

The Food Drive & Pantry Staples Cookbook

A Girl Scout Gold Award Project



The Food Drive & Pantry Staples Cookbook:

This cookbook is a Girl Scout Gold Award project. It includes 50 recipes that use mostly pantry staples (canned and dried goods) and commonly found food in food drives/banks. Included with the recipe is the equipment required, yield, estimated nutritional information, information on dietary restrictions, the estimated cost per serving, and a photo of the prepared dish.

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MEASUREMENT CONVERSION TABLE:

Teaspoons (tsp)	Tablespoons (tbsp)	Cups (c.)	Fluid ounces (fl oz)
48	16	1	8
36	12	3/4	6
32	10 2/3	2/3	5
24	8	1/2	4
16	5 1/3	1/3	3
12	4	1/4	2
6	2	1/8	1
3	1	1/16	1/2

** Note: All nutrition information is calculated with general brands, and assumes full sodium on all items. The actual nutritional information may vary based on brand and recipe modifications.*

**Note: Cost per serving calculations are an estimate, and use an average price per good. They do not take the price of seasoning into account, and are rounded up to compensate for this.*

BLACK BEAN BURGER PATTIES

25-30 minutes

Vegetarian

Ingredients:

- 2 (15 oz) cans black beans, drained
- ½ tsp cumin
- 1 tsp chili powder
- ¼ tsp garlic powder
- ⅓ cup shredded cheese
- ½ onion, diced
- 1 large egg
- 1 cup breadcrumbs or rolled oats
- 1 tbsp oil

Equipment:

- 1 large mixing bowl
- Food processor or blender (if using oats)
- Stovetop
- 1 pan

Directions:

1. In a mixing bowl, mash the beans with a fork or potato masher, then add the cumin, chili powder, garlic powder, cheese, onion, and egg and mix to combine.
2. Add the oats or breadcrumbs and mix until well combined. If using oats, pulse in a food processor or blender for a couple seconds to create a finer texture.
3. Form the mixture into patties (if too sticky, set the mixture in the refrigerator for 5-10 minutes to make forming the patties easier)
4. Heat oil on a pan, and grill the patties for 2-3 minutes on each side, or until they are hot throughout.
5. Serve with a burger bun, rice, or on its own.

Nutrition & Cost:

Yield: 4 patties

Serving size: 1 patty

Nutritional Information:

Calories 400

Total Fat: 9.6 g

Sodium: 1,125 mg

Total Carbs: 61.4 g

Dietary Fiber: 17 g

Sugar: 2.4 g

Protein: 22 g

Cost: \$2.10 per serving



BLACK BEAN TACOS

15-20 minutes

Vegan, Vegetarian, Dairy-free

Ingredients:

- 8 corn or flour tortillas
- ½ tbsp vegetable oil
- 1 (14.5 oz) can of black beans, drained and rinsed
- ¼ cup water
- ¼ cup onion, diced
- ½ tsp cumin
- ⅛ tsp paprika

- *Optional toppings: salsa, cheese, cilantro, peppers, hot sauce*

Equipment:

- Stovetop
- 1 pan

Directions:

1. Begin by heating the oil over medium-low. Add in the onion and cook for 2-3 minutes, or until the onion is translucent.
2. Add in the black beans, cumin, paprika, and water and cook for another 5 minutes. Mash the mixture with a spatula to crush some of the beans.
3. Heat the corn tortillas to prepare them for the filling. Spoon around ⅓ cup of the bean mixture into the tortillas.
4. Top with salsa, cheese, or any other desired topping and enjoy!

Nutrition & Cost:

Yield: 4 servings,

Serving size: 2 tacos

Nutritional Information:

208 calories/serving

8 g protein

36 g carbohydrates

9 g fiber

3 g sugar

4 g total fat

356 mg sodium

Cost/Serving: \$1.15 per serving



BLACK BEAN SOUP

30 minutes

Vegan, Vegetarian, Dairy-free, Gluten-free

Ingredients:

- 1 tbsp vegetable oil
- ½ medium onion, diced
- ½ cup chopped carrot
- 1 tsp garlic powder
- 2 (15 oz) cans of black beans, drained and rinsed.
- ½ tbsp cumin
- ½ tsp chili powder
- 1 (32 oz) container of vegetable broth

Equipment:

- Stovetop
- 1 large pot

Directions:

1. Begin by heating the oil in the pot and add the onion and carrot. Saute these until the onion begins to turn translucent.
2. Add the garlic and cook for an additional 2-3 minutes.
3. Add the cans of black beans, cumin, and chili powder (adjust for spice level accordingly) and cook for another 2 minutes.
4. Add the entire container of vegetable broth, and bring the mixture to a boil.
5. Reduce the heat, cover the pot, and let the soup simmer for 15-20 minutes. Serve and enjoy!

