

Entrees

Taco Soup

Ingredients:

- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) pinto beans, drained and rinsed
- 1 can (14.5 oz) petite diced tomatoes
- 1 can (15 oz) sweet corn, drained
- 1 can (12.5 oz) chicken breast, drained & flaked
- 1 can (10 oz) green enchilada sauce
- 1 can (14 oz) low-sodium chicken broth
- 1 packet taco seasoning

Optional toppings:

- Sour cream
- Cilantro
- Green Onions
- Tomatoes
- Guacamole or sliced avocados

Directions:

- Combine all ingredients into a large soup pot and bring to a boil over medium-high heat. Once boiling reduce heat to low and let simmer for 20-30 minutes. Stirring occasionally.
- Serve with tortilla chips, shredded cheese, sour cream, and avocado!

Easy Baked Ziti

Ingredients

- 1 lb ground beef
- 1 32 oz jar of your favorite spaghetti sauce
- 1 16 oz jar alfredo sauce
- 1 lb penne pasta or ziti or rigatoni
- ½ yellow onion diced
- 2 cups shredded mozzarella cheese

Instructions

1. Preheat oven to 350F degrees.
2. Spray a 9 x 13 baking dish with nonstick spray.
3. Prepare pasta according to directions.
4. In a medium sauce pan, brown ground beef with onion (if using).
5. After beef is brown and crumbled, drain excess grease.
6. Put back in pot and pour in one jar of spaghetti sauce.
7. Keep mixture on low until pasta is done.
8. When pasta is finished, drain excess water from pasta. You want the pasta as dry as possible.
9. Put pasta back in large pot (with heat off) and pour in jar of alfredo sauce. Combine until thoroughly coated.
10. Pour pasta mixture into bottom of 9 x 13 dish.
11. Cover pasta with spaghetti sauce mixture.
12. Don't put the pot that you used for the spaghetti sauce in with the dirty dishes yet. Keep that pot out and start heating up second jar of spaghetti sauce on low heat. Put a cover on it to keep warm until ziti is finished baking.
13. Sprinkle top with mozzarella cheese.
14. Cover with aluminum foil and bake for 15 minutes.
15. Remove foil and bake for another 15 minutes until cheese is melted and bubbly. Let rest for about 5 minutes after taking out of oven.
16. Serve portions onto plates, and pour some of the heated spaghetti sauce on top.

Ramen Pizza Ingredients

- 1 package shredded mozzarella cheese
- 1 egg
- pizza sauce or tomato sauce
- 1 package instant ramen noodles
- toppings like mushrooms, peppers, pepperoni, etc. (optional!)

Ramen Noodle Pizza Recipe

1. Follow the instructions on your package of ramen noodles to cook them, but subtract 30 seconds from the recommended cooking time, since the noodles will cook further in a couple of steps.
2. Drain all of the water from the noodles, and mix in an egg. Make sure that you completely coat all of the noodles with the egg.
3. Heat a skillet with oil in it, and add your egg-coated ramen noodles. Cook the noodles until the bottom is crispy and golden brown, then flip it over.
4. Put pizza sauce on the top, sprinkle cheese over it, and add any toppings that you want.
5. Cover the pizza so that the cheese melts, and continue to cook the ramen pizza until the bottom is golden brown and crispy.

Tuna Noodle Casserole

Ingredients:

- 1 box macaroni and cheese
- 1 can water packed tuna
- 1 can peas

Directions:

1. Make macaroni and cheese as directed
2. Drain tuna and peas
3. Once macaroni and cheese is made, mix in peas and tuna
4. Gently stir in and heat macaroni until tuna and peas are heated through

PIZZA BAGELS

INGREDIENTS:

- Bagels
- Shredded Mozzarella Cheese
- Pizza sauce
- Pepperoni (or your favorite toppings)

Directions

1. Cut your bagel in half. Toast the bagel for 5 minutes in oven or toaster oven at 325 degrees F.
2. Add sauce evenly around slightly toasted bagel. Add cheese on top of sauce, then add additional toppings, like pepperoni, if you desire.
3. Put back in oven or toaster oven for an additional 5-10 minutes until the cheese is melted.

