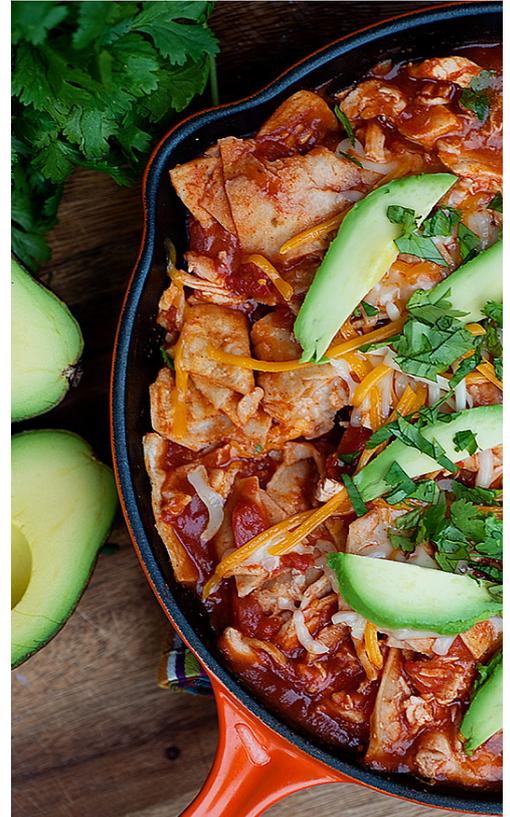
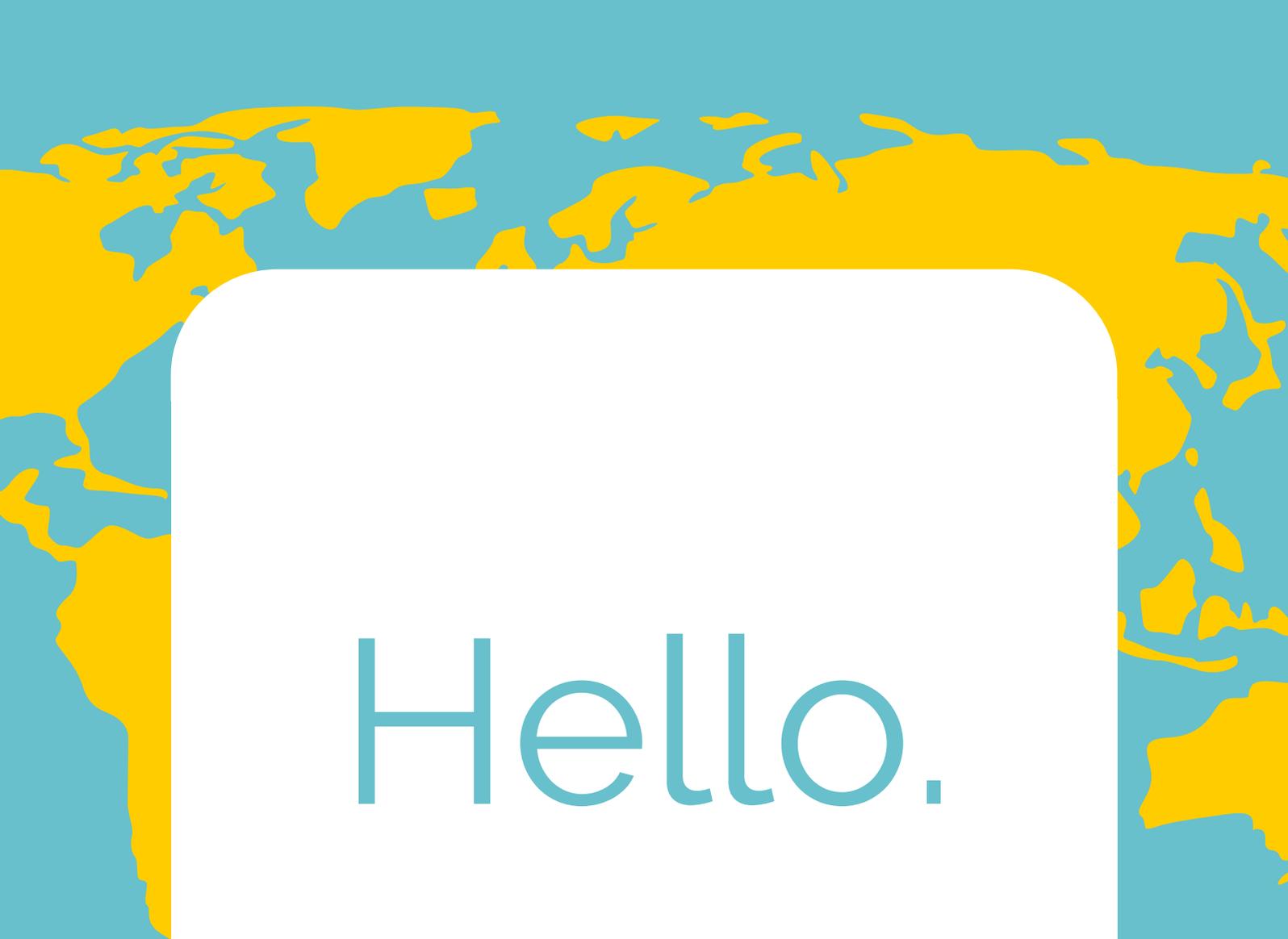


# weeknight dinners

RECIPES YOUR FAMILY WILL DEVOUR



karly campbell



Hello.

