

30 5-Ingredient Dinner Recipes

by:

Sincerely Jean

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Intro

Hey sista!

It's Shari, Tami, and Patti here from Sincerely Jean. We are sisters and bloggers from Las Vegas. We started our blog in February 2015 because we love SIMPLE recipes and SIMPLE do-it-yourself projects! We wanted a way to share our ideas to help YOU save time and money!

We are so excited that you now have our ecookbook! Each recipe is 5 ingredients and feeds 4-6 people.

If you would like to contact us, feel free to email us at: contact@sincerelyjean.com!



p.s. If you have ever thought about starting your own blog or other website, you can read our free guide [HERE](#). We walk you through step by step how to set up and launch your website. Blogging has changed our lives and has helped all three of us earn an income from home to help support our families, all by doing something we LOVE! We have been able to help several of our sistas get started on their own blogging journey and we would love to help you too!



Creamy Tomato Tortellini Soup

2 - 17 oz. boxes of Annie's Organic Tomato Soup

9 oz. three cheese tortellini

1 - 0.7 oz. packet of dry zesty Italian salad dressing

2 cups half and half

parmesan cheese for serving

- 1. Combine soup, tortellini, dressing mix, and half and half into large pot and stir**
- 2. Cook over medium heat for 15-20 minutes while stirring frequently**
- 3. Serve in bowls and add parmesan cheese on top**



Slow Cooker Thai Yellow Curry

1 lb. chicken breasts cut into 1-inch cubes
4 large golden yukon potatoes cut into 2-inch cubes
1/3 cup Mae Ploy yellow curry paste (link above)
13.5 fl oz. can of coconut milk
1 cup chicken broth

- 1. Place the cubes potatoes and chicken into your slow cooker**
- 2. In a large mixing bowl, combining the curry paste, coconut milk, and chicken broth and stir until curry paste is completely mixed in**
- 3. Pour mixture over the potatoes and chicken**
- 4. Cook on low for 3-4 hours or until potatoes and chicken are completely cooked**
- 5. Serve over rice**

Optional: You can also add 1 cup chopped carrots and 1/2 chopped yellow onion to slow cooker for more vegetables!



Pesto Chicken and Bow Tie Pasta

- 1 lb. of cubed chicken breasts**
- 1/2 cup milk**
- 1 - 10 oz. can cream of chicken soup**
- 1/2 cup pesto**
- 3 cups cooked bow tie pasta**

- 1. Heat 1 Tbsp of oil in large pan**
- 2. Place cubed chicken into hot pan, stirring often until slightly browned on all sides**
- 3. Add soup, milk, and pesto to pan and stir**
- 4. Cook over low heat for 5 minutes**
- 5. Add cooked bow tie pasta and stir**
- 6. Cook over low heat for 5 minutes**

Jamaican Jerk and Pineapple Chicken

- 1 - 20 oz. can of sliced pineapple (keep juice aside)**
- 3 tbsp. of Jamaican jerk seasoning**
- 5 tbsp. of brown sugar**
- 1 lb. boneless skinless chicken breasts**
- 2 cups cooked rice**

- 1. Place chicken breast into baking pan**
- 2. Sprinkle 2 Tbsps of Jamaican jerk seasoning and 4 Tbsps of brown sugar over chicken**
- 3. Place two slices of pineapple directly on top of each chicken breast (keep pineapple juice in can)**
- 4. Bake at 350 degrees for 45 minutes**
- 5. Mix the remaining pineapple juice from can, 1 Tbsps of Jamaican jerk seasoning, and 1 Tbsp of brown sugar in small pot and cook on low for 5 minutes**
- 6. Serve chicken over cooked rice and pour pineapple juice mixture over chicken**

Sweet and Sour Chicken

- 2 lbs. boneless, skinless chicken breasts sliced**
- 1 ½ tbsp. teriyaki sauce**
- ½ tsp. crushed garlic**
- 1 - 20 oz. can pineapple chunks in juice**
- 1-12 oz. jar sweet and sour sauce**