Chili

Ingredients:

- 2 cans beans in mild chili sauce
- 1 can kidney beans (drained and rinsed)
- 1 large can tomato sauce (or V8)
- Chili powder
- Salt and Pepper to taste
- Ground beef (optional)
- Finely chopped onion (optional)

Directions:

1. If adding ground beef, cook and drain fat
2. Drain and rinse kidney beans
3. Open all cans and dump into crockpot
4. Add 1 ½ TBSP chili powder, salt and pepper to taste
5. Add cooked ground beef if desired
6. Cook in crockpot on low for 6 hours or high for 4 hours

One-Pot Creamy Spaghetti

Ingredients

- 1 lb ground Italian sausage
- 12 oz uncooked spaghetti (from 16 oz box)
- 1 can (28 oz) crushed tomatoes with basil, undrained
- 1 carton (32 oz) chicken broth
- 1/2 cup sour cream
- 1/4 teaspoon crushed red pepper flakes, if desired
- Shredded Parmesan cheese and fresh basil leaves, if desired

Directions

1. In 8-quart stockpot, cook sausage over medium-high heat 5 to 7 minutes or until no longer pink; drain.
2. Add spaghetti, tomatoes, broth, cream and pepper flakes; heat to boiling. Reduce heat to medium, cook 15 to 20 minutes, stirring frequently until pasta is tender and sauce is thick and creamy. Serve with remaining ingredients.

PASTA WITH 5 INGREDIENT BUTTER TOMATO SAUCE

INGREDIENTS

- 8 oz. pasta \$0.50
- 4 Tbsp salted butter \$0.31
- 3 cloves garlic \$0.24
- 28 oz. can whole peeled tomatoes* \$2.43
- 1/2 tsp salt (or to taste) \$0.02
- Freshly cracked pepper \$0.05

INSTRUCTIONS

1. To make the toasted bread crumbs, heat the olive oil in a large skillet over medium heat. Once the oil is shimmering, add the bread crumbs, salt, oregano, and some freshly cracked pepper. Cook and stir the bread crumbs continuously until they achieve a deep golden color. Remove them from the skillet and let cool until ready to use.
2. To make the sauce, mince the garlic and add it to a large deep skillet with the butter. Sauté the garlic in the butter over medium heat for about a minute, or just until it becomes fragrant. Add the can of tomatoes, along with all the juices, and some freshly cracked pepper. Break the tomatoes up into a few chunks with your spoon (they should be soft and easily crushed).
3. Stir the ingredients in the skillet, then let it come up to a simmer. Once it reaches a simmer, reduce the heat to medium-low and let it continue to simmer, without a lid, for about 30 minutes. Stir the sauce occasionally as it simmers, breaking the tomatoes into smaller pieces as you stir.
4. While the sauce simmers, cook the pasta according to the package directions. Save about 1/2 cup of the starchy cooking water before draining the pasta in a colander.
5. After simmering for 30 minutes, the sauce should have thickened and become slightly less acidic and slightly more sweet. Season the sauce with a final 1/2 tsp of salt (or to your liking). Add the cooked and drained pasta to the sauce and toss to coat. Use some of the reserved starchy cooking water to loosen the pasta if it becomes too dry. Top the pasta and sauce with a generous sprinkle of toasted bread crumbs, then serve.

RECIPE NOTES

*I used whole peeled tomatoes "in heavy juice"

Easy Poor Man Chicken Pot Pie

Ingredients

- Pillsbury Pie Crust
- 1 can of Del Monte Peas and Carrots combined
- 1 can of Del Monte Diced Potatoes
- 2 cans of Great Value Chunk Chicken Breasts fully cooked
- 1 can of Campbell's Cream of Chicken Soup
- 1/2 a can of water using the Campbell's soup can
- salt and pepper to your taste level

Instructions

1. Preheat oven to 350 degrees
2. First you put one of the pie crust in the pie pan.
3. Then you drain the peas and carrots, the diced potatoes, and the chicken.
4. Put all those ingredients in a bowl and mix well.
5. Then you pour the Campbell's Cream of Chicken Soup over mixture with the 1/2 (DO NOT add more than 1/2 can of water USING THE SOUP CAN.)
6. Add salt and pepper to the mix.
7. Then mix it up again.
8. Add mixture to pie pan on
9. Then add the other pie crust.

Baked Ravioli

Ingredients

- 1 bag (25 Oz. Bag) Frozen Ravioli
- 1 jar (26 Oz. Jar) Marinara Sauce
- 2 cups Shredded Mozzarella Cheese
- Parmesan Cheese, For Sprinkling

Directions

1. Heat oven to 400°F. Spray bottom and sides of a 9×13 rectangular baking dish with cooking spray.
2. Spread 3/4 cup of the pasta sauce in baking dish. Arrange half of the frozen ravioli in a single layer over the sauce; top with half of the remaining pasta sauce and half of the mozzarella cheese. Repeat layers once, starting with ravioli. Sprinkle with Parmesan cheese.
3. Cover with aluminum foil and bake for 30 minutes. Remove foil; bake uncovered for 10 to 15 minutes longer or until bubbly and hot in the center. Let stand for 10 minutes before serving.