Nutrition & Cost:

Yield: 4 servings

Nutritional Information

Calories: 250

Total Fat: 4.2 g

Sodium: 1,538 mg

Total Carbohydrates: 41 g

Fiber: 15.5 g

Sugar: 3.4 g

Protein: 14 g

Cost/Serving: \$1.20 per serving



THREE BEAN SOUP

30-40 minutes

Vegan, Vegetarian, Gluten-free, Dairy-free

Ingredients:

- 1 tbsp vegetable oil
- ½ onion, diced
- 1 medium carrot, chopped
- ½ tsp garlic powder
- 1 tbsp Italian seasoning
- 1 (15 oz) can black beans
- 1 (15 oz) can kidney beans
- 1 (15 oz) can garbanzo beans/chickpeas
- 1 (32 oz) container vegetable broth
- 4 cups water

Equipment:

- Stove
- Large pot or saucepan

Directions:

1. Begin by heating the oil in the pot and saute the onion, and carrot until soft, around 3 minutes. Add in the garlic and Italian seasoning and cook for an additional 2 minutes.
2. Mix in all three types of beans, including the liquid in the cans.
3. Add in the vegetable broth and water and bring to a boil, then cover and simmer for 15-20 minutes.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 281
Total Fat: 8.4 g
Sodium: 1,382 mg
Total Carbohydrates: 40 g
Fiber: 13.4 g
Sugar: 4.7 g
Protein: 14 g

Cost/Serving: \$1.40 per serving



VEGETARIAN CHILI

1 hour

Vegan, Vegetarian, Gluten-free, Dairy-free

Ingredients:

- 1 tbsp vegetable oil
- ½ medium onion, diced
- 1 tsp garlic powder
- 1 (14.5 oz) can black beans, drained
- 1 (14.5 oz) can chili beans
- 1 (14.5 oz) can kidney beans, drained
- ½ (14.5 oz) can corn, drained
- 1 (14.5 oz) can diced tomatoes, drained
- 1 (32 oz) container of vegetable broth
- 2 cups water
- 2 tbsp chili powder
- ½ tsp cumin

- Toppings (optional):
 - Sour cream
 - Shredded Cheese
 - Tortilla chips

Equipment:

- Stovetop
- 1 large pot

Directions:

1. In a large pot, heat the oil over medium-low, then cook the onion until it softens, about 2-3 minutes. Add in the garlic powder and cook for another minute.
2. Drain the liquid out of the canned corn, tomatoes, and beans. Add the drained corn, tomatoes, and beans to the pot. Season with chili powder and cumin, then cook for another 5 minutes.
3. Pour in the vegetable broth and water and bring to a boil, then reduce the heat and simmer for 30 minutes. Serve with any desired toppings.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 326

Total Fat: 3.2 g

Sodium: 1,804 mg

Total Carbohydrates: 58.8 g

Fiber: 17.7 g

Sugar: 8.6 g

Protein: 18 g

Cost/Serving: \$1.65 per serving



CHICKPEA CURRY

35 minutes

Vegan, Vegetarian, Gluten-free, Dairy-free

Ingredients:

- 1 tbsp vegetable oil
- ½ medium onion, diced
- 2 tsp garlic powder
- ½ tsp ginger
- 2 (15 oz) cans chickpeas, drained
- 1 (14.5 oz) can diced tomatoes, drained
- 1 (13.5 oz) can full fat coconut milk
- 1 ½ tbsp curry powder

Equipment:

- Stovetop
- 1 saucepan or large skillet

Directions:

1. Heat oil in the pan, then add onion, garlic, and ginger and cook until the onion is translucent, around 3 minutes.
2. Add the drained chickpeas and cook for 2-3 minutes, then add curry powder and cook for an additional 2 minutes.
3. Pour in tomatoes and coconut milk and stir.
4. Bring the mixture to a boil, then reduce the heat and let simmer for 15-20 minutes, or until it thickens. Serve by itself or over rice.

