

17 HEALTHY LOW BUDGET RECIPES

Girl Scouts of The Chesapeake Bay Troop 1198



ZUCCHINI BEEF SKILLET

Serves: 4 Preparation/Total Time: 30 minutes

- 1 pound ground beef
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 teaspoons chili powder
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 medium zucchini, cut into 3/4-inch cubes
- 2 large tomatoes, chopped
- 1/4 cup water
- 1 cup uncooked instant rice
- 1 cup shredded cheddar cheese

In a large skillet, crumble beef and cook with onion and pepper over medium-high heat until no longer pink, 5-7 minutes; drain.

Stir in seasonings, vegetables, water and rice; bring to a boil. Reduce heat; simmer, covered, until rice is tender, 10-15 minutes. Sprinkle with cheese. Remove from heat; let stand until cheese is melted.

BEEF AND MUSHROOMS WITH MASHED POTATOES

Serves: 4 Preparation/Total Time: 30 minutes

- 1-1/2 pounds red potatoes (about 6 medium), cut into 1-1/2-inch pieces
- 1 pound ground beef
- 1/2 pound sliced fresh mushrooms
- 1 medium onion, halved and sliced
- 3 tablespoons all-purpose flour
- 3/4 teaspoon pepper, divided
- 1/2 teaspoon salt, divided
- 1 can (14-1/2 ounces) beef broth
- 2 tablespoons butter, softened
- 1/2 cup half-and-half cream
- 1/2 cup french-fried onions

Place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat to medium; cook, uncovered, until tender, 10-15 minutes

Meanwhile, in a large skillet, cook and crumble beef with mushrooms and onion over medium-high heat until no longer pink, 6-8 minutes; drain. Stir in flour, 1/2 teaspoon pepper and 1/4 teaspoon salt until blended. Gradually stir in broth; bring to a boil. Reduce heat; simmer, uncovered, until thickened, about 5 minutes, stirring occasionally. Drain potatoes; return to pan.

Mash potatoes to desired consistency, adding butter, cream and the remaining salt and pepper. Spoon into bowls; top with beef mixture. Sprinkle with fried onions.

SMOOTHIE BOWL

Serves: 1-2 Preparation/Total Time: 20 minutes

- 1 frozen banana
- 5 frozen strawberries
- ½ cup frozen raspberries
- ½ cup milk (any kind would work)
- ½ cup yogurt (any kind would work)
- Toppings such as fresh fruit, nuts, shredded coconut, granola, etc.

Place all ingredients besides toppings into a blender and mix until desired consistency.

Spoon the smoothie into a bowl and decorate with toppings until satisfied.

TORTELLINI SPINACH SOUP

Serves: 2 Preparation/Total Time: 40 minutes

- 3 cups of dry Tortellini
- 2 cups of broth (vegetable or chicken would work)
- 1 cup of finely cut spinach
- Dash of Salt

Start by placing a pot on the stove on medium heat. Pour your broth and salt into the pot and leave it until it comes to a boil. Add your tortellini and cook in the broth, stirring occasionally, for about 4 minutes.

While your soup is cooking, start to finely chop your spinach.

Spoon your soup into a bowl and sprinkle in as much spinach as you want. Enjoy!

HARD BOILED EGGS

Yields: 6 - 12 eggs Preparation/Total Time: 12 minutes

- 6 - 12 eggs

Fill a saucepan about a quarter of the way with cold water. Place the eggs in a single layer at the bottom of the saucepan. Add more water so that the eggs are covered by at least an inch or two of water.

Heat the pot on high heat and bring the water to a full rolling boil.

Turn off the heat, keep the pan on the hot burner, cover, and let sit for 10-12 minutes.

Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.

Peel to eat.

CHICKEN ROLL-UPS

Yields: 6 Preparation/Total Time: 20 minutes

- 1 cup sour cream
- 1/3 cup salsa
- 1/2 cup chopped onion
- 1/4 teaspoon salt
- 1 tablespoon of freshly chopped cilantro
- 1/8 teaspoon garlic powder
- 3 (10-inch) flour tortillas
- 1 (10 ounce) can chicken breast, drained

In a bowl, combine salsa, onion, sour cream, cilantro, salt, and garlic powder; mix well.

Spread 1/2 cup sour cream mixture over each tortilla; top evenly with chicken. Roll tightly, wrap in plastic wrap. Refrigerate several hours.

BROCCOLI-PORK STIR-FRY W/ NOODLES

Serves: 4 Preparation/Total Time: 30 minutes

- 6 ounces uncooked whole wheat linguine
- 2 tablespoons cornstarch
- 3 tablespoons reduced-sodium soy sauce
- 1-1/2 cups reduced-sodium chicken broth
- 3 green onions, chopped
- 1-1/2 teaspoons canola oil
- 1 pork tenderloin (1 pound), cut into bite-sized pieces
- 1 tablespoon minced fresh ginger root
- 3 garlic cloves, minced
- 1-1/2 pounds fresh broccoli florets (about 10 cups)
- 1 tablespoon sesame seeds, toasted

Cook linguine according to package directions; drain and keep warm. Whisk cornstarch into soy sauce and broth until smooth; stir in green onions.