Side Dishes

Cheesy Corn Casserole

Ingredients

- 1 14.75-ounce can creamed corn
- 1 14.75-ounce can regular corn, drained
- 1 8.5-ounce box Jiffy cornbread mix
- 2 eggs, beaten
- 3/4 cup shredded cheddar cheese
- 3/4 cup vegetable oil

Instructions

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together all ingredients until just combined.
3. Pour batter into greased 2 quart casserole dish.
4. Bake for 55-60 minutes or until golden brown.

How to Cook Beans on the Stove

Ingredients

1 pound dried beans, any kind

Water

2 to 3 teaspoons salt, plus more to taste

Aromatics (optional): bay leaf, 1 to 2 whole garlic cloves, 1/2 onion, chopped carrots

Instructions

1. **Soak the beans overnight:** The night before you plan to cook (or 10 to 14 hours ahead), soak the beans to reduce cooking time and help them cook more evenly. Empty the dry beans in a bowl. Pick through the beans and discard any shriveled or unappealing beans. Cover the beans with a few inches of water and leave them on the counter.
2. **Drain the soaked beans:** The next day, the beans will have absorbed much of the water and nearly doubled in size. Drain the beans from their soaking water and rinse them gently under water.
3. **Transfer beans to a cooking pot:** Transfer the beans to a Dutch oven or other heavy cooking pot. Add the aromatics, if using.
4. **Bring the beans to a boil:** Cover the beans with an inch of water. Bring them to a boil over medium-high heat.
5. **Reduce to a low simmer and cook.** Once boiling, reduce the heat to low and bring the beans to a very gentle simmer. You should barely see the water moving. Leave the lid off for firm beans meant for cold salads and pasta dishes. Cover the pot with the lid slightly ajar for creamier beans for soups, casseroles, and burritos.
6. **Check the beans after an hour:** Cook the beans for one hour, and then begin checking for doneness. Depending on their age, size, and variety, beans can take anywhere from an hour to three hours to cook through. Be patient. Keep the beans at a gentle simmer and taste frequently as they start to become tender. Add more water as needed to keep the beans submerged, and stir occasionally.
7. **Add the salt when beans are just barely tender.** When beans are tender but still too firm to enjoy eating, add the salt. Adding the salt too early can keep the beans from becoming tender. Continue simmering until the beans are as tender and creamy as you like them. Add more salt to taste.
8. **Cool and store the beans.** Cool the beans in their cooking liquid and transfer to refrigerator containers, still with their cooking liquid. Beans will keep for one week refrigerated or can be frozen for up to three months.

CORNBREAD

INGREDIENTS

- 2 Boxes Jiffy Cornbread
- 2 Eggs
- 1 Can Creamed Corn
- 2 Tbsp Sugar

INSTRUCTIONS

1. Preheat the oven to 350 degrees
2. Mix all ingredients until combined in a medium bowl
3. Scrape mixture into an 8x8 or 2.2qt-2L (small rectangular pyrex) glass baking dish that has been sprayed well with cooking spray.
4. Bake for 30-40 minutes or until center is just done

Corn Muffin Pancakes

Ingredients

- 1 (7 ounce) package corn muffin mix 1/2 cup flour
- 2 tablespoons baking powder
- 1 egg
- 1 cup milk
- 2 tablespoons cooking oil

Directions

1. Prepare a skillet with cooking spray and place over medium-high heat.
2. Whisk together the muffin mix, flour, baking powder, egg, milk, and cooking oil until smooth.
3. Pour 1/4 cup of batter into skillet. Cook pancake until bubbles form on top and bottom is golden brown, 1 to 2 minutes; flip and cook until bottom side reaches same golden-brown color of top of pancake. Repeat until batter is completely used.

Desserts/Bakery Items

Energy Bites

Ingredients

- 1 cup steel cut oats (quick, 3 minute cook)
- 1 cup shredded coconut, sweetened or unsweetened
- 1/2 cup peanut butter
- 1/3 cup mini chocolate chips
- 1/3 cup honey

Instructions

1. Combine all ingredients in a mixing bowl and stir together until combined.
2. Using a small cookie scoop, or your hands, roll into 1" balls.
3. These can be eaten right away or place in the fridge for about an hour.
4. Store leftovers in the fridge.

Notes

If wanted, pulse/chop coconut in a food processor for a finer texture (instead of the long strands). I have also used 1/2 cup sliced almonds + 1/2 cup coconut and put those in the food processor for a few pulses. We actually prefer these with half coconut and half sliced almonds.

