



- AUGUST 2026 RETIRED RECIPES -

dinners done fast

PREP ONCE, COOK LESS!





Grilled Ranch Burger

YIELD: 6 SERVINGS

Prep Day

- 1 1/2 pounds ground beef 80/20
- 3 tablespoons original ranch seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup onion finely diced
- 2 cloves garlic minced
- 1/4 cup fresh parsley chopped
- 1 1/2 cup mayonnaise
- 4 teaspoons original ranch seasoning
- 1/2 teaspoon smoked paprika
- 3-4 teaspoons chipotle in adobo sauce finely chopped

Cook Day

- 6 slices American cheese
- 6 hamburger buns
- Frozen french fries
- Frozen Corn on the cob

To Assemble

1. Add the first seven ingredients to a bowl and mix until combined. Form into 6 hamburger patties and place in a dish with a lid separated by parchment paper.
2. In a small bowl add the next four ingredients and mix until combined. Cover and place both into the refrigerator.

Cooking Day

1. Grill patties on indoor or outdoor grill.
2. Cook French fries according to package directions.
3. Heat the corn in the microwave
4. Serve with burger chipotle ranch sauce and burger toppings, corn and french fries.

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Cajun Grilled Butter Steak

YIELD: 6 SERVINGS

Prep Day

- 2 lbs Sirloin steak ribeye, or New York steak
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1 teaspoon onion Powder
- 2 teaspoons smoked paprika
- 2 teaspoon chili powder
- ½ teaspoon dried thyme leaves
- ½ teaspoon dried oregano
- 1 teaspoon brown sugar
- ¼ teaspoon cayenne pepper optional
- ¼ teaspoon black pepper

Cook Day

- ½ cup butter softened
- baked potatoes
- green salad

To Assemble

1. Mix all the seasonings together in a small bowl.
2. Rub the mixture onto the steaks.
3. Place the steak into a freezer bag and place into the refrigerator or freeze.

Cooking Day

1. Preheat the grill on medium high heat.
2. Remove the steak from the freezer bag, shake off the excess marinade and grill for approximately 4-6 minutes per side until cooked to your desired doneness.
3. Remove the steak from the grill add the butter on top to melt and let rest for 5 minutes before slicing.
4. Serve with baked potatoes and salad.

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Cheesy Chicken Enchiladas

YIELD: 6 SERVINGS

Prep Day

- 4 ounces cream cheese, room temperature
- 2 ½ cups colby Jack Cheese, shredded
- 4 ounce can green chiles
- 2 cups rotisserie chicken
- 12 flour tortillas, fajitas size

Cook Day

- 1-15 ounce can Enchilada sauce
- 1 ½ cup colby jack cheese, shredded
- Canned refried beans
- Chips and Salsa

To Assemble

1. In a medium bowl add the first 4 ingredients and using a hand mixer or wooden spoon mix until combined.
2. Divide the filling evenly into the flour tortillas and roll each one up tightly.
3. Place them into a 9x13 baking dish sprayed with cooking spray. Cover with foil or a lid and store in the refrigerator.

Cooking Day

1. Preheat the oven to 350 degrees,
2. Pour the enchilada sauce evenly over the enchiladas and sprinkle the cheese on top. Cover with aluminum foil loosely and bake for 30 minutes.
3. Serve with a can of refried beans, or cook and serve Mexican rice.

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Slow Cooker Bourbon Chicken

YIELD: 6 SERVINGS

Slow Cooker Bourbon Chicken is sweet, savory, and packed with rich, caramelized flavor—just like your favorite takeout but even better! 🔥 Let your slow cooker do the work for an easy, sticky, and delicious meal the whole family will love!