In a large nonstick skillet, heat oil over medium-high heat; stir-fry pork 3 minutes. Add ginger and garlic; cook and stir until pork is browned, 2 minutes. Remove from pan.

Add broth mixture to skillet; bring to a boil. Cook and stir until thickened, 1-2 minutes. Add broccoli; reduce heat. Simmer, covered, until broccoli is crisp-tender, 5-8 minutes. Stir in pork; heat through, 2-3 minutes.

Serve over linguine; sprinkle with sesame seeds.

SHEET-PAN PINEAPPLE CHICKEN FAJITAS

Serves: 6 Preparation/Total Time: 20 minutes

- 2 tablespoons coconut oil, melted
- 3 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 3/4 teaspoon kosher salt
- 1-1/2 pounds chicken tenderloins, halved lengthwise
- 1 large red or sweet onion, halved and sliced (about 2 cups)
- 1 large sweet red pepper, cut into 1/2-inch strips
- 1 large green pepper, cut into 1/2-inch strips
- 1 tablespoon minced seeded jalapeno pepper
- 2 cans (8 ounces each) unsweetened pineapple tidbits, drained
- 2 tablespoons honey
- 2 tablespoons lime juice
- 12 corn tortillas (6 inches), warmed

Preheat oven to 425°. In a large bowl, mix first 5 ingredients; stir in chicken. Add onion, peppers, pineapple, honey and lime juice; toss to combine. Spread evenly in 2 greased 15x10x1-in. baking pans.

Roast 10 minutes, rotating pans halfway through cooking. Remove pans from oven; preheat broiler.

Broil chicken mixture, 1 pan at a time, 3-4 in. from heat until vegetables are lightly browned and chicken is no longer pink, 3-5 minutes. Serve in tortillas, with toppings and lime wedges as desired.

PUMPKIN CRANBERRY COOKIES

Yields: 24 cookies

Preparation/Total Time: 40 minutes

- 1 box of spiced cake mix (or carrot cake)
- 15 oz. can of pumpkin puree
- ½ cup of frozen cranberries

First, preheat your oven to 350 degrees.

In a large bowl, mix together the boxed cake mix and the pumpkin puree. The dough should be sticky. Once, fully combined, add your cranberries.

Spoon the dough onto a parchment-lined pan in tablespoons. Bake for 18-20 minutes or until slightly brown on top. Remove from the oven and let the cookies cool for about 5 minutes.

BANANA NICE CREAM

Serves: 4

Preparation/Total Time: 2 hrs 45 minutes

- 4 ripe bananas
- Splash of milk as needed cow's or plant-based
- (sugar if necessary)
- (2-3 tbsps of cocoa powder for chocolate flavor)
- Any toppings of your desire

Peel and chop bananas into chunks. Lay in a single layer on a parchment-lined plate. Freeze until solid (at least 2 hours).

Allow bananas to thaw for 5 minutes, then transfer to a blender or food processor. Blend until smooth, scraping down sides and adding a splash of milk as needed.

Optionally add ingredients to make your chosen flavor

Serve as from the blender for a soft serve consistency. For a firmer texture, transfer to a deep dish and freeze for 30 minutes, until firm

Add toppings.

HOMEMADE HUMMUS

Serves: 8 Preparation/Total Time: 10 minutes

- 1½ cups cooked chickpeas, drained and rinsed
- ⅓ cup smooth tahini
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice, more to taste
- 1 garlic clove
- ½ teaspoon sea salt
- 5 tablespoons water, or as needed to blend
- paprika, red pepper flakes, or parsley, for garnish
- warm pita bread and/or veggies, for serving

In a high-speed blender, place the chickpeas, tahini olive oil, lemon juice, garlic, and salt. Use the blender baton to blend until very smooth, adding water as needed to blend, and/or to reach your desired consistency.

Transfer to a serving plate, top with desired garnishes and serve with warm pita and veggies, as desired.

CINNAMON APPLE OVERNIGHT OATS

Serves: 1 Preparation/Total Time: 20 minutes

- ½ cup of any kind of milk
- ½ cup of rolled oats
- ¼ cup of plain yogurt
- ½ cup apple chopped
- ⅛ tsp. cinnamon
- 1 tsp. honey
- 1 tsp. chia seeds (optional)

Add milk, oats, and yogurt to a container with a lid.

Fasten lid and shake until combined.

Refrigerate overnight, or for at least 3 hours.

Top with apple, cinnamon, honey, and chia seeds!

Serve cold or warm!

