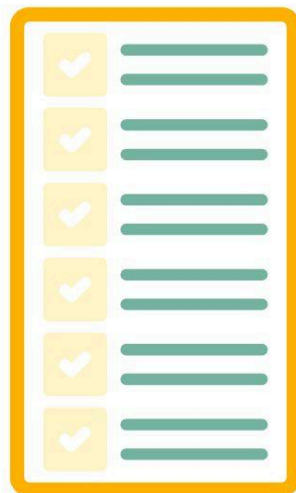


Mama Hall's Kitchen

5-Day Family Dinner Plan





Mama Hall's 5-Day Family Dinner Plan

Real meals for your life, your kitchen, and your season.

Created by:

Angie Hall – *aka Mama Hall*

MamaHallskitchen.com

This 5-day plan is packed with simple, budget-friendly, family-approved recipes designed to help you save time, stretch your grocery dollars, and bring your people back to the dinner table — without the stress.

Whether you're cookin' in the slow cooker, Instant Pot, oven, or right on the stovetop, these meals are flexible enough to fit your life, your kitchen, and your season.

So pour a glass of sweet tea, open your planner (or your Walmart app 😊), and let's make dinner *easy* again.

Let's get cookin'!



Mama Hall

Day 1: Slow Cooker Pinto Beans & Cheesy Cajun Cornbread

Pinto Beans:

- 1 lb dried pinto beans (rinsed/sorted)
- 1 small onion, chopped
- 1–2 tbsp broth granules or powder
- 4–6 cups water
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp garlic powder
- Optional: ham hock, bacon, smoked turkey

Instructions:

1. (Optional) Soak beans overnight. Drain and rinse.
2. Add all ingredients to slow cooker.
3. Cook on LOW 8–10 hrs or HIGH 4–6 hrs until tender.
4. Taste, adjust seasoning, and serve.

Cornbread:

- 2 cups cornmeal
- ⅔ cup self-rising flour
- 1 egg
- 1⅓ cups milk (add more if needed)
- 1 tsp Slap Ya Mama seasoning
- ½ stick butter (for cast iron skillet)
- Optional: 1 small can green chilies, 8 oz cubed cheese

Instructions:

1. Preheat oven to 425°F with skillet + butter inside.
2. Mix ingredients, fold in cheese/chilies.
3. Pour into hot skillet, bake 20–25 mins until golden and cracked.

Day 2: Oven-Baked (or Crock-Pot) Chicken Thighs & Roasted Veggies

Chicken:

- 6 bone-in, skin-on thighs
- 2 tbsp olive oil
- 1 tsp each garlic powder, onion powder, paprika, salt
- 1/2 tsp pepper
- Optional: cayenne or Cajun seasoning

Veggies:

- 4 cups mixed fresh veggies (potatoes, carrots, broccoli, squash, etc.)
- 2 tbsp olive oil
- Salt, pepper, garlic powder, herbs

Oven Instructions:

1. Salt chicken, let sit 5–10 mins.
2. Preheat oven to 425°F. Use two pans (one for meat, one for veg).
3. Season chicken & veggies, drizzle with oil.
4. Bake 35–45 mins, until chicken is 165°F and veggies are tender.

Slow Cooker Option:

1. Add oiled, seasoned chicken and fresh veggies to greased slow cooker.
2. Cook on LOW 6–7 hrs or HIGH 3–4 hrs.

Day 3: Instant Pot Creamy Chicken & Rice

Ingredients:

- 1½ lbs boneless chicken (cubed)
- 1 tbsp olive oil or butter
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup white rice
- 2½ cups chicken broth (or bouillon)
- 1 tsp salt
- ½ tsp pepper
- Optional: 1 tsp Cajun seasoning
- ½ cup heavy cream
- ½–1 cup shredded cheese

Instructions:

1. Sauté onion in oil, 2–3 mins. Add garlic & chicken, cook 5–6 mins.
2. Add rice, broth, seasonings. Stir.
3. Cook on HIGH pressure 8 mins. Natural release 10 mins, then quick release.
4. Stir in cream & cheese. Let sit 5 mins to thicken.