Prep Day

- 3 pounds boneless skinless chicken thighs or breasts
- ½ cup bourbon (apple juice or chicken broth)
- ¾ cup brown sugar
- ¾ cup soy sauce
- 1 tablespoon garlic, minced
- ¼ teaspoon red pepper flakes
- 1/4 teaspoon ground ginger

Cook Day

- 2 tablespoons cornstarch
- 3 tablespoons cold water
- Bag of salad kit
- Heat and serve white rice

To Assemble

1. Place the chicken thighs into a large zipper bag.
2. In a small bowl add the bourbon, brown sugar, soy sauce, garlic, red pepper flakes and ginger and mix until combined.
3. Pour the sauce mixture into the zipper bag. Seal it up and store in the refrigerator.

Cooking Day

1. Place the contents of the bag into the slow cooker and cook on low for 6-7 hours or high for 2 1/2-3 hours.
2. Remove the chicken from the slow cooker and shred it if your using breasts. Whisk the cornstarch slurry into the sauce. Turn the slow cooker on high and allow to thicken about 15 minutes. Add the chicken back into the slow cooker and serve!
3. The sauce can also be thickened on the stove top. Create the slurry as above and whisk over medium heat until thickened. Return to slow cooker with chicken

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Slow Cooker Pepper Steak

YIELD: 6 SERVINGS

Slow-Cooker Pepper Steak is an easy and flavorful meal any night of the week! Loaded with colorful peppers and tender steak, it's perfect to serve over rice for a dinner the whole family will love.

Prep Day

- 2 lbs beef sirloin strips or sirloin steak cut into slices
- 3 large colorful bell peppers sliced thick
- 1 large onion sliced
- 3 garlic cloves
- $\frac{3}{4}$ cup beef broth
- 3 beef bouillon cubes
- $\frac{1}{4}$ cup soy sauce
- 2 teaspoon Worcestershire sauce
- 2 tablespoon honey
- 1 teaspoon ground ginger
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons cornstarch

Cook Day

- Heat and serve white rice
- Dinner rolls

To Assemble

1. Place the first four ingredients into a large zipper bag.
2. Combine the remaining ingredients in a bowl and mix until combined. Pour the mixture into the bag. Place into the refrigerator or freezer.

Cooking Day

1. Place the contents into the slow cooker and cook on low 6-7 hours or high 3-4 hours.
2. Add salt and pepper to taste and serve with white rice and dinner rolls.

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Croissant Turkey Melts

YIELD: 6 SERVINGS

Prep Day

- 6 large croissants or 12 small
- 12 slices Pepper Jack Cheese or your choice
- 2 tablespoon honey mustard
- 1 lb deli sliced turkey
- 3 tablespoon butter
- 1 teaspoon garlic powder
- 1 teaspoon everything but the bagel seasoning

Cook Day

- 1 Caesar salad kit
- Potato Chips

To Assemble

1. Slice croissant rolls and build the sandwiches, place them in a baking dish, cover and place into the refrigerator. Place the butter, garlic powder and bagel seasoning into a microwave safe bowl cover and place into the refrigerator.

Cooking Day

1. Preheat the oven to 375 degrees.
2. Melt the butter mixture and brush over the sandwiches, cover the dish with foil and bake for 10 minutes in the center of the oven. Remove the foil and bake for another 5-10 minutes.
3. Serve with a green salad and chips.

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Slow Cooker Shredded Beef Tacos

YIELD: 6 SERVINGS

Prep Day

- 4 lbs beef chuck roast
- 1 large white onion sliced
- 2 teaspoons kosher salt
- 1 teaspoon pepper
- 3 tablespoons brown sugar
- 1 tablespoon ground cumin
- 1 tablespoon smoked paprika
- 3 chipotle peppers plus 2 tablespoons of adobo sauce.
- 1 tablespoon garlic minced

Cook Day

- 1 bottle dark beer or add another cup of beef broth
- 2 cups beef stock
- Premade crispy corn tortillas or flour tortillas
- Heat and serve Mexican rice

To Assemble

1. Place the chuck roast into a large ziplock freezer bag with the remaining ingredients, remove the air and place into the refrigerator or freezer.