MAKE-AHEAD BURRITOS

Serves: 4 Preparation/Total Time: 35 minutes

- 2 tsp of olive oil
- 1 small sweet potato
- 1 small yellow onion, chopped
- ¾ cup of sliced tri-color bell pepper
- 2 cups of baby spinach, roughly chopped
- 1 tsp chile powder
- 2 large eggs, beaten
- 2 large egg whites, beaten
- 4, 10 inch whole wheat tortillas
- 1 oz shredded cheddar cheese

In a medium skillet on medium, heat oil. Add potato, onion, and bell peppers, and saute for about 8 minutes, stir occasionally, until potatoes are tender and onions are translucent. Add spinach and chile powder, saute for two more minutes.

Increase heat to high. Add eggs and egg whites. Cook for three minutes. Tear off 4 16-inch rectangles of foil and lay 1 tortilla on each. Divide the egg mixture into each tortilla. Sprinkle cheese on top. To wrap, fold edges in, then roll forward slightly. Wrap burrito tightly in foil.

Place wrapped burritos in freezer for up to 3 months. To serve, preheat oven to 400 degrees F. Place wrapped burrito on a baking sheet for 35 minutes.

PEANUT BUTTER COOKIE

Serves: 4 Preparation/Total Time: 20 minutes

- 1 cup natural unsweetened peanut butter
- 1 large egg , room temperature
- 1/2 cup granulated or golden monk fruit sweetener , plus more for sprinkling on the tops if desired
- 1 teaspoon vanilla extract
- 1/8 teaspoon sea salt
- 1/2 teaspoon ground cinnamon

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper or a silicone mat.

In a large bowl, beat together the peanut butter and monk fruit sweetener until smooth. Add the egg and mix until well combined.

Use a medium cookie scoop to make about 14 cookies. Place dough balls on prepared baking sheet at least 2 inches apart, and then use a fork to flatten and form a criss-cross pattern.

Bake in preheated oven for 9 to 11 minutes, until the cookies are just slightly browned on the bottom. Allow to cool on the baking sheet for at least 20 minutes before transferring to a wire rack.

AVOCADO TOAST WITH PUMPKIN SEEDS

Serves: 2 Preparation/Total Time: 10 minutes

- 1 whole avocado
- 2 slices of toast, any bread
- A dash of salt
- A dash of pepper
- Pumpkin seeds
- Lime juice
- Other topping of your choice

In a bowl, mash avocado, salt, pepper, and lime juice

Put your bread in the toaster and toast until you're satisfied with it.

Place the avocado mixture on top of your toast, and layer your pumpkin seeds and toppings.

QUICK SESAME CHICKEN NOODLES

Serves: 4 Preparation/Total Time: 25 minutes

- 1 tablespoon sesame oil
- 1 package (22 ounces) frozen grilled chicken breast strips
- 1 medium yellow summer squash, thinly sliced
- 1 cup julienned carrots
- 1/3 cup halved fresh snow peas
- 3 garlic cloves, minced
- 2 packages (3 ounces each) chicken ramen noodles, broken into small pieces
- 1-1/3 cups water
- 1/3 cup white wine or chicken broth
- 3 tablespoons reduced-sodium teriyaki sauce
- 4 green onions, sliced

In a large skillet, heat oil over medium-high heat; saute chicken, squash and carrots until chicken is heated through, 6-8 minutes. Add snow peas; cook until vegetables are crisp-tender, 3-4 minutes. Add garlic and contents of one ramen seasoning packet (discard or save second packet for another use); cook and stir 1 minute.

Add noodles, water, wine and teriyaki sauce. Bring to a boil; cook, uncovered, until noodles are tender, 3-4 minutes, stirring occasionally.

Remove from heat; stir in green onions. Serve immediately.

BROCCOLI CHEESE POTATO SOUP

Serves: 4 Preparation/Total Time: 30 minutes

- 6 new potatoes cooked until firm
- 3 heads of broccoli
- 1 lg. of chopped onion
- 3 cloves of garlic
- 3 cups chicken broth (if you use can, chill then remove fat)
- ½ cup - 2 T. flour
- 4 cups of milk
- ½ tsp. salt
- 2 tsp. of white pepper
- 9 oz of cheddar cheese, shredded

Cube potatoes. Saute onion and garlic in small amount of water. Stir in chicken broth. Add in broccoli. Bring to a boil. Blend 1 cup of milk and ½ cup of flour. Pour into broccoli, stir. When it thickens, add remaining milk, salt, and pepper. Add flour to cheese to coat. Sprinkle cheese on top. Mix. Add potatoes last.

RECIPES TAKEN FROM/INSPIRED BY

Taste of Home- Zucchini Beef Skillet

Taste of Home- Beef and Mushrooms with Smashed Potatoes

Love and Lemons- The Best Hummus Recipe

The Food Pantry Cookbook- Chicken Roll ups

Taste of Home- Broccoli Pork Stir Fry w/ Noodles

Taste of Home- Sheet Pan Pineapple Chicken Fajitas

The Budget Issue Clean Eating Magazine- Make-Ahead Burritos

BritCo- Peanut Butter Cookies

Taste of Home- Quick Sesame Chicken Noodles

St. Paul's Church Cookbook- Broccoli Cheese Potato Soup

Quaker Oats- Cinnamon Apple Overnight Oats