Nutrition & Cost:

Yield: 4-6 servings

Nutritional Information:

Calories: 383
Total Fat: 18.7 g
Sodium: 589.4 mg
Total Carbohydrates: 40.2 g
Fiber: 9.5 g
Sugar: 12.9 g
Protein: 14 g

Cost/Serving: \$1.70 per serving



FALAFEL (BAKED OR FRIED)

40 minutes

Vegan, Vegetarian, Dairy-free

Ingredients:

- 2 (15 oz) cans of chickpeas, drained and rinsed.
- 2 tbsp olive oil
- ½ medium onion, diced
- 3 tsp garlic powder
- 2 tsp cumin
- 4 tbsp dried parsley
- 4 tbsp all-purpose flour
- 1 tsp baking soda
- *Cooking spray, if baking.*
- *Olive or vegetable oil, if frying.*

Equipment:

- Food processor
- (If baking): Oven & sheetpan
- (If frying): Frying pan and stovetop

Directions:

1. Begin by adding ⅔ of the chickpeas to a food processor, and pulse until they are broken up.
2. Add the olive oil, garlic, onion, cumin, parsley, and the rest of the chickpeas to the food processor, and pulse until combined. Scrape down the sides as needed.
3. Remove the mixture from the food processor, transfer to a bowl, and fold in the flour and baking soda. Shape this mixture into disc-like shapes.
4. Baked:
 - a. Preheat the oven to 375° F
 - b. Spray a baking sheet with a thin layer of cooking spray or line the sheet to prevent sticking. Add the falafel to the sheet.
 - c. Bake for 25 minutes or until crispy and golden brown on both sides. Flip the falafel halfway through baking to ensure both sides cook.
5. Fried:
 - a. Add a thin layer of oil to a frying pan and heat.
 - b. Carefully place the falafel in the pan and fry on each side for 3 minutes or until golden brown.
 - c. Transfer the fried falafel to a paper towel lined dish or plate.

Nutrition & Cost:

Yield: 4 servings

Serving size: 4 falafel

Nutritional Information:

Calories: 242

Total Fat: 7 g

Sodium: 312 mg

Total Carbohydrates: 36.3 g

Fiber: 8.6 g

Sugar: 6 g

Protein: 10 g

Cost/Serving: \$0.98 per serving



CRISPY ROASTED CHICKPEAS

25-30 minutes

Vegan, Vegetarian, Gluten-free, Dairy-free

Ingredients:

- 1 (15 oz) can of chickpeas/garbanzo beans, rinsed and drained.
- 1 tbsp vegetable oil
- ½ tsp paprika
- A pinch of salt

Equipment:

- 1 baking sheet
- Oven
- Aluminum foil or parchment paper (optional)

Directions:

1. Begin by draining and rinsing the chickpeas, then pat dry with a dishcloth or paper towel to get them as dry as possible.
2. Line a baking sheet with foil or parchment paper and lay the chickpeas in a single layer.
3. Drizzle the chickpeas with the oil, making sure to evenly distribute it so each chickpea is covered in a thin layer.
4. Sprinkle paprika on the chickpeas, and place in a 400° oven for 25-30 minutes, or until crispy.
5. Let cool and enjoy as a salad topping or snack.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 118

Total Fat: 5.1 g

Sodium: 155.7 mg

Total Carbohydrates: 14.3 g

Fiber: 4 g

Sugar: 2.5 g

Protein: 4.5 g

Cost/Serving: \$0.42 per serving



LENTIL SALAD

30 minutes

Vegan, Vegetarian, Gluten-free, Dairy-free

Ingredients:

- 1 ⅓ cup dried lentils
- ½ medium cucumber, diced
- 1 medium tomato, diced (if using canned, drain thoroughly)
- ½ medium red onion, diced
- *For the dressing:*
 - ½ tbsp dried parsley
 - ¼ cup olive oil
 - ⅛ cup white vinegar
 - ⅛ tsp salt
 - ⅛ tsp black pepper

Equipment:

- 1 mixing bowl
- Stovetop
- 1 small pot or saucepan

Directions:

1. Begin by rinsing and cooking the lentils according to package directions.
2. While the lentils cook, dice the onion, tomato, and cucumber into cubes.
3. Prep the dressing: mix together olive oil, lemon, parsley, salt, and pepper in a mixing bowl.
 - a. OR: use a store bought salad dressing
4. When the lentils are done cooking, drain any excess water and combine the lentils, cucumber, onion, tomatoes, and dressing in a bowl and serve.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 263