Be sure and use the quick, 3 minute cook steel cut oats. The regular, whole grain steel cut oats are too tough and crunchy. I promise, they're not good in this recipe.

3-Ingredient Peanut Butter Cookies

Ingredients:

- 1 cup peanut butter (chunky or creamy, your choice)
- 1 cup granulated sugar (the white kind, like you put in coffee)
- 1 egg, beaten

Directions

1. Mix ingredients together in bowl.

Put 1"-2" chunks of batter onto greased/buttered cookie sheet. (Cookies will expand and melt a little bit while cooking.) If you don't have a cookie sheet, you can use aluminum foil as long as you are careful putting it in and taking it out of the oven. (It's smart, however, to spray the foil with non-stick cooking spray.)

Cook at 375° until done to your preference.

2. Tools needed:
3. Fork or spoon (for mixing), bowl, 1-cup measuring cup, and baking sheet or aluminum foil.

Peanut Butter Cheerio Bars

INGREDIENTS

- 3/4 cup Peanut Butter
- 1/2 cup Honey
- 3 cup Cheerios

DIRECTIONS

1. Line 8×8" pan with aluminum foil. Set aside.
2. Cook peanut butter and honey over medium heat stirring constantly until completely melted and blended.
3. Remove from heat and stir in cereal. Mix until evenly coated.
4. Place mixture in prepared pan and press in place.
5. Refrigerate for 1 hour before cutting into bars.
6. Store any remaining in refrigerator

STANDARD MUFFIN RECIPE

INGREDIENTS

Serves 12-14

- 2 cups all-purpose flour
- 1 tbsp. baking powder
- 1/2 tsp. salt
- 1/2 cup granulated sugar
- 1 cup skim milk (or whatever milk you have)
- 1 tsp. vanilla extract
- 1 large egg
- 1/4 cup canola or vegetable oil
- cooking spray

INSTRUCTIONS

1. Preheat oven to 400 degrees. Place muffin liners in a muffin tin and spray with cooking spray.
2. In a large bowl, add the flour, baking powder, and salt. Stir to combine.
3. In another bowl, add the sugar, milk, vanilla, egg, and oil. Whisk to combine.
4. Add the wet ingredients to the dry ingredients. Stir until just combined; batter should be lumpy. Do not over mix.
5. Fill the muffin liners $\frac{3}{4}$ of the way up.
6. Add your favorite muffin flavors/additions (fruit, nuts, chocolate chips, oats, etc.). Take a toothpick and push the additional ingredients down into the batter and swirl them around a little.
7. Bake for 20 minutes. Let cool for 5 minutes before serving.

Blueberry Pancake in a Mug - Back to School Microwave Breakfast

Ingredients

- 3 tablespoons all purpose flour
- ¼ teaspoon baking soda
- 2 teaspoon maple syrup (honey or agave)
- 1 tablespoon milk
- 1 tablespoon vegetable oil
- 1 egg
- 1 tablespoon blueberries, fresh or frozen

Instructions

1. Whisk together all of the ingredients except the blueberries in a microwave safe mug. Mix the batter until there are no lumps.
2. Lastly stir in the blueberries.
3. Microwave roughly for roughly 1 minutes - 1 minutes 15 seconds or until it is firm to the touch on top. (timing is based on my 1200W microwave so your timing might vary)
4. Top with a little maple syrup and some more blueberries.
5. Top with a little maple syrup and some more blueberries, enjoy immediately!

Applesauce Overnight Oatmeal Recipe

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup milk of choice (soy, almond, cow, etc.)
- 1/2 cup applesauce
- 1/2 teaspoon cinnamon or apple pie spice (optional, depending on applesauce)
- Pinch of salt

Directions:

1. Combine all ingredients in a sealable container (like a mason jar).
2. Stir the mixture, OR seal it tightly and shake vigorously until everything is thoroughly combined.
3. Place in the fridge overnight (or several hours). In the morning, eat cold or warm up for 1-2 minutes in the microwave.

Peaches & Cream Oatmeal

Ingredients

- 3/4 Cup Old Fashioned Oats
- 3/4 Cup Coconut Milk I use Silk Original Coconutmilk
- 1/8 teaspoonGround Cinnamon
- 1 TablespoonMaple Syrup or Brown Sugar
- 1 Peach - peeled and cubed

Instructions

1. Combine all ingredients in a mason jar or airtight container.
2. Refrigerate overnight.
3. Serve cold with a drizzle of maple syrup.