

Department of Family and Consumer Sciences

SERVE QUICK AND EASY MEALS TO FEED A FAMILY OF FOUR FOR UNDER FIVE DOLLARS

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Family and Consumer Sciences

This publication is designed to help take some of the stress out of mealtimes by providing healthy, affordable recipes that are easy to prepare. These recipes can be prepared using many ingredients that you may already have on hand.

Feed a Family of Four for Under \$5

Cheesy Chicken Casserole

Serves: 4

Cost/Serving: \$1.22

Serving Size: 1 1/2 cups

Ingredients

- 1 tablespoon oil (canola, olive or vegetable)
- 1 cup onion, diced (1 medium onion)
- 1 clove garlic, minced
- 1 1/2 cups reduced sodium chicken broth
- 1 cup instant white or brown rice, uncooked
- 2 cups frozen vegetables (broccoli, carrots, corn, mixed vegetables, peas)
- 2 cups cooked chicken (shredded or cut up)
- 3/4 cup cheddar cheese, shredded

What to do

1. Heat oil in a skillet over medium heat. Add onion and cook for 2-3 minutes. Add garlic and cook for an additional minute, being careful not to burn.
2. Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables.
3. Reduce heat to low. Cover and cook for 10 minutes.
4. Add chicken and cheese to rice and vegetable mixture. Heat thoroughly until mixture reaches 165 F, stirring constantly.



Make a Casserole with Foods you Have on Hand

Choose one from the following categories:

Vegetables

- 1 (10-ounce) package frozen spinach, broccoli or green beans, thawed and drained
- 1 (16-ounce) can green beans, peas, corn or carrots, drained
- 1 1/2 cups sliced zucchini or yellow squash

Starch

- 2-3 cups cooked pasta (macaroni, penne, bow tie, spiral, etc.)
- 2-3 cups cooked white or brown rice

Protein

- 2 cups cooked ground beef or ground turkey
- 2 cups cooked and diced chicken, turkey, beef or pork
- 1 (12-15 ounce) can tuna or salmon, drained
- 2 cups cooked kidney beans or black beans

Sauce

- 1 (16-ounce) can diced tomatoes
- 1 can reduced-sodium condensed soup (cream of celery, cream of mushroom, tomato soup, etc.) mixed with milk to make 2 cups

Topping

- 2 tablespoons grated parmesan cheese
- 1/2 cup reduced-fat shredded cheese
- 1/4 cup bread crumbs or cracker crumbs
- 1/4 cup crushed cornflakes cereal

For extra flavor add one or more of the following to the casserole mixture:

- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1 to 2 teaspoons dried herbs (basil, thyme, marjoram, tarragon)

What to do:

1. Preheat oven to 350 F.
2. Choose one or more ingredients from each list.
3. Mix all ingredients except topping.
4. Pour mixture into a casserole dish prepared with nonstick cooking spray.
5. Cover casserole with oven-safe lid or aluminum foil and bake for about 50 minutes or until bubbly.
6. Remove casserole from oven. If desired, add topping to casserole and return to oven for 8 to 10 minutes.
7. Let stand 5 minutes before serving.

Feed a Family of Four for Close to \$2

Black Bean and Corn Quesadilla

Servings: 10

Serving Size: 1/2 quesadilla

Price per Serving: \$0.52

Ingredients

- 1 (15-ounce) can black beans, rinsed and drained
- 1/2 (15-ounce) can corn with no salt added, drained
- 1/2 cup salsa
- 1 cup shredded cheddar cheese or Mexican blend cheese
- Nonstick cooking spray
- 10 (6-inch) flour tortillas



What to do:

1. Mix first four ingredients together in a medium-sized bowl.
2. Spray large skillet with nonstick cooking spray and preheat on medium.
3. Place tortilla in skillet. Spoon 1/4 cup of bean mixture on tortilla and spread evenly leaving 1/2-inch space around edge.
4. Place another tortilla on top. Heat on medium for about 2 minutes. Turn quesadilla over and heat other side for about 2 minutes. Cheese should melt and bean mixture should be hot.
5. Remove tortilla from pan and cut into four portions.
6. Repeat process with remaining tortillas and bean mixture.

Make a Soup with Foods You Have on Hand

Create a tasty soup from simple foods you may have on hand. Just choose an item from each category and follow the directions. Use your imagination! Each pot of soup serves four adults.

Step 1: Choose one fat (2 tablespoons)

- Vegetable oil
- Butter
- Margarine

Step 2: Add one medium chopped onion

Step 3: Choose one or more vegetables (2-3 cups)

Fresh, frozen or canned

- Celery
- Green Pepper
- Green Beans
- Carrots
- Peas
- Corn
- Zucchini
- Squash
- Mushrooms
- Cauliflower
- Broccoli
- Cabbage

Step 4: Choose one protein

- 1 pound of beef, chicken, ham sausage, etc.
- 1 (16-ounce) can of beef, chicken or ham
- 1 (16-ounce) can beans (pinto, kidney, black, white, chick peas, hominy, etc.)
- 1 cup grated cheese

Step 5: Choose one starch

- 3-4 cups diced potatoes
- 2 (16-ounce) cans of beans (pinto, kidney, black, white, chick peas, hominy, etc.)
- 4 ounces whole-grain egg noodles, macaroni, pasta
- 1/2 cup uncooked white or brown rice

Step 6: Choose a broth

You need 4 cups (1 quart)

- 2 (16-ounce) cans reduced-sodium chicken, beef and/or vegetable broth
- 4 cups water and chicken, beef or vegetable bouillon (lower sodium)
- 1 can crushed or diced tomatoes (lower sodium or fresh tomatoes) and 3 cups water
- 4 cups low-fat milk and chicken bouillon (lower sodium)
- Any combination of above to make 1 quart

Step 7: Choose one or more seasonings

- 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)
- Bay leaf
- Minced garlic

What to do:

1. Heat fat in a large soup pot. Add onion and cook until tender.
2. Add remaining ingredients (except fresh herbs).
3. Partially cover pot and simmer until meat is cooked and starch and vegetables are tender (about 20-30 minutes).
4. Add fresh herbs. Season with salt and pepper to taste.
5. Simmer another 5 minutes. Serve.



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