Cooking Day

1. Add the beef to the slow cooker with the dark beer and beef stock. Cook on low 7-8 hours or high 4-5 hours. Shred the beef and put it back into the slow cooker. Serve into taco shells with your favorite toppings and Mexican rice.

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Slow Cooker Bourbon Pulled Pork

YIELD: 6 SERVINGS

Prep Day

- 1 (4 lb) Pork Shoulder
- 1 tablespoon garlic minced
- 1 tablespoon onion powder
- 1 ½ cups barbeque sauce
- 1/3 cup apple cider vinegar
- 1/2 cup brown sugar
- 1/2 cup bourbon liquor
- 1 pound bacon cooked and chopped
- 1/2 tablespoon red pepper flakes

Cook Day

- buns or sliders
- green salad kit
- french fries

To Assemble

1. Add all of the ingredients to a large zipper bag seal and place into the refrigerator or freezer.

Cooking Day

1. Add all of the ingredients into the slow cooker. Cook for 8-10 hours on low or 5-6 on high. Add the pork to buns or rolls.
2. Serve with green salad and French fries.

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Sheet Pan Lemon Herb Chicken and Asparagus

YIELD: 6 SERVINGS

Prep Day

- 4 bone-in skin on chicken breasts or large bone in chicken thighs
- 6 tablespoons butter slightly melted
- 2 tablespoons lemon juice
- 3 garlic cloves minced
- 2 teaspoons dried rosemary
- 2 teaspoons fresh thyme
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoon olive oil
- 1 lb asparagus
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Cook Day

- 1/4 cup Parmesan cheese
- Heat and serve mashed potatoes

To Assemble

1. Place the chicken breasts into a sheet pan or 9×13 baking dish.
2. In a small bowl add the next 7 ingredients and mix. Brush the butter mixture over the chicken making sure to get some under the skin and cover.
3. Snap about two inches off the “woody ends” of the asparagus and place the asparagus into a large zipper bag with the olive oil. Place the chicken and asparagus into the refrigerator.

Cooking Day

1. Preheat the oven to 375 degrees and bake uncovered for 30 minutes. Then add the asparagus into the dish and sprinkle the parmesan cheese on top and bake for 8-10 more minutes or until the internal temperature of the chicken reaches 165 degrees.
2. Serve with mashed potatoes.

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Santa Fe Chicken Bake

YIELD: 6 SERVINGS

Prep Day

- 1/4 cups fresh cilantro
- 1 (15 oz) can black beans drained and rinsed
- 4 oz can chopped green chilies
- 2 cups corn fresh or frozen
- 1 1/2 cups jarred salsa thick
- 6 boneless chicken breasts about 1/2 inch thick
- 1 pkg taco seasoning or 2 tablespoons
- 2 cups colby Jack cheese shredded
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Cook Day

