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)
- ¾ 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!