

KIDS COOKING

LESSONS

WEEK 4 SHOPPING LIST

HOMEMADE SLOPPY JOES

1 lb. ground beef
15 oz. can tomato sauce
1 Tbsp mustard
2 1/2 Tbsp cider vinegar
3 Tbsp brown sugar
1 Tbsp minced onion
1 Tbsp paprika
1 tsp ground cumin
1 tsp garlic powder
1 tsp salt
1 tsp pepper
Hamburger buns

CHEESY CHICKEN ENCHILADAS

3 cups shredded rotisserie chicken
4 cups shredded Monterey Jack cheese
1 cup red salsa
Salt and pepper
12 oz. can enchilada sauce
12 corn tortillas

HONEY MUSTARD SALMON

4 - 1/4 lb. salmon fillets
Salt and pepper



2 Tbsp honey
2 Tbsp Dijon mustard
1 Tbsp apple cider vinegar

CHICKEN AND BROCCOLI ALFREDO

12 oz. box penne pasta
2 cups shredded rotisserie chicken
24 oz. jar alfredo sauce
12 oz. bag frozen broccoli florets
2 cups shredded mozzarella cheese
Garnish: shaved Parmesan cheese
Side: salad

BBQ MEATBALL SLIDERS

1 1/2 lbs. ground beef
1 egg
1/2 cup Italian seasoned breadcrumbs
Salt and pepper
1 cup BBQ sauce
16 slider buns
4 slices provolone cheese

