

AFFORDABLE RECIPES

Cooking at home is a very affordable way to feed a large family. You can easily make a fast and simple meal that will give your family many more vitamins and nutrients than eating out. Here are some examples of easy recipes and how much they cost to make based on average prices.



Black Bean Salad

Servings: 8 (\$0.52/Person)

Ingredients:

2 cans black beans (\$1.56)
1 package of frozen corn (\$1.68)
1 chopped onion (\$0.37)
1 lime (\$0.33)
2 tbs olive oil (\$0.22)
Combine all ingredients in a bowl and serve!

Chicken Soup

Servings: 4 (\$2.56/Person)

Ingredients:

2 quarts chicken broth (\$5.00)
1 white onion (finely chopped) (\$0.77)
2 garlic cloves (\$0.12)
1 diced carrot (\$0.35)
1 can chick peas, rinsed (\$0.78)
1 cup diced zucchini (\$0.75)
1 large whole chicken breast, poached (\$1.09)
2 chipotle chiles, cut into thin strips (\$0.35)
3 tablespoons cilantro
1 medium avocado (\$0.99)
Lime wedges

Combine stock, onion, garlic, carrot, chick peas, and salt to taste in soup pot, bring to simmer. Add zucchini after 15 min. Simmer for another 15. Just before serving, stir in chicken, chipotles, and cilantro. Heat through. Add avocado slices after serving, and squeeze over lime juice. Enjoy!

Sautéed Dark Greens

Servings: 4 (\$0.79/Person)

Ingredients:

1 bundle kale/collard/turnip greens (roughly chopped) or 1 package frozen (\$0.93 fresh/\$1.34 frz)
1/4 Pound bacon (diced) (\$0.88)
1 sweet onion (diced) (\$0.37)
1 can white beans (rinsed) (\$0.78)
Cumin
3 garlic cloves (minced) (\$0.18)
Salt and pepper

In a pan, brown bacon, until crispy. Drain excess oils. Add onions and garlic. Cook until onions are soft Add greens to the pan and allow to cook down. It may seem like a lot, but the greens will cook down a lot. Once all the greens are added, spice with salt, pepper, and cumin to taste. Add white beans to heat through. Serve and enjoy!

Black Bean Salad

Servings: 4 (\$1.09/Person)

Ingredients:

1 can corn, rinsed (\$0.78)
2 can tuna (\$1.68)
6 hard boiled eggs (\$0.70)
1/4 cup chopped olives (\$1.00)
2 tbs olive oil (\$0.22)
Salt and pepper

Chop and combine all ingredients in a bowl and serve as a side, as a salad or as a sandwich.

MORE AFFORDABLE RECIPES

Garlic Roast Chicken

Servings: 4 (\$1.74/Person)

Ingredients

2.5 pounds boneless skinless chicken breast (\$5.43)
6 garlic cloves, crushed (\$0.36)
3 tbs olive oil (\$0.33)
1 lemon, zested and juiced (\$0.33)
Salt and black pepper
1/2 cup chicken broth (\$0.50)

Preheat oven to 450. Place chicken in baking dish and toss with garlic, olive oil, salt, pepper. Roast 20 minutes. Turn off oven. Add chicken broth and lemon juice. Place back in oven for 5 min. Serve chicken with sauce on top.

Serve with rice, or potatoes and salad.

Papa Al Pomodoro

Servings: 4 (\$2.43/Person)

Ingredients:

3 tbs olive oil (\$0.33)
4 garlic cloves, chopped (\$0.24)
1 onion, chopped (\$0.37)
1 can diced tomatoes (15 oz) (\$1.75)
1 can crushed tomatoes (28 oz) (\$2.28)
1 quart chicken stock (\$2.50)
4 cups torn stale bread (\$0.69)
2 cans white beans (\$1.56)

Heat oil in medium soup pot. Add garlic and onions, cook for 7-8 min. Add tomatoes and season with salt and pepper. Add stock, cook until it bubbles. Turn down heat, add beans and bread and simmer until thickens. About 5 min

One tablespoon (tbs) of oil is equal to about 1 turn of a pan (or pour all the way around the pan)



Dark greens have more calcium, potassium, iron, vitamins, and antioxidants in them than lighter greens. They taste just as good!

Macaroni and Cheese with Chicken and Broccoli

Servings: 6 (\$2.26/Person)

Ingredients:

2 tbs olive oil (\$0.22)
1 pound chicken breast tenders, chopped (\$3.89)
1 onion, chopped (\$0.37)
1 pound macaroni or other pasta (wheat) (\$1.20)
2 1/2 cups broccoli florets (frozen or fresh) (\$1.85)
3 tbs butter (\$0.10)
3 tbs flour
3 cups milk (\$0.48)
1 cup chicken stock (\$0.50)
3 cups cheddar, shredded (\$5.00)

Boil water for pasta.
Heat medium pan to medium heat add oil and chicken and season. Add onion and sauté until cooked through.
Salt water and boil pasta. After 5 minutes, add broccoli. Cook until pasta and broccoli are cooked through.
While pasta cooks, make sauce. Melt butter in medium sauce pan, add flour and cook until slightly brown. Whisk in milk and stock and thicken about 5 minutes.
Drain pasta and broccoli. Put back in pot and add chicken. Melt cheese in milk sauce and pour sauce over pasta mixture.

Try adding a fried egg on top of some sautéed greens or vegetables for a healthy and filling meal.

For dessert, instead of eating ice cream, choose baked fruit, such as apples, peaches, blueberries, or even pineapple with some honey or a little bit of sugar.