Total Fat: 13.6 g

Sodium: 12.3 mg

Total Carbohydrates: 38.1 g

Fiber: 16.7 g

Sugar: 2.5 g

Protein: 14.8 g

Cost/Serving: \$1.53 per serving



CURRY LENTIL STEW

40 minutes

Vegan, Vegetarian, Gluten-free, Dairy-free

Ingredients:

- 1 tbsp vegetable oil
- ½ medium onion, diced
- 1 tsp garlic powder
- 1 cup lentils, dried
- 1 (14.5 oz) can of diced tomato, drained
- 1 tbsp curry powder
- ½ tsp turmeric
- 1 (32 oz) container of vegetable or chicken broth

Equipment:

- Stovetop
- 1 large pot

Directions:

1. In a pot, heat the oil, onion, and garlic over medium-low heat. Cook for 2 minutes or until the onion is translucent.
2. To the pot, add the tomato, curry powder, turmeric, and garlic. Cook for another minute.
3. Add the broth and lentils to the pot. Bring this mixture to a boil, then partially cover the top and reduce to a simmer. Cook for 20-25 minutes, or until the lentils are soft.

Nutrition & Cost:

Yield: 4-6 servings

Nutritional Information:

Calories: 207

Total Fat: 1.9 g

Sodium: 784.1 mg

Total Carbohydrates: 36 g

Fiber: 5.7 g

Sugar: 4.1 g

Protein: 12.9 g

Cost/Serving: \$1.52 per serving



CHICKEN ENCHILADA SOUP

30-40 minutes

Gluten-free, Dairy-free

Ingredients:

- 1 tbsp vegetable oil
 - ½ medium onion, diced
 - 1 tsp garlic powder
 - 3 (5 oz) cans of chicken, drained.
 - 1 (32 oz) container of vegetable or chicken broth
 - ½ tsp chili powder
 - 1 can of diced or fire roasted tomatoes
 - 1 can of corn, drained
 - 1 (14.5 oz) can black beans, drained and rinsed
 - 1 ½ tsp cumin
 - ½ tsp paprika
- *Optional toppings: shredded cheese, sour cream, enchilada sauce, or tortilla chips*

Equipment:

- Stovetop
- 1 large pot

Directions:

1. Begin by heating the oil in the pot, then add the onion and garlic and cook until the onion turns translucent.
2. Add the chicken, tomatoes, corn, black beans, chili powder, cumin, and paprika. Let these cook for 4 minutes or until hot.
3. Add the vegetable/chicken broth and bring the liquid to a boil: when it boils, reduce the heat and let the soup simmer for 20-30 minutes.
4. Serve with shredded cheese, sour cream, tortilla chips, enchilada sauce, or any other desired topping. Enjoy!

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 295

Total Fat: 6.7 g

Sodium: 1,302 mg

Total Carbohydrates: 27.8 g

Fiber: 9.2 g

Sugar: 8 g

Protein: 31.4 g

Cost/Serving: \$2.25 per serving



CHICKEN PATTIES

20 minutes

Dairy-free

Ingredients:

- 3 (5 oz) cans chicken, drained and shredded
- ½ tsp garlic powder
- 1 tsp dried oregano or italian seasoning
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup breadcrumbs
- ¼ cup all-purpose flour
- 2 tbsp vegetable oil, for cooking

Equipment:

- 1 mixing bowl
- Stovetop
- 1 pan

Directions:

1. Begin by draining the canned chicken, then add to a bowl and shred.
2. Add the garlic powder, oregano/italian seasoning, salt, pepper, and breadcrumbs to the chicken and mix until well combined,
3. Form this mixture into 4 patties, and coat these patties in flour.
4. In a pan, heat the oil over medium heat, and cook the patties for 5 minutes on each side or until golden brown and crispy. Serve as a main dish, with rice, or with a dipping sauce. Enjoy!

Nutrition & Cost:

Yield: 4 servings

Serving Size: 1 patty

Nutritional Information:

Calories: 292

Total Fat: 14.9 g

Sodium: 509.5 mg

Total Carbohydrates: 12.8 g

Fiber: 0.7 g

Sugar: 0.3 g

Protein: 25.8 g

Cost/Serving: \$1.50 per serving



CHICKEN TETRAZZINI

40 minutes

Ingredients:

- 1 lb spaghetti, cooked (any pasta shape works, but its the best with long pasta shapes such as linguine, fettuccine, etc)
- 1 (10.5 oz) can cream of chicken soup
- 1 (10.5 oz) can cream of mushroom soup
- 3 (5 oz) cans of chicken, drained
- 1 cup shredded cheese, any type
- 2 cups water
- ½ tbsp italian seasoning
- ½ tsp ground black pepper

