

BUDGET FRIENDLY MEAL IDEAS

Crockpot White Chicken Chili (Makes 10 servings)

Whole Meal: \$2.66 / Per Serving \$0.27

Ingredients:

- 1 cup of dry northern beans (Follow instructions to prepare before adding to chili) (\$0.40)
- 2 Frozen chicken breasts (\$1.78)
- 4 tsp. Better than Chicken Bouillon Base dissolved in 32 oz. of water (\$0.52)
- 1 Tbsp. Onion Powder (\$0.13)
- 1 Tbsp. Olive oil (\$0.14)
- 1 tsp. Minced Garlic (\$0.14)
- Mild Diced Green Chiles (\$0.79)
- 2 tsp. Ground Cumin (\$0.30)
- 2 tsp. of dried oregano (\$0.42)

Directions:

- Cook in the crockpot for 6-8 hours on high or until chicken is cooked to 165° F.

Crockpot Mexican Quinoa (Makes 8 Servings)

Whole Meal: \$11.15 / Per serving: \$1.39

Ingredients:

- 1 lb. Lean ground turkey (brown in a pan first) (\$4.59)
- 1 Tbsp. Olive oil (\$0.14)
- 1 Tbsp. Onion Powder (\$0.13)
- 1 cup uncooked quinoa (\$2.64)
- ½ cup Dried Black Beans (Follow instructions to prepare before adding to crockpot) (\$0.20)
- 1 cup frozen corn (\$0.43)
- Mild Diced Green Chiles (\$0.79)
- 1 Tbsp. Ground Cumin (\$0.45)
- 1 Tbsp. Chili powder (\$0.45)
- 1 cup of salsa (\$1.19)
- 1 tsp. Minced Garlic (\$0.14)
- ½ cup of water

Directions:

- Place all of this into your crockpot and cook on low for 4-6 hours or until couscous is tender.
- Top with Shredded cheese, avocado, fresh bell peppers, sour cream, salsa.

Chicken Fajita's (Makes 4 servings)

Whole Meal: \$8.19 / Per serving (2 Fajita's): \$2.08

Ingredients:

- 3 frozen chicken breasts defrosted and diced into bite size pieces (\$2.67)
- 12 oz. of salsa (\$1.80)
- 1 bag of Shredded Lettuce (\$1.99)
- 8 corn tortilla shells (\$0.58)
- 4 oz. Shredded cheese (\$1.15)

Directions:

- Cook chicken, salsa, and ¼ cup water in a frying pan until cooked to 165° F.
- Assemble fajitas and top with Shredded cheese, avocado, sautéed bell peppers and onions, sour cream, salsa.

Tortilla Pizza's (Makes 1 Pizza)

Per Pizza: \$1.43

Ingredients:

- 1-6" whole grain tortilla (\$0.30)
- ¼ cup pizza sauce (\$0.21)
- ¼ cup of cheese (\$0.29)
- 6 turkey pepperonis' (\$0.32)
- ¼ of a fresh green pepper (\$0.31)

Directions:

- Bake in the oven at 350-375° F until cheese is melted and tortilla is crispy.

Kickin' Chicken on a Bun (Makes 12 Servings)

Whole Meal: \$14.40 Per Serving: \$1.20

Ingredients:

- 3 lb. bag of frozen boneless skinless chicken breast (\$6.98)
- 1 ranch dressing seasoning packet (\$1.74)
- 12 oz. bottle of buffalo sauce (\$2.68)
- Hamburger buns (~ \$3.00 for 2 packages)

Directions:

- In a crockpot, sprinkle ranch seasoning thoroughly on chicken.
- Pour buffalo sauce around chicken until it is evenly coated.
- Leave in crockpot on low for 4-5 hours.
- When finished, take two forks and shred the chicken in the crockpot. Place on a bun and enjoy!

Lemon-Herb Chicken Sheet Pan (Makes 4 servings)

Whole Meal Price: \$9.46-10.35 / Per Serving Price: \$2.37-2.59

Ingredients:

- 3 Tbsp. olive oil (\$0.42)
- 1 tsp. salt (\$0.01)
- ½ tsp. pepper (\$0.01)
- 1 lb. small potatoes quartered (\$2.00)
- 20 oz. boneless skinless chicken breasts (3-4 chicken breasts) (\$2.67-\$3.56)
- 1 bunch fresh asparagus, trimmed and cut into 2-inch pieces (\$3.99)
- 1 tablespoon honey (\$0.11)
- 1 lemon, thinly sliced (\$0.25)

Directions:

- Heat oven to 425° F
- Toss potatoes in ½ of the salt, olive oil, pepper mixture and put skin side down on a sheet pan
- Roast 23 minutes until tender with a fork, stir.
- Toss chicken and asparagus in remaining ½ of the salt, olive oil, and pepper mixture and add to the sheet pan.
- Brush chicken with honey and bake around 17-20 minutes until chicken is cooked to at least 165° F.
- Add lemon juice when you remove from oven and serve.