- 1. Combine all ingredients together in baking dish**
- 2. Cover with foil and bake at 350 degrees for about 45 minutes or until chicken is cooked through**
- 3. Serve over rice**



Meatballs with Golden Mushroom Soup

1 - 10 oz. can of Campbell's Golden Mushroom Soup

1 can of water

1 lb. ground beef

1/4 cup onion flakes

1 egg

1. Combine meat, onion flakes, and egg in bowl

2. Hand roll meat into 1-1.5" balls

3. Cook meatballs in frying pan over medium heat, turning every 5 minutes until cooked through evenly

4. Combine soup and water in a pot and cook over medium heat

5. Combine soup with meatballs in large serving dish

6. Serve over mashed potatoes, egg noodles, or rice



Chicken Ranch Crescent Rolls

1 - 8 oz. container of cream cheese
26 oz. of canned shredded chicken
3 tbsp. Hidden Valley dry ranch mix
2 cups shredded cheddar cheese
16 crescent rolls

- 1. Combine all ingredients except for rolls in a bowl**
- 2. Place a small amount of filling into each crescent roll and then roll them up**
- 3. Bake at 350 degrees for about 20 minutes**



Slow Cooker Cranberry Chicken

2 lbs. boneless, skinless chicken breasts

2 cups cranberry sauce

1 cup BBQ sauce

1/2 cup diced yellow onion

1/2 tsp. garlic salt

1. Add thawed chicken, cranberry sauce, bbq sauce, onions, and garlic salt to crock pot / slow cooker

2. Cook on high for 4 hours

Italian Crockpot Chicken

- 2 lb. boneless, skinless chicken breasts**
- 1 - 10 oz. can cream of chicken**
- 1 - 0.7 oz. Zesty Italian seasoning packet**
- 1 tsp. parsley**
- 8 oz. cream cheese**

- 1. Place chicken, cream of chicken, 1 cup of water, seasoning packet, and parsley in the crockpot**
- 2. Cook on low for 6-8 hours**
- 3. Shred chicken and then add cream cheese**
- 4. Once cream cheese is melted, stir**
- 5. Serve over rice or noodles**

Healthy Chicken Tostadas

- 1 lb. shredded chicken**
- 1/4 cup salsa**
- 1 - 15 oz. can black bean dip**
- 8 - 8" multigrain tortillas**
- 1/2 cup Monterey Jack cheese**

- 1. Combine chicken and salsa in a bowl**
- 2. Spread black bean dip over tortillas**
- 3. Add chicken and salsa mixture on top of the bean dip**
- 4. Add cheese and roll tortillas**
- 5. Place rolled tortillas in baking dish**
- 6. Cook at 450 degrees for 10 minutes**



Hawaiian Haystacks

- 1 cup milk**
- 2 - 10 oz. cans cream of chicken**
- 1 - 12.5 oz. can of shredded chicken**
- 4 cups cooked rice**
- 1 - 20 oz. can Pineapple chunks**

- 1. Cook rice as directed on box**
- 2. Add cream of chicken, milk, and chicken to a medium pot. Bring to boil over stove top and stir frequently.**
- 3. Add rice to plate, top with chicken sauce, and add desired toppings**

Note: Other toppings can include diced tomatoes, coconut flakes, shredded cheese, chow mein noodles, raisins, etc.