I hope you're hungry.

I'm sharing a few of my favorite weeknight recipes with a few of my favorite people!  
(hint - that's you!)

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*visit the blog!*

# BUNS IN MY OVEN

*...and not the baby kind.*

# SMOKY BROWN SUGAR CHICKEN



## ingredients

1 1/2 pounds boneless,  
skinless chicken breasts  
3/4 cup brown sugar  
4 cloves garlic, finely diced  
1 tsp. liquid smoke  
1 tsp. smoked sea salt  
1 tsp. ground black pepper  
1/2 tsp. red pepper flakes

## instructions

Add all of the ingredients to a slow cooker. Cook on low for 6-8 hours or on high for 4 hours. Drain liquid and shred meat with a fork.  
Serve over rice with steamed veggies.

# SLOPPY JOE TATER TOT CASSEROLE



## ingredients

1 pound ground beef  
1 red bell pepper, diced  
1/2 sweet onion, diced  
1 can corn, drained  
1 can sloppy joe sauce  
2 ounces cream cheese  
8 ounces grated cheddar  
16 ounces tater tots  
chives, for sprinkling on top as desired

## instructions

Preheat oven to 450 degrees.

In a large skillet, brown the ground beef with the peppers and onions until the meat is cooked through. Drain the fat and return to the heat. Stir in the corn, sloppy joe sauce, and cream cheese. Cook over low heat until the cream cheese is melted.

Pour the sloppy joe mixture into a 9x13 baking dish. Top with half of the grated cheese.

Arrange the tater tots in a single layer over the top of the cheese. Sprinkle the top with the remaining cheese. Bake for 20 minutes. Remove from the oven and sprinkle with chopped chives if desired. Serve immediately.

# CHILI CHEESE ENCHILADAS



## ingredients

- 1 cup prepared chili, canned or leftovers
- 2 ounces cream cheese
- 1/4 cup enchilada sauce
- 10 corn tortillas
- 2 cups grated cheddar cheese, divided
- jalapenos, for topping

## instructions

- Preheat the oven to 350 degrees. Pour the enchilada sauce into the bottom of an 8x8 baking dish.
- Heat the chili and cream cheese together and stir to combine. When the chili is hot and the cream cheese is melted, remove from the heat.
- Heat the tortillas on the stove top or in the microwave until soft and pliable. Place the tortillas on a clean surface and place 1 1/2 cups of cheese down the center of each tortilla. Roll up and place seam side down in the baking dish.
- Top with the chili, sprinkle on the remaining cheese, and jalapenos. Bake for 20 minutes or until the cheese is melted.

# CHICKEN PARM MEATBALL CASSEROLE



## ingredients

For the meatballs:

- 1 pound lean ground chicken
- 1 cup panko bread crumbs
- 1 egg
- 1/2 cup grated Parmesan
- 1/4 cup milk

For the casserole:

- 1 pound campanelle pasta
- 1 jar (24 ounces) marinara sauce
- 2 cups grated mozzarella cheese
- 1 teaspoon Italian seasoning

## instructions

- Bring a large pot of water to a boil and add the pasta. Cook for 1 minute less than package directions state.
- Preheat oven to 450 degrees.
- While the pasta is cooking, prepare the meatballs. Add all of the ingredients to a large bowl and use your hands to mix them together well. Form into small balls, about 1 inch in diameter and place on a parchment lined baking sheet. Bake for 10 minutes.
- reduce the oven temperature to 350 degrees.
- Add the pasta sauce to a large bowl and stir in the cooked pasta and meatballs. Stir gently to coat everything in sauce.
- Spread half of the pasta and meatballs into a 9x13 baking dish. Top with half of the mozzarella cheese. Repeat layers. Sprinkle with Italian seasoning.
- Bake for 20 minutes or until the cheese is melted.

## BUBBLE UP ENCHILADA BAKE



### ingredients

- 1 package Pillsbury Grands! biscuit dough
- 10 ounces enchilada sauce
- 1 pound ground beef
- 1 packet taco seasoning
- 4 ounce can diced green chiles
- 1 cup grated cheddar
- 1 cup grated pepper jack or monterey jack
- cilantro, for garnish
- avocado or guacamole, for serving

### instructions

- Preheat oven to 350 degrees.
- Open the biscuits and slice each biscuit into 8 small pieces. Add to a medium bowl and pour the enchilada sauce over the top. Stir to coat.
- Brown the ground beef in a large skillet. Drain the grease and stir in the taco seasoning and 2 tablespoons of water. Stir in the green chiles.
- Pour the biscuits and enchilada sauce into a 9x13 baking dish. Top with the ground beef. Sprinkle the cheese and cilantro over the top. Bake for 30 minutes or until the biscuits are cooked through and the cheese is fully melted.
- Serve with sliced avocado or guacamole.

