



ALDI 5 Day Meal Plan

GROCERY LIST

Meat

- 1 lb. ground beef
- 2 lbs. sirloin 3.5 pounds chicken breasts
- 1.5 lbs. chicken thigh meat

Produce

- cilantro
- white onion
- 3 small zucchinis
- head of broccoli
- 1 lb. asparagus
- 2 bell peppers
- 1 red onion
- whole garlic cloves

Refrigerator

- 2 cups grated cheddar cheese
- 3/4 cup butter
- sour cream

Pantry

- (2) 14 oz. cans diced tomatoes
- small flour tortillas
- 1.5 oz enchilada mix packet
- can black olives
- olive oil
- cream of chicken soup
- 8 oz. can tomato sauce
- package stuffing mix, chicken flavor
- 14 oz. can black beans
- 11 oz. can corn
- Envelope onion soup mix
- Sesame oil
- vegetable oil
- soy sauce
- brown sugar
- corn starch
- white rice
- can pineapple chunks
- can condensed tomato soup

Seasoning

- chili powder
- minced garlic
- ground ginger
- dry mustard
- salt & pepper
- dried rosemary



Weeknight Red Enchiladas

Serves 4-5

Ingredients:

- 1 lb. ground chuck
- 1/2 cup chopped white onion
- 1.5 oz. red enchilada packet {plus 1.5 cups water & 8oz. can tomato sauce}
- 7 small flour tortillas
- 2 cups grated cheddar cheese
- 10.75 oz can condensed tomato soup
- 1/8 teaspoon cumin
- 1/8 teaspoon garlic powder
- 1 small can black olives, sliced
- 2 green onions, sliced (for garnish) * optional

Directions:

- Place meat and onion in a large skillet on the stove, and brown over medium high heat until meat is crumbly. Drain if necessary and return to skillet.
- Season meat with cumin, garlic powder, and salt & pepper to taste.
- In a saucepan on the stove, stir enchilada mix, water, and tomato sauce. Bring to boil. Reduce heat and let simmer for 5 minutes until thickened. {May also use a 10 oz. can of red enchilada sauce instead, however my Aldi had only the packet.}
- Stir in soup and red enchilada sauce to meat mixture.
- In each tortilla, spread about 1/4 cup of meat mixture and a sprinkle of cheese, then fold and place in baking pan.
- Try to reserve a cup of shredded cheese for the top.
- Spread any leftover sauce mixture over the top of the tortillas. Sprinkle reserved cheese and add black olives.
- Bake at 350 degrees for 20 minutes or until cheese is melted and bubbly. Garnish with green onion and sour cream if desired.

Easy Slow Cooker Black Bean Chili

Serves 4-5

Ingredients:

- 1.5 raw pounds chicken thigh meat, cut into one-inch pieces
- 2- 14.5 oz cans diced tomatoes, undrained
- 15.5 oz. can black beans, rinsed, & drained
- 11 oz. can of sweet corn
- 1 envelope onion soup mix
- 1 Tbsp. chili powder
- 1 teaspoon minced garlic
- 1/4 cup chopped cilantro (optional topping)

Directions:

- Combine all ingredients in a slow cooker.
 - Cover and cook on LOW 8 to 10 hours or HIGH 4 to 6 hours.
 - Serve with any desired toppings such as chopped cilantro, sour cream, shredded cheese, tortillas, etc.
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Sweet and Savory Hawaiian Chicken Kebabs

Serves 4-6

Ingredients for Kebabs:

- 1.5 pounds chicken breasts
- 2 bell peppers
- 1 red onion
- 1 -15 oz. can pineapple chunks, liquid reserved
- rice for serving

Ingredients for Marinade:

- 1 tablespoon brown sugar
- 1/2 cup less sodium soy sauce
- 1/4 cup vegetable oil (or try coconut oil!)
- 2 cloves fresh garlic, minced
- 2 teaspoons ground ginger
- 1 teaspoon dry mustard
- 1/2 cup liquid from canned pineapple
- 1/4 teaspoon fresh ground pepper

Directions:

- If using bamboo skewers, make sure to first soak them in water for 30 minutes prior to grilling.
- Whisk together all the marinade ingredients in a small saucepan.
- On the stove, bring mixture to a boil and then let simmer for about 5 minutes until liquid is reduced. Remove from heat and let cool.
- Meanwhile cut chicken and veggies into one-inch pieces.

- Place chicken in a shallow dish and set aside veggies.
 - Reserve a small portion of marinade/sauce into a small dish (for basting the meat while grilling). Pour the rest over the chicken.
 - Let chicken marinate in the fridge for at least 30 minutes. (Next time I'll try overnight!)
 - Use the bamboo skewers to compile Kebabs by alternating veggies, pineapple chunks and chicken. (This made 6 good sized skewers for us.)
 - Transfer to a preheated grill on medium heat. Cook for about 18-20 minutes turning and basting with reserved marinade.
 - Serve over rice.
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Simple One-Pan Steak and Veggies

Ingredients For the Butter:

- 1/4 cup butter softened
- 1 teaspoon dried rosemary
- 1 tablespoon capers chopped {Aldi didn't have this, so omit if desired}
- 1 garlic clove minced into a paste

Ingredients For Sheet Pan Meal:

- 2 pounds sirloin steak about 1 inch thick
- salt & pepper to taste
- 1 tablespoon or so olive oil
- 1 large head of fresh broccoli cut into florets
- 1 lb. asparagus spears

Directions:

- Mash together herb butter ingredients in a small bowl.
 - Form butter into a tube shape using plastic wrap, and place in fridge or freezer to harden.
 - Pat steaks dry and season both sides of steak with salt and pepper.
 - Coat veggies with olive oil and season with salt & pepper.
 - Stick a large rimmed sheet pan in the oven and pre-heat oven broiler.
 - Carefully remove HOT sheet pan from the oven.
 - Coat the pan with olive oil where steaks are going to go, and lay them towards the center. Arrange veggies around the edges.
 - Place under broiler for 5 minutes.
 - Remove pan, turn steaks, and place back under broiler for about 5 minutes or until desired doneness.
 - Top steaks with rosemary caper butter to serve.
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Easy Chicken Zucchini Casserole

Serves 6

Ingredients:

- 1 lb. chicken breast
- 1 package (6 ounces) stuffing mix, chicken flavor
- 1/2 cup butter melted
- 3 cups diced zucchini (about 2 med/large or 3 small zucchini)
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1/2 cup chopped onion
- 1/2 cup sour cream

Directions:

- Cook chicken as desired. (I think it's easier boil for 8-10 minutes, then cube or shred.)
 - Preheat oven to 350 degrees.
 - In your largest mixing bowl, combine stuffing mix with melted butter. Reserve 1/2 cup of this mixture for the topping.
 - Mix in the chicken, chopped zucchini, onion, cream of chicken soup, and sour cream.
 - Pour entire mixture into a greased 9x13 casserole dish.
 - Sprinkle the 1/2 cup reserved stuffing mix on top of casserole and bake at 350 degrees for 45 minutes.
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