Equipment:

- Stovetop
- 1 large pot
- 1 large saucepan
- Oven
- 1 9x13 ceramic or glass baking dish

Directions:

1. Preheat the oven to 350.
2. Cook the spaghetti in a large pot according to package directions. Drain the pasta and set aside.
3. In a separate saucepan, combine the cream of mushroom, cream of chicken, water, and italian seasoning. Bring this mixture to a boil.
4. In a baking dish, add the cooked spaghetti, and pour the sauce over the top. Sprinkle the cheese on top and bake for 30 minutes.
5. Let cool for a few minutes and season with ground black pepper before serving.



Nutrition & Cost:

Yield: 8 servings

Nutritional Information:

Calories: 379

Total Fat: 11.9 g

Sodium: 771.8 mg

Total Carbohydrates: 47 g

Fiber: 6 g

Sugar: 2.2 g

Protein: 24.5 g

Cost/Serving: \$1.30 per serving

CHICKEN POT PIE CASSEROLE

45 minutes

Ingredients:

- 4 (5 oz) cans chicken, drained (2 cups chicken)
- 3 ½ cups canned mixed vegetables (*frozen veggies will also work*)
- 1 (10.5 oz) can condensed cream of chicken soup
- 1 (10.5 oz) can condensed cream of mushroom soup
- 1 tsp garlic powder
- 1 tsp italian seasoning
- 1 (8 oz) tube of refrigerated biscuits or crescent rolls (use bisquik instead to make shelf stable)
- ¼ tsp black pepper

Equipment:

- Stovetop
- 1 large pan
- Oven
- 1 baking dish

Directions:

1. Preheat the oven to 350.
2. Over medium heat, stir together the chicken, vegetables, garlic powder, italian seasoning, cream of chicken soup, and cream of mushroom soup. Cook for 10 minutes, or until warm throughout
3. Pour the mixture into a baking dish. Place the biscuits or crescent roll dough on top.
4. Bake for 30 minutes or until the biscuits are golden brown.
5. Season with pepper to taste and enjoy.

Nutrition & Cost:

Yield: 8 servings

Nutritional Information:

Calories: 326

Total Fat: 7.6 g

Sodium: 1,431.3 mg

Total Carbohydrates: 41 g

Fiber: 1.6 g

Sugar: 3.6 g

Protein: 22.1 g

Cost/Serving: \$1.70 per serving



BBQ CHICKEN CASSEROLE

45 minutes

Gluten-free

Ingredients:

- 4 (5 oz) cans chicken, drained and shredded
- 1 (15 oz) can of black beans, drained and rinsed
- 1 (15 oz) can of corn, drained
- 1 (15 oz) can diced tomatoes, drained
- 1 cup barbecue sauce
- 1 ½ cups shredded cheese, any kind
- 1 tbsp chili powder, optional

Equipment:

- Oven
- 1 mixing bowl
- 1 baking dish
- Cooking spray

Directions:

1. Preheat the oven to 375.
2. In a bowl, mix together the chicken, black beans, corn, tomatoes, barbecue sauce, chili powder, and a ½ cup of the shredded cheese.
3. Spray a baking dish with cooking spray to prevent sticking and pour this mixture in. Top with the rest of the shredded cheese.
4. Bake for 45 minutes or until the cheese is melted and the casserole is hot throughout.

Nutrition & Cost:

Yield: 8 servings

Nutritional Information:

Calories: 342
Total Fat: 13.4 g
Sodium: 1,116 mg
Total Carbohydrates: 32.9 g
Fiber: 4.9 g
Sugar: 15 g
Protein: 24.2 g

Cost/Serving: \$1.58 per serving



CHICKEN CHILI

45 minutes

Gluten-free, Dairy-free

Ingredients:

- 1 tbsp vegetable oil
- ½ medium onion, diced
- 1 tsp garlic powder
- ½ tsp cumin
- ½ tsp cayenne pepper
- 1 (32 oz) container of chicken broth
- 3 (5 oz) cans of chicken, drained
- 1 (15 oz) can of corn, drained
- 2 (15 oz) cans of white beans

- *Toppings (optional): shredded cheese, tortilla chips, sour cream, hot sauce.*

Equipment:

- Stovetop
- 1 large pot

Directions:

1. Over medium-low, heat the oil and cook the diced onion until translucent, about 3 minutes. Add in the garlic, chicken, cumin, and cayenne pepper and cook for an additional 5 minutes.
2. Stir in the corn and beans, then add the chicken broth.
3. Bring this mixture to a boil, stirring consistently, then reduce the heat and let simmer for 30 minutes.
4. Serve with any desired toppings and enjoy!

