

## **CHEAP AND EASY MEALS**

*Some of these are a little more expensive but can last for days depending on your fridge.*

*This list came from the experiences of others in similar situations.*

### Chicken Alfredo

- Alfredo Sauce
- Noodles (your pick)
- Canned Chicken

Boil and Drain the Noodles

Drain and Rinse the Chicken (may need to cook)

Add the Alfredo Sauce. Cook till warm.

### Tuna Noodle Casserole

- Canned Tuna
- Egg Noodles
- Cream of Mushroom soup
- Salt/Pepper/Galic Powder/Ranch Dressing (Optional)

Boil and Drain the Noodles.

Cook the Cream of Mushroom till boiling. Turn off the stove

Drain and Rinse the Tuna (may need to cook)

Mix all together with the above seasonings to taste

### Chicken Noodle Casserole

- Canned Chicken
- Egg Noodles
- Cream of Chicken Soup
- Salt/Pepper/Garlic Powder/Ranch Dressing (Ranch is optional)

Boil and Drain the Noodles.

Cook the Cream of Chicken till boiling. Turn off the stove

Drain and Rinse the chicken (may need to cook)

Mix all together with the above seasonings to taste

### Spaghetti

- Ground Beef/Chicken (Optional)
- Spaghetti Sauce
- Noodles

Cook and Drain the noodles.

Cook the ground beef (if using – you could also substitute with chicken)

Warm the spaghetti sauce (you can do this with the Meat)

Mix together

### “Poor Man’s” Fried Rice

*This one is a little more expensive but can make a large meal that will last a few days.*

- Chicken (canned or fresh) - optional
- Cooked Rice
- Mixed veggies (Mix different canned or get frozen)
- Egg (optional)
- Soy/Teriyaki sauce
- Garlic/Onion Powder, Soy Sauce will act as Salt.

Cook Chicken (I recommend you do it with the soy/teriyaki sauce for flavor)

Add in Cooked Rice, Soy and Teriyaki sauce, seasonings, mixed veggies (you can add these in frozen, just let it cook a little longer), and cooked egg (your choice, scrambled is easy)

### Rice/Bean Burritos

- Cooked Rice
- Beans (your choice)
- Cheese (optional)
- Meat of some kind (optional)
- Taco/Burrito

### Veggie Soup

- Chicken Broth
- Frozen Veggies of choice
- Canned tomatoes (with or without green chilies)
- Canned beans (drained and rinsed)
- Season to taste

### Tuna Mac

- Mac and Cheese
- Canned Tuna/Chicken

### Shepards Pie

*Can last for days*

- Bread (biscuit, bread, etc)
- Veggies (frozen or canned)
- Cheese
- Canned Chicken (or meat of choice)

Cook the Meat of Choice

Put everything in a casserole dish – tends to be in this order:

- Bread on bottom
- Meat and Veggies (Mixed)
- Cheese on top

Cook in oven at 350 for roughly 30 minutes

### Ramen (upgraded)

- Ramen Noodle
- Egg
- Veggies of choice

Cook the Ramen, Egg, and Veggies

Toss together and enjoy.

### Mac Upgraded

- Mac and Cheese
- Hotdogs (or meat of choice)
- Peas (or veggie of choice)

### Chili

*You can look up a cheap recipe, but here's one to try. This is another that will last*

- Ground Beef/Pork 1 lb (optional)
- 1 can of each below:
  - o Red Beans (drained/rinsed)
  - o Black Beans (drained/rinsed)
  - o Light Red/White Beans (drained/rinsed)
  - o Yellow Corn (with juice)
- 2 cans chili ready diced tomatoes (1 drained/1 with juice)
- 1 Green Pepper, coarsely chopped
- 1 red onion, finely chopped (can be replaced with onion powder)
- Juice from at least 1 whole lime
- Black/White pepper, Garlic powder, Cumin, Salt, Chili powder

*Note: Anything in this recipe can be omitted/edited for your budget/convenience.*

Cook the meat, add in the rest of the ingredients in a big pot and let simmer for an hour on medium-low heat, or you can add it all to a crock pot and let it sit all day.

### Meatloaf

- Ground Beef 1 ½ lbs
- 1 egg
- 1 Onion, chopped (can be replaced with onion powder)
- 1 cup milk (can be replaced with powdered milk)
- 1 cup dried bread crumbs (can be replaced with crackers)
- 1/3 cup ketchup
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard

Cook Ground Beef, Combine with onion, milk, bread crumbs, and egg. Season with salt/pepper.

Mix ketchup, brown sugar, and mustard, pour over meatloaf and spread evenly over the top

Bake at 350 for 1 hour, or until no longer pink in the center.

### Burger Casserole

*This reheats well and can last for days.*

- 1 12 oz can biscuits (can use crackers/bread)
- 1 large yellow onion, diced (can be replaced with onion powder)
- 2 lbs ground beef
- 2 tablespoons Worcestershire sauce
- ½ cup ketchup
- ½ cup mustard
- ¾ cup dill pickle, chopped (optional but adds good taste)
- Cheese

Cut raw biscuit and scatter over bottom of pan

Cook onion and beef until browned.

Add Worcestershire sauce, ketchup, and mustard. Cook until slightly thickened.

Remove from heat and add pickles.

Pour mixture over biscuits then add cheese on top.

Cook at 375 for 35-40 minutes.

### Creamed Chipped Beef on Toast

- Butter and flour
- Milk
- Dried Beef (8 oz jar. If you're sensitive to salt you may want to rinse first)
  - o Can use ¾ lb Ground beef, drained.)
- Cayenne (optional)
- Bread, toasted

Melt butter in a pot over medium-low heat. Slowly add in flour until thickened.

Slow stir in warm milk.

Add in meat of choice.

Serve on toast or strong bread.

### Goulash

- 1 yellow onion, chopped
- Ground Beef 2 lbs
- 2 cans diced tomatoes
- 2 cans tomato sauce
- Garlic powdered, Salt, Bay leaves, Soy sauce
- Macaroni noodles.

Boil noodles

Cook Ground Beef and Onions.

Mix in all ingredients and let simmer for an hour over medium-low heat. Or you can mix in a crockpot and let it sit all day.

### Any single pot meal or casserole.

Meals can be assembled ahead of cooking, divided into baggies, and cooked at a later date.