# PESTO CHICKEN PANINI



## ingredients

8 slices sourdough bread  
butter, to spread on the bread  
1 to 1-1/2 cups shredded chicken  
8 thick slices fresh mozzarella  
8 thick slices tomato  
salt, to taste  
4 tablespoon mayo  
6-8 tablespoons prepared pesto

## instructions

Heat the panini grill to low.  
Spread both slices of bread with the butter. Spread the mayo and pesto on the opposite side of the butter. Top with chicken, mozzarella, and tomato. Sprinkle with salt. Top the sandwich with the other piece of buttered bread.  
Place on the panini grill and close the top. Grill until the cheese begins to get melty. Turn the grill up to medium to get a nice crunch on the outside of the bread. Repeat with remaining sandwiches.  
Remove from the grill, slice in half, and serve hot.

# CHILI MAC



## ingredients

- 1 1/2 pounds ground beef
- 2 packets chili seasoning (or your own mix)
- 29 ounce can tomato sauce
- 2 tablespoons brown sugar
- 1 pound macaroni
- 1/2 cup Heniz chili sauce
- grated cheese, for topping
- diced onions, for topping
- sour cream, for topping

## instructions

In a large pot over medium heat, brown the ground beef. Drain the fat and add the chili seasoning, tomato sauce, and brown sugar. Stir to combine and simmer over low heat for 20 minutes.

While the chili is simmering, bring a large pot of water to a boil. Add the macaroni and cook according to package directions. Drain and set return to the pan. Pour the chili into the pan with the cooked macaroni. Add the chili sauce and stir to combine. Serve with cheese, onions, and sour cream.

# CHICKEN ENCHILADA SKILLET



## ingredients

- 12 corn tortillas, cut into bite sized pieces
- 3 cups shredded, cooked chicken
- 1 10-ounce can Ro\*Tel Diced Tomatoes and Green Chiles
- 1 10-ounce can red enchilada sauce
- 1 8-ounce can tomato sauce
- 1/2 cup grated Cheddar
- 1/2 cup grated Monterey Jack
- 1/2 avocado, sliced thin
- 1/4 cup chopped cilantro

## instructions

- Spray a large skillet with non-stick cooking spray and heat the pan over medium heat.
- Add the corn tortillas and cooked chicken to the pan and cook until heated through, stirring often.
- Pour the undrained Ro\*Tel, enchilada sauce, and tomato sauce into the pan with 1/4 cup of each cheese. Stir to combine well. Cover and cook 5 minutes or until hot and bubbly.
- Sprinkle on the remaining cheese, top with the avocado and cilantro before serving.

## SOUR CREAM RICE BAKE



### ingredients

- 1 pound ground beef
- 15 ounces canned tomato sauce
- 1 1/2 cups long grain, white rice
- 3 cups water (or beef broth)
- 1 cup cottage cheese
- 1/2 cup sour cream
- 1 cup cheddar cheese, shredded
- salt and pepper, to taste

### instructions

Add the rice and water to a medium sauce pan over medium heat, stirring occasionally. Bring to a boil, reduce heat to low, and cover the pan. Cook for 15-18 minutes, stirring occasionally, until the water is absorbed. Allow to sit, covered, for 5 minutes.

While the rice is cooking, brown the ground beef in a skillet until cooked through. Drain the grease and add the tomato sauce to the pan.

Add the rice to a large mixing bowl and dump in the sour cream and cottage cheese. Stir to combine. Salt and pepper, to taste.

In a 2 quart baking dish place half of the rice on the bottom of the dish. Top with half of the meat and tomato sauce mixture. Sprinkle on half of the cheese. Repeat the layers.

Bake at 350 degrees for 10 to 15 minutes or until the cheese is melted.

# OVEN FRIED CHICKEN STRIPS



[www.bunsimoven.com](http://www.bunsimoven.com)

## ingredients

- 1 package (1.75 pounds) boneless, skinless chicken breasts
- 2 cups panko bread crumbs
- 1 cup flour
- 2 eggs
- 8 tablespoons butter
- 2 teaspoons salt, divided
- 1 teaspoon pepper, divided

## instructions

Preheat oven to 400 degrees. Melt the butter and pour it on to a large rimmed baking sheet, such as a sheet pan. Slice the chicken breasts into strips, each about 1 inch wide. Add the Panko and half of the salt and pepper to a shallow dish, such as a pie plate. Add the eggs to a second shallow dish and beat well. Add the flour and remaining salt and pepper to a third shallow dish. Dip the chicken strips in the flour, then egg, then Panko. Press the strips into the Panko to ensure the chicken is evenly coated. Add the chicken strips to the pan with the melted butter. Bake for 10 minutes and then flip each piece of chicken over. Continue baking for 10-15 minutes or until the chicken is cooked through.



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# DESSERTS

— *Galore* —

