2 tablespoons brown sugar
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- 1 teaspoon mustard

Cook bacon until crisp; drain, reserving the drippings. Crumble bacon; set aside. Cook onion in drippings until tender; add bacon, beans, brown sugar, ketchup, Worcestershire sauce, and prepared mustard; mix well. Pour into a casserole dish. Bake uncovered for 1 1/2 to 1 3/4 hours, checking periodically. Add a little water if mixture becomes too dry.

## Chicken Lo Mein

#### What You Need:

- 6 ounces uncooked lo mein noodles or vermicelli
- 1 pound boneless skinless chicken breasts, cut into thin strips
- 4 tablespoons soy sauce, divided
- 3 garlic cloves, minced
- 1/4 cup hoisin sauce
- 3 tablespoons water
- 1 teaspoon sugar
- 4 teaspoons sesame oil
- 9 ounces fresh or frozen spinach

Cook noodles according to package directions. In a large bowl, combine the chicken, 1 tablespoon soy sauce and garlic; toss to coat. Marinate at room temperature for 10 minutes. Meanwhile, in a small bowl, mix the hoisin sauce, water, sugar and remaining soy sauce until smooth. In a large skillet, heat oil over medium-high heat. Add chicken mixture and fry until no longer pink. Stir in sauce mixture and spinach. Drain noodles; add to skillet and toss to combine. Cook and stir just until spinach is wilted or heated through (if frozen).



### Sweet Beef N Rice (Crockpot Meal)

What You Need:

- 1lb ground Beef
- 1 can Diced Tomatoes
- ¼ c. Brown or Turbinado Sugar
- 1 small Onion, chopped
- ½ teaspoon minced Garlic
- Rice

Brown the ground beef. To the crockpot add the beef, diced tomatoes, sugar, onion, and garlic. Cook together on low for 4 hours. When you are ready to serve your meal, cook 2 cups of rice. Pour the sweet beef mixture over the cooked rice in bowls.

### Confetti Pasta Salad

What You Need:

- 1 bottle Italian dressing
- 1 box Bow tie pasta
- 4-5 cups of your favorite veggies to be grilled (tomatoes, bell peppers, onions, fresh mushrooms, garlic, squash, zucchini, ect)

Clean and cut veggies into pieces. Put in large plastic bag and pour in 3/4 bottle of dressing. Shake and let it marinate at least 2 – 4 hours. Grill your veggies when getting ready to serve. While the veggies are grilling, make pasta according to directions. In a large bowl, mix together the pasta and the veggies. Add in more dressing as needed. You could also add in cubed meat and cheeses.

### Cheeseburger Rice

What You Need:

- 1 lb. ground beef
- 1 onion, chopped
- 1/2 c. ketchup
- 2 Tablespoons mustard
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 3 c. cooked rice
- 1 c. cheddar cheese, shredded

In a large skillet, brown the beef and sauté the onion. Add in the ketchup, mustard, salt and pepper and mix. Stir in the cooked rice and heat until hot through. Sprinkle the cheese over top.



## June Seasonal Foods

You can often find great deals on in-season produce, depending on where you live and how easy it is to ship or grow produce there. When planning your grocery shopping trip for the month, make sure to look through this list to add these fruits and veggies to supplement your suppers and create lunches and

Apricots  
Beets  
Blueberries  
Cherries  
Corn  
Green beans  
Kiwi  
Peaches  
Peas  
Nectarines  
Strawberries  
Watermelon  
Yellow squash  
Zucchini





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Haystacks
2 Leftovers	3 Chicken Fajitas	4 Lasagna	5 Leftovers	6 Chef Salads	7 Baked Chicken Chimis	8 Pita Pizza
9 Leftovers	10 Chicken Stir Fry Wraps	11 Beef Stuffed Zucchini	12 Leftovers	13 Grilled Veggie Bowls	14 Meatball Sliders	15 Omelets
16 Leftovers	17 Chicken Broccoli Stroganoff	18 Beef N Beans	19 Leftovers	20 Zucchini Pasta	21 Hot Dogs & Baked Beans	22 Steaks
23 Leftover	24 Chicken Lo Mein	25 Sweet Tomato Beef Rice	26 Leftovers	27 Breakfast for Supper	28 Confetti Pasta Salad	29 Cheeseburger Rice
30 Leftovers	Notes:					



# My Shopping List

## Grocery Item

## Amounts for Serving 4 People

	Chips	For One Meal (See Recipes)
	Lettuce	Toppings for 3 meals + Chef Salads
	Ground Beef	6 pounds
	Fresh Tomatoes	2 tomatoes
	Cheddar Cheese	1 c. + toppings (See Recipes)
	Salsa	Toppings for 3 meals +
	Olives	Toppings for 1 meal
	Sour Cream	2/3 c. + Topping for 2 + meals
	Chicken Breast	7 pounds
	Bell Peppers	6 peppers
	Onions	8 onions
	Tortillas	12 tortillas
	Cottage Cheese	16 ounces
	Mozzarella Cheese	3 cups
	Pasta Sauce/Pizza Sauce	5 jars
	Chef Salad Toppings	For One Meal (See Recipes)
	Cream Cheese	12 ounces
	Pita Pockets	4 pitas
	Zucchini (Fresh)	10 zucchinis
	Eggs	10 eggs
	Bread Crumbs	3/4 c.
	Asparagus	1 pound
	Carrots	3 carrots
	Yellow Squash	1 squash
	Hamburger Buns	Enough for One Meal
	Hot Dog Buns	Enough for One Meal
	Fresh Mozzarella	8 ounces
	Milk	1 c.
	Omelet Meats and Veggies	Enough for One Meal
	Broccoli Florets	12 ounces
	Pasta Noodles	4 c.
	Mushrooms	1 c.
	Beef Roast	3 pounds
	Flour	1/4 c.
	Green Beans	16 ounces
	Hot Dogs	Enough for One Meal
	Bacon	4 slices
	Cooked Beans	32 ounces
	Vermicelli or Lo Mein Pasta	6 ounces
	Spinach	9 ounces
	Canned Diced Tomatoes	3 cans
	Rice	3 cups +
	Italian Dressing	1 bottle
	Bow Tie Pasta	16 ounces
	Veggies for Confetti Salad	For One Meal (See Recipes)
	Lettuce Leaves	12-16 leaves
	Garlic Cloves	7 cloves