Coca-Cola Chili

1 lb. lean ground beef
1 cup diced yellow onion
30 oz. kidney beans
30 oz. chili ready diced tomatoes
1 cup Coca-Cola classic
(Optional) RITZ crackers

- 1. Add onions and beef to non stick skillet**
- 2. Brown beef**
- 3. Add beef and onions to crock pot**
- 4. Add tomatoes, beans, and Coca-Cola to crock pot**
- 5. Cook on high in slow cooker for 4 hours**



Slow Cooker Salsa Verde Ranch Chicken

**1 cup mild salsa verde
1/2 cup sour cream
1/2 bunch fresh cilantro
2 tbsp. Hidden Valley Ranch dry dressing mix
1 lb. chicken breasts**

- 1. Put the salsa verde, sour cream, cilantro, and ranch mix into a food processor and blend until smooth**
- 2. Cut chicken breasts into 1 inch cubes and place in slow cooker**
- 3. Pour the blended mixture over the chicken in slow cooker and stir**
- 4. Cook on low for 3-4 hours or until chicken is fully cooked**

Note: Since your chicken is cut into small pieces, it may cook pretty fast. Keep an eye on it so it doesn't overcook or burn.

Tomato and Goat Cheese Pizza

1- 14 oz. cylinder refrigerated pizza crust dough

1 garlic clove

1 large heirloom tomato

1/2 cup shredded mozzarella cheese

3/4 cup crumbled goat cheese

1. Spray pizza baking dish with non stick oil

2. Spread dough onto pizza pan

3. Rub top of dough with garlic

4. Slice tomato and place pieces on top of the dough

5. Add cheese

6. Bake for about 10 minutes at 400 degrees, or until the crust is golden-brown and the cheese looks melted

Vegetable Beef Soup

2 lb. chuck beef

7 potatoes

6 carrots

1 onion

1- 28 oz. can crushed tomatoes (+ 2 cans of water)

1. Cut beef into cubes and brown in large pot

2. Slice carrots and dice potatoes and onion, add to pot

3. Stir in crushed tomatoes and water

4. Bring to a boil and reduce to simmer



Shrimp Scampi

- 1 lb. jumbo shrimp**
- 2 tbsp. butter**
- 1½ tbsp. minced garlic**
- ½ cup chicken stock**
- 2 tbsp. lemon juice**

Shrimp:

- 1. Add butter and garlic to large skillet over medium heat**
- 2. Add shrimp to skillet (season with salt and pepper optional)**
- 3. Let shrimp cook for 2 minutes and flip**
- 4. Cook for an additional 2 minutes and remove shrimp from skillet and put on a plate**

Sauce:

- 1. In the same skillet, add chicken stock and lemon juice**
- 2. Stir and cook on low heat until mixture is hot**
- 3. Serve shrimp and sauce over angel hair pasta**



Salsa Chicken

2 lb. boneless, skinless chicken breasts

16 oz. Salsa (your favorite kind)

1 - 15 oz. can black beans

1 cup of corn

12 corn tortillas

- 1. Put all ingredients in a slow cooker and cook on low for 4-6 hours or until cooked fully**
- 2. Serve with warm corn tortillas**

Optional: You can add cream cheese, shredded cheese, cilantro, and lime



Dinner Italian Pasta Salad

- 1 - 12 oz. package of tri-color rotini**
- 1 - 6 oz. package sliced pepperoni**
- 1 - 16 fl oz. bottle of Italian salad dressing**
- 1/2 cucumber**
- 1 - 6 oz. can pitted medium black olives**

- 1. Cook the rotini until al dente, drain water, and place in large mixing bowl**
- 2. Dice the pepperoni, olives, and cucumber and add to the large mixing bowl containing the noodles**
- 3. Add $\frac{3}{4}$ bottle of Italian dressing**
- 4. Cover and place in fridge for 2-3 hours**
- 5. Add remaining $\frac{1}{4}$ bottle of Italian dressing**

Grilled Mustard Cream Chicken

- 1 tbsp. Dijon mustard**
- 1 tbsp. olive oil**
- 1/4 tsp. salt**
- 2 lb. chicken breast halves, thawed**
- 3 tbsp. light mayonnaise**

- 1. Combine 1 tsp mustard, oil, salt and brush onto chicken**
- 2. Grill on each side until done**
- 3. Combine 1 Tbsp mustard, mayo, 1 Tbsp water**
- 4. Serve this mustard cream with the grilled chicken over rice**