Day 4: Stovetop Taco Skillet

Ingredients:

- 1 lb ground beef or turkey
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 can black beans, drained
- 1 can diced tomatoes w/ green chilies (Rotel)
- 1 cup frozen corn (optional)
- 1 tbsp taco seasoning
- 1 cup shredded cheese
- Optional toppings: sour cream, green onions, avocado, lime

Instructions:

1. Brown meat 6–8 mins. Add onion & garlic, cook 2–3 mins.
2. Stir in beans, tomatoes, corn, taco seasoning.
3. Simmer 5–7 mins. Top with cheese, cover, melt.
4. Serve with chips, rice, lettuce, or taco shells.

Day 5: Crock-Pot Ranch Pork Chops & Mashed Potatoes

Pork Chops:

- 4–6 boneless pork chops
- 1 ranch packet (or 3 tbsp homemade mix - recipe on next page)
- 1 can cream of mushroom or chicken soup
- 1/2 cup prepared bouillon broth
- 1 tsp vegetable or canola oil (to grease slow cooker)
- Optional: garlic or onion powder, green onions

Mashed Potatoes:

- 4–5 medium russets, peeled/chopped
- 4 tbsp butter
- 1/2–3/4 cup milk
- Salt & pepper
- Optional: sour cream, cheese

Instructions:

1. Grease slow cooker with oil. Mix soup, ranch, broth. Pour over chops.
2. Cook on LOW 6–7 hrs or HIGH 3–4 hrs.
3. Boil potatoes 15–20 mins. Drain, mash with butter, milk, S&P.

Ranch Mix (Optional):

- 1 tbsp dried parsley
 - 1 tsp dill
 - 1 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/2 tsp salt
 - 1/4 tsp black pepper
- 💡 *Store in mason jar for future recipes!*



Grocery List:



Meat & Protein

- ☐ 6 bone-in, skin-on chicken thighs (about 2–2.5 lbs)
 - ☐ 1½ lbs boneless, skinless chicken thighs or breasts
 - ☐ 1 lb ground beef or ground turkey
 - ☐ 4–6 boneless pork chops (approx. 1½–2 lbs)
 - ☐ Optional: ham hock, bacon, or smoked turkey for beans
-



Canned & Jarred Goods

- ☐ 1 (15 oz) can black beans
 - ☐ 1 (10 oz) can diced tomatoes with green chilies (like Rotel)
 - ☐ 1 (10.5 oz) can cream of mushroom **or** cream of chicken soup
 - ☐ 1 small can green chilies (optional, for cornbread)
 - ☐ Optional: sour cream, if making mashed potatoes extra creamy
-



Dry Goods & Grains

- ☐ 1 lb dried pinto beans
 - ☐ 1 cup long grain white rice (uncooked)
 - ☐ 2 cups cornmeal
 - ☐ ⅔ cup self-rising flour
-



Fresh Produce

- ☐ 2–3 yellow or white onions
 - ☐ 2–3 garlic cloves (or garlic powder)
 - ☐ 4–5 medium russet or Yukon gold potatoes (~2 lbs)
 - ☐ 4 cups fresh mixed vegetables (potatoes, carrots, broccoli, squash, etc. for roasting)
 - ☐ Optional: green onions or parsley (for garnish)
-



Dairy & Refrigerated

- ☐ 1 egg
 - ☐ 1½ cups milk (or buttermilk, for cornbread)
 - ☐ ½ cup heavy cream or half-and-half (for chicken & rice)
 - ☐ 4 tbsp butter
 - ☐ 1–2 cups shredded cheese (cheddar, Colby Jack, or Mexican blend)
-



Seasonings & Pantry

- ☐ Ranch seasoning packet
or: ingredients to make homemade ranch (parsley, dill, garlic powder, onion powder, salt, pepper)
- ☐ Taco seasoning
or: chili powder, cumin, paprika, garlic powder, onion powder, oregano
- ☐ Slap Ya Mama Cajun seasoning
- ☐ Chicken bouillon (powder or cubes)
- ☐ Olive oil OR vegetable/canola oil

- ☐ Salt & black pepper
 - ☐ Garlic powder
 - ☐ Onion powder
 - ☐ Smoked paprika (optional)
 - ☐ Italian seasoning, thyme, or rosemary (optional for roasted veggies)
-



Bonus Tips:

✓ Shop from this list from your favorite Pickup or Delivery grocery store, load it into your cart in 10 minutes or less, and let dinner take care of itself all week long!

🗂 Save extra ranch mix in a mason jar or airtight container — it's great for dips, chicken, potatoes, and more.