- pico de gallo
- sour cream
- heat and serve white rice

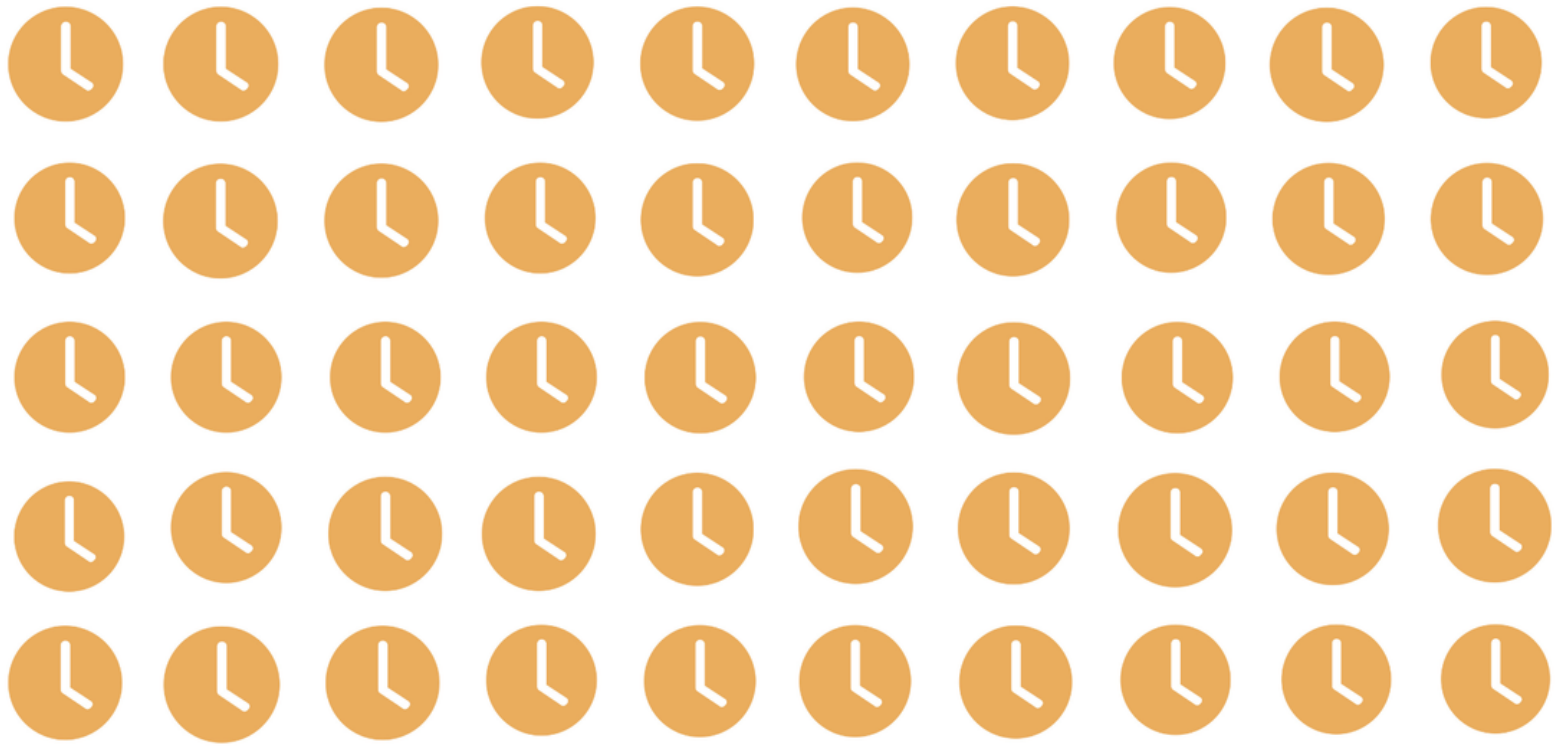
To Assemble

1. Chop cilantro and add to a baking dish sprayed with non stick spray along with next 4 ingredients. Mix until evenly combined.
2. Place chicken on top of veggies and top with taco seasoning and shredded cheese. Cover with foil and place into the refrigerator.

Cooking Day

1. Preheat the oven to 375 degrees. Bake **covered** for 30 minutes.
2. Uncover and bake an additional 5-10 minutes or until chicken reaches 165 degrees and cheese is melted.
3. Serve with white rice and your favorite toppings!

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Grocery List Planner

Fruit & Vegetables	Meat & Fish	Pantry Items
➤ _____	● _____	➤ _____
➤ _____	● _____	➤ _____
➤ _____	● _____	➤ _____
➤ _____	● _____	➤ _____
➤ _____	● _____	➤ _____
➤ _____	● _____	➤ _____
➤ _____	● _____	➤ _____
➤ _____	● _____	➤ _____

Dairy & Eggs	Sides
● _____	➤ _____
● _____	➤ _____
● _____	➤ _____
● _____	➤ _____
● _____	➤ _____
● _____	➤ _____
● _____	➤ _____
● _____	➤ _____