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 423

Total Fat: 5.5 g

Sodium: 2,207 mg

Total Carbohydrates: 61.3 g

Fiber: 12.3 g

Sugar: 6.3 g

Protein: 36.7 g

Cost/Serving: \$2.20 per serving



CURRY CHICKEN SALAD

20 minutes

Gluten-free

Ingredients:

- 2 (5 oz) cans of chicken, drained
- ½ cup mayonnaise or greek yogurt
- 1 tbsp curry powder
- 2 tsp honey
- 2 tsp mustard
- ½ cup carrot, shredded or finely chopped

Equipment:

- 1 mixing bowl

Directions:

1. Begin by draining all excess liquid from the chicken, add the chicken to a bowl, and then shred it with a fork.
2. To the shredded chicken, add the mayonnaise/greek yogurt, curry powder, honey, mustard, and carrot.
3. Mix all ingredients together, and chill in the refrigerator or serve right away! Enjoy with crackers, lettuce, or as a sandwich.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 264

Total Fat: 21.7 g

Sodium: 592.3 mg

Total Carbohydrates: 3.7 g

Fiber: 0.6 g

Sugar: 2.7 g

Protein: 13.8 g

Cost/Serving: \$1.39/serving



EASY CREAMY CHICKEN SOUP:

40 minutes

Ingredients:

- 1 (32 oz) container of chicken broth
- 4 cups water
- 6 ½ cups egg noodles, uncooked
- 2 (14.5 oz) cans of condensed chicken soup
- 2 (5 oz) cans of chicken, drained
- ½ tbsp italian seasoning
- ½ tsp black pepper

Equipment:

- Stovetop
- 1 large pot

Directions:

1. Bring the water and chicken broth to a boil. Add the egg noodles and cook for 10 minutes or until tender.
2. Reduce the heat to medium-low and stir in the condensed soup, chicken, and the italian seasoning. Let simmer for 15-20 minutes.
3. Season with black pepper and serve.

Nutrition & Cost:

Yield: 8 servings

Nutritional Information:

Calories: 259

Total Fat: 3.8 g

Sodium: 1,002 mg

Total Carbohydrates: 40.4 g

Fiber: 2.1 g

Sugar: 1.9 g

Protein: 14.7 g

Cost/Serving: \$1.10 per serving



BAKED CHICKEN NUGGETS:

30 minutes

Gluten-free

Ingredients:

- 3 (5 oz) cans of chicken, drained
- 1 egg
- ½ cup shredded cheese
- ½ tsp italian seasoning
- ¼ black pepper

Equipment:

- 1 mixing bowl
- 1 baking sheet
- Oven

Directions:

1. Preheat the oven to 400. Line a baking sheet with foil or parchment paper.
2. Drain the canned chicken, getting as much liquid out as possible. In a bowl, shred the chicken as much as possible.
3. To the chicken, add the shredded cheese, egg, Italian seasoning, and pepper. Mix until well combined.
4. Form the mixture into small nuggets, around 1 ½ tbsp each. Place on the lined baking sheet and bake for 25 minutes, flipping halfway through. The nuggets should be golden brown on both sides.

Nutrition & Cost:

Yield: 4 servings, about 28 nuggets

Serving Size: About 7 nuggets

Nutritional Information:

Calories: 158

Total Fat: 7.7 g

Sodium: 588.9 mg

Total Carbohydrates: 0.5 g

Fiber: 0 g

Sugar: 0 g

Protein: 21.8 g

Cost/Serving: \$1.25 per serving



SPICY CHICKEN DIP

30 minutes

Gluten-free

Ingredients:

- 2 (5 oz) cans of chicken, drained
- 1 cup sour cream
- 1/3 cup hot sauce, any type
- 1 1/2 cups shredded cheese

Equipment:

- Oven
- 1 mixing bowl
- 1 small baking dish

Directions:

1. Preheat oven to 350
2. Drain the canned chicken, making sure to remove as much liquid as possible.
3. In a mixing bowl, combine the drained chicken, sour cream, hot sauce, and half of the shredded cheese. Pour this mixture into a small baking dish and sprinkle the rest of the cheese in an even layer overtop.
4. Bake for 20-25 minutes or until the cheese is bubbly and melted. Serve with crackers or veggies.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 346