Crispy Mac and Cheese

- 10 oz. macaroni**
- 2 cups shredded cheddar cheese**
- 1/2 cup milk**
- 4 tbsp. butter**
- 1/2 cup Panko breadcrumbs**

- 1. Cook macaroni following box directions and drain**
- 2. Bring the milk and cheese to a boil in a small saucepan and stir until cheese is melted**
- 3. Pour mixture over macaroni and place in baking dish**
- 4. Sprinkle breadcrumbs on top and scatter small pieces of butter over them**
- 5. Bake for 25 minutes at 350 degrees**



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Bacon Pasta

- 1 lb. any type of pasta**
- 1 lb. chopped bacon**
- 1/2 cup parmesan cheese**
- 2 eggs**
- 1/4 cup butter or olive oil**

- 1. Cook noodles according to box directions in large pot**
- 2. While noodles are cooking, scramble eggs in bowl and cook in small pan until fully cooked**
- 3. Drain noodles when done and put back into the warm pot**
- 3. Add scrambled eggs, bacon, cheese, and butter to warm noodles and mix**
- 4. Add garlic salt to taste (optional)**



Biscuit Chicken Pot Pie

1/2 cup canned green beans

1/2 cup carrots

2 - 18 oz. cans of Campbell's Chunky Creamy Chicken & Dumplings

1 - 8 count cylinder Pillsbury flaky layer biscuit dough

1 - 12.5 oz. can chicken

- 1. Cut carrots into small pieces so that they will soften as they cook**
- 2. In a large sauce pan, combine green beans, cut carrots, soup, and chicken**
- 3. Heat until boiling, Boil for 2 minutes**
- 4. Pour mixture into a 13x9-inch baking dish**
- 5. Open the flaky biscuits and cut each biscuit in half**
- 6. Lay the biscuit dough evenly on top of the mixture**
- 7. Bake uncovered at 375 degrees for 20 minutes ste**



Ground Beef Stroganoff

1 lb. ground beef
1 medium onion, chopped
1 - 10 oz can cream of mushroom soup
1/2 cup sour cream
6 cups egg noodles

- 1. Brown the ground beef in a large skillet and drain fat, set aside**
- 2. Sauté chopped onion in butter or olive oil in separate large skillet until soft**
- 3. Add meat, cream of mushroom, and sour cream into onion skillet and stir**
- 4. Serve over cooked egg noodles**

Honey Lemon Chicken

2 lb. boneless, skinless chicken breasts

2 tbsp. butter, melted

1/2 cup honey

1/3 cup lemon juice

1 tbsp. soy sauce

- 1. Coat chicken with flour and place in baking dish**
- 2. Drizzle chicken with melted butter and bake at 400 degrees for 30 minutes**
- 3. In a bowl, mix honey, lemon juice, and soy sauce**
- 4. Pour over chicken and cook for an additional 30 minutes or until chicken is cooked through**
- 5. Serve over rice**

Broccoli and Cheddar Soup

4 cups of fresh cut up broccoli

1 - 10 oz. can cream of chicken soup

1 cup shredded cheddar cheese

1/3 cup chopped onion

2 cups chicken broth

- 1. Combine broccoli, broth, and onion in large pot and simmer for 10 minutes or until tender**
- 2. Place contents into blender and puree**
- 3. Return to pot and stir in soup**
- 4. Cook for 5 minutes**
- 5. Stir in cheese**



Autumn Pan Chicken

1 lb. chicken breasts (thawed)
2 medium white sweet potatoes
12 oz. package brussels sprouts
1 medium red onion (will use half)
3/4 cup Lawry's Herb & Garlic Marinade