Shrimp Fried Rice (4 servings)

Total Meal: \$4.43 / Per Portion: \$1.11

Ingredients:

- 1 cup uncooked brown rice (cooked through) (\$0.55)
- 2 tsp. olive oil (\$0.10)
- 1 cup frozen peas and carrots (\$0.34)
- 4 Tbsp. soy sauce (\$0.40)
- 4 oz. frozen shrimp (thawed under cold water) (\$2.66)
- 2 eggs (\$0.38)

Directions:

- Coat a large wok or skillet with olive oil and heat scramble eggs in wok.
- Remove when cooked and set aside.
- If needed add more olive oil, add peas, carrots, and shrimp to wok, stir fry for 5 minutes add cooked brown rice eggs and soy sauce.
- Stir-fry for about three minutes until mixed together.

Veggie Pasta (4 servings)

Total Meal: \$5.82 / Per Portion: \$1.46

Ingredients:

- 8 oz. of Ronzoni Healthy Harvest Spaghetti uncooked (cook according to directions) (\$0.70)
- 2 Tbsp. Olive Oil (\$0.28)
- 1 fresh zucchini (\$1.00)
- 1 fresh summer squash (\$1.00)
- ½ cup of frozen shelled edamame (\$0.75)
- ½ cup fresh broccoli (\$0.30)
- ½ lemon (juiced) (\$0.13)
- 4 oz. parmesan cheese (\$1.52)
- 1 tsp. minced Garlic (\$0.14)

Directions:

- Heat oil in a large skillet over medium.
- Cook garlic until lightly browned add squash, edamame, and broccoli, Zucchini until it starts to get tender.
- Add cooked pasta, lemon juice, until mixed together.
- Top with parmesan cheese and serve. You can add chicken, steak, or shrimp if you would like more protein.

Southwest Steak Salad (Makes 4 servings)

Total Meal: \$10.67 / Price per Serving: \$2.67

Ingredients:

- ¼ cup olive oil (\$0.42)
- ¼ lb. flank steak (\$5.99)
- 2 Tsp. taco Seasoning (\$0.46)
- Juice of 2 small limes (\$0.79)
- 1 tsp. ground cumin (\$0.15)
- 1 tsp. dried oregano (\$0.21)
- 1 head romaine lettuce (chopped) (\$1.33)
- 1 cup frozen corn (thawed under cold water) (\$0.43)
- 1 can black beans, rinsed and drained (\$0.89)

Directions:

- In a large skillet over medium-high heat, heat 1 Tablespoon oil.
- Rub steak with taco seasoning and sear until desired doneness, flipping once.
- Transfer to a cutting board and let rest 5 minutes, then slice against the grain.
- For the dressing: in a small bowl, whisk together the remaining olive oil, lime juice, cumin, and oregano.
- In a bowl add romaine, seared steak, corn, black beans, and dressing.

Garlic Parmesan Tilapia (makes 4 servings)

Total Meal: \$7.25 / Price Per Serving: \$1.81

Ingredients:

- 4 Tilapia fillets fresh or frozen (\$3.68)
- 2 Tbsp. butter, melted (\$0.25)
- 1 lemon (Juiced) (\$0.30)
1 tsp. garlic powder (\$0.13)
- ¼ cup grated parmesan cheese (\$0.54)
- 1 bag of vegetables steamed (\$2.35)

Directions:

- Preheat oven to broil.
- Place tilapia on a large, rimmed baking sheet that has been sprayed with cooking spray.
- Combine melted butter, lemon juice, and garlic powder in a small bowl.
- Brush the butter mixture on both sides of the fish.
- Place the fish on the prepared baking sheet, bottom side up, and broil for 5 minutes.
- Flip the fish over, sprinkle with parmesan cheese, and return to the broiler for 5-6 more minutes.
- The fish will flake easily with a fork when it's done.
- Steam vegetables as directed on package.

Simple Stir Fry (Makes 5 Servings)

Whole Meal: \$5.70 / Per Serving: \$1.14

Ingredients:

- 1 package of Polska Kielbasa Smoked Sausage Rope (\$2.98)
- 2 packages of beef Ramen Noodles (\$0.50)
- 1 package of frozen mixed vegetable (\$2.22)

Directions:

- Cut up Polska Kielbasa into ½ to 1 inch slices.
- Break Ramen Noodles into smaller pieces.
- Combine meat, noodles, beef flavoring packets from Ramen Noodles, and vegetables in a skillet pan.
- Add 2-3 cups of water.
- Turn heat to a simmer (small water bubbles forming).
- Cook until vegetables are soft.
- Place onto plate or bowl and enjoy!