Total Fat: 26.6 g

Sodium: 604.5 mg

Total Carbohydrates: 4.7 g

Fiber: 0.1 g

Sugar: 2.8 g

Protein: 23 g

Cost/Serving: \$2.30 per serving



SIMPLE CHICKEN NOODLE SOUP

45 minutes

Dairy-free

Ingredients:

- 1 tbsp vegetable oil
- ½ medium white onion, diced
- 3 (5 oz) cans of chicken, drained
- 1 (32 oz) container chicken broth
- 4 cups water
- 1 tbsp italian seasoning
- 1 tsp garlic powder
- 2 (14.5 oz) cans of mixed vegetables, drained
- 1 lb pasta of choice

Equipment:

- Stovetop
- 1 large pot

Directions:

1. In a large pot, heat the oil and cook down the onion for 2-3 minutes or until translucent. Add the garlic powder and cook for another minute.
2. Add in the chicken and mixed vegetables and heat. Stir in the italian seasoning.
3. Add in the chicken broth and water, then bring to a boil.
4. When it boils, dump all of the pasta in and let cook, around 10 minutes. When the pasta is cooked, reduce the heat and let simmer for 5 minutes.

Nutrition & Cost:

Yield: 8 servings

Nutritional Information:

Calories: 342

Total Fat: 6.9 g

Sodium: 668.2 mg

Total Carbohydrates: 47 g

Fiber: 2 g

Sugar: 2 g

Protein: 21.4 g

Cost/Serving: \$1.40 per serving



ONE POT CHICKEN & RICE

30 minutes

Gluten-free, Dairy-free

Ingredients:

- 1 tbsp vegetable oil
- ½ medium onion, diced
- 1 medium carrot, chopped into coins
- 2 tsp garlic powder
- 1 tsp italian seasoning
- 2 (5oz) cans chicken, drained
- 2 cups rice, dry
- 1 (32 oz) container of chicken or vegetable stock
- ¼ tsp ground black pepper

Equipment:

- Stovetop
- 1 large saucepan or pot

Directions:

1. In a large pan or pot, heat the oil over medium-low. Add the onion, carrots, italian seasoning, and garlic and cook for 5 minutes or until the onions are translucent.
2. Add in the chicken and stir, cooking for another minute.
3. Pour in the broth, plus another 1 ½ cups of water and bring to a boil. Pour in the rice and stir, then bring the mixture to a simmer and let cook for 20 minutes, or until most of the liquid is gone and the rice is soft.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 502

Total Fat: 6.9 g

Sodium: 1,174.1 mg

Total Carbohydrates: 82.3 g

Fiber: 2.2 g

Sugar: 2.6 g

Protein: 23.6 g

Cost/Serving: \$2.44 per serving



TEX-MEX PASTA SALAD

40 minutes

Vegetarian

Ingredients:

- 1 (16 oz) box of pasta, any shape, although shorter shapes like shells or bowties are best.
- 1 (14.5 oz) can of black beans, drained and rinsed
- 1 (14.5 oz) can of corn, drained
- ½ medium red onion, diced
- ½ cup of tomato, dice
- Dressing: (or use any store bought salad dressing)
 - ½ cup sour cream
 - ¼ tsp garlic powder
 - ¼ cup salsa
 - ¼ cup lime juice

Equipment:

- Stovetop
- 1 pot
- 1 large mixing bowl

Directions:

1. Begin by cooking the pasta according to package directions.
2. While the pasta is cooking, assemble the dressing by mixing together the sour cream, garlic, salsa, and lime juice.
3. When the pasta is cooked, drain and transfer to a large mixing bowl. Add the corn, tomato, beans, and dressing and mix until well combined.
4. Store leftovers in the refrigerator and enjoy!