- 1. Preheat oven to 450 degrees**
- 2. Cut thawed chicken breasts into smaller pieces**
- 3. Add marinade to a large Ziplock bag. Add chicken to bag. Massage marinade into chicken**
- 4. Chop sweet potatoes**
- 5. Chop brussels sprouts in halves**
- 6. Cut onion in half, peel, and chop. (Will use only half of the onion)**
- 7. Using a non-stick baking sheet, add onions, brussels sprouts, and sweet potatoes. You can also line baking sheet with foil and spray with non-stick spray**
- 8. Drizzle vegetables with olive oil. Add salt and pepper to flavor. (Optional step)**
- 9. Place marinated chicken on top of vegetables**
- 10. Drizzle entire pan with remaining marinade from bag**
- 11. Cook for 30 minutes at 450 degrees**



Coconut Shrimp

**1 lb. jumbo shrimp
2 beaten large eggs
1 cup Panko breadcrumbs
1 1/2 cups sweetened shredded coconut
1/2 cup all-purpose flour**

- 1. Heat 1 Tbsp of oil in large pan**
- 2. Set out 3 bowls and a plate**
- 3. Mix the bread crumbs and coconut into one bowl, place the flour in another bowl, and place the beaten eggs in the last bowl**
- 4. Take each shrimp and coat it in the flour bowl, then the beaten egg bowl, and then the bread crumb and coconut bowl (press the bread crumbs and coconut into shrimp with your fingers) and place shrimp on plate**
- 5. Once every shrimp is coated, place 7-8 shrimp at a time into hot pan and cook until light brown, flip and repeat (about 2 minutes on both sides)**



Butternut Squash Linguine

- 1 small yellow onion**
- 4 slices of Maple bacon**
- 1/4 cup heavy whipping cream**
- 1 lb. linguine**
- 1- 2 lb. butternut squash**

For the butternut squash puree

- 1. Preheat at 375 degrees.**
- 2. Peel and slice squash. Cut the squash in half, dividing the fat/thin parts. Peel outer shell with knife or peeler.**
- 3. Cut the fat part in half and scoop out seeds. Slice squash into 1/4" thick pieces.**
- 4. Bake sliced squash in baking sheet. Drizzle with olive oil and add salt/pepper for taste. Bake for 20 minutes total (10 minutes, flip, 10 minutes).**
- 5. Add baked squash, 1/4 cup whipping cream, and 1 cup water to a blender. Puree until smooth.**

For bacon

- 1. Fry the 4 pieces**

For onion

- 1. Cut off top and bottom of onion. Peel onion. Cut in half. Slice entire onion. Caramelize onion pieces.**

Finish

- 1. Cook the linguine. Drain.**
- 2. Add butternut puree to linguine. Top with bacon and onions.**

Enchilada Casserole

- 12 corn tortillas**
- 2 cups enchilada sauce**
- 3 cups shredded Mexican blend cheese**
- 1 lb. ground beef**
- 1 - 1.25 oz. packet of taco seasoning**

- 1. Preheat oven to 350**
- 2. Brown ground beef in pan and drain fat**
- 3. Add taco seasoning and water to pan and cook on medium heat until boiling**
- 4. Reduce heat and simmer for 5 minutes**
- 5. In greased 9x13 inch pan place 6 tortillas on the bottom**
- 6. Spread half of beef mixture on top**
- 7. Pour 1 cup of enchilada sauce on top**
- 8. Top with 1 1/2 cup of cheese**
- 9. Repeat the process again**
- 10. Place in oven and cook for about 25 minutes or until the cheese is melted and bubbly**

Slow Cooker Pulled Pork Sandwiches

- 2 lb. pork loin roast**
- 1 - 12 oz. can Dr. Pepper**
- 1 - 18 oz. bbq sauce (favorite kind)**
- 8 hamburger buns**
- 2 cups coleslaw**

- 1. Place pork loin in crockpot and pour Dr. Pepper over it**
- 2. Cook on low for 8-10 hours or until it shreds easily with a fork**
- 3. Once cooked, drain most of juice but leave about 1/2 to 1 cup still in it**
- 4. Shred pork well and add bbq sauce until your liking**
- 5. Serve on a hamburger bun with coleslaw**