Nutrition & Cost:

Yield: 8 servings

Nutritional Information:

Calories: 324

Total Fat: 4.4 g

Sodium: 407.8 mg

Total Carbohydrates: 58.7 g

Fiber: 7.1 g

Sugar: 6.4 g

Protein: 12.1 g

Cost/Serving: \$1.74 per serving



PASTA E FAGOLI SOUP

1 hour

Vegetarian, Dairy-free

Ingredients:

- 1 tbsp vegetable oil
- ½ medium white onion, diced
- 2 tsp garlic powder
- 1 tsp Italian seasoning
- 1 (32 oz) container chicken or vegetable broth
- 4 cups water
- 1 (14.5 oz) can diced tomatoes
- 2 (14.5 oz) cans of kidney or cannellini beans, drained and rinsed
- 1 (½ lb) box of pasta

Any shape, but smaller shapes like macaroni or ditalini work best

Equipment:

- Stovetop
- 1 large pot

Directions:

1. In a large pot, heat the oil and onion over medium-low heat. Cook for 2-3 minutes or until the onion is translucent.
2. Add in the garlic, Italian seasoning, beans and tomatoes, then stir, and add the chicken/vegetable broth and water.
3. Bring to a boil, then dump in the pasta and let simmer for 30 minutes, or until the pasta is cooked.
4. **Nutrition & Cost:**

Yield: 8 servings

Nutritional Information:

Calories: 208
Total Fat: 1.4 g
Sodium: 472.8 mg
Total Carbohydrates: 39.5 g
Fiber: 5.9 g
Sugar: 3.6 g
Protein: 10.1 g

Cost/Serving: \$0.85 per serving



CLASSIC TUNA SALAD

10 minutes

Gluten-free

Ingredients:

- 4 (5 oz) cans of tuna, drained
- $\frac{2}{3}$ cup mayonnaise
- 2 tbsp dijon mustard
- $\frac{1}{2}$ cup celery, diced
- $\frac{1}{4}$ cup red onion, diced

Equipment:

- 1 mixing bowl

Directions:

1. In a mixing bowl, add the tuna, mayonnaise, dijon mustard, celery, and onion.
2. Mix all ingredients together until well incorporated. Serve with crackers, as a sandwich, or on its own.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 491

Total Fat: 37.6 g

Sodium: 857.9 mg

Total Carbohydrates: 3.6 g

Fiber: 0.6 g

Sugar: 1.2 g

Protein: 32.3 g

Cost/Serving: \$1.92 per serving



SPICY TUNA RICE BOWL

20 minutes

Ingredients:

- 2 (5 oz) cans of tuna, drained
- ¼ cup mayonnaise
- 2 tsp soy sauce
- 1 tsp sriracha or other hot sauce
- 1.5 cups white rice, dry
- *Optional toppings:* cucumber, carrots, diced onion, sesame seeds, etc

Equipment:

- Small mixing bowl
- Rice cooker or stovetop

Directions:

1. Begin by cooking rice according to package instructions. Divide into four portions.
2. In a bowl, mix together the tuna, mayonnaise, soy sauce, and hot sauce until well incorporated.
3. Serve the tuna mixture over rice and with any desired toppings. Enjoy!

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 308

Total Fat: 11.1 g

Sodium: 758.6 mg

Total Carbohydrates: 33.4 g

Fiber: 0.5 g

Sugar: 0.1 g

Protein: 18.5 g

Cost/Serving: \$1.22 per serving



TUNA CAKES

30 minutes

Dairy-free

Ingredients:

- 3 (5 oz) cans of tuna, drained
- ½ cup red onion, diced
- 2 cloves garlic or 1 tsp garlic powder
- ¾ cup breadcrumbs or cracker crumbs
- 2 eggs
- 1 tsp dijon mustard
- ½ tsp paprika
- 1 tbsp vegetable oil

Equipment:

- 1 mixing bowl
- Stovetop
- 1 pan

Directions:

1. Drain the tuna thoroughly, then add to a mixing bowl along with the onion, garlic, eggs, mustard, and paprika. Mix until combined.
2. Add the breadcrumbs or cracker crumbs and fold until well combined. Shape this mixture into patties. If necessary, place in the refrigerator for 10 minutes to make the patties easier to form.
3. In a pan, heat oil over medium heat. Cook the patties for 3 minutes on each side or until golden and crispy. Repeat for all patties.

Nutrition & Cost:

Yield: 6 pieces, serves 6

Serving Size: 1 piece

Nutritional Information:

Calories: 166
Total Fat: 4.9 g
Sodium: 287.4 mg
Total Carbohydrates: 13.5 g
Fiber: 1.2 g
Sugar: 1.3 g
Protein: 19.7 g

Cost/Serving: \$0.90 per serving



TUNA NOODLE CASSEROLE

45 minutes

Ingredients:

- 3 (5 oz) cans of tuna, drained
- 2(14.5 oz) cans of condensed cream of mushroom soup
- 1 (16 oz) box pasta, any shape OR 1 (16 oz) bag of egg noodles
- 1 (14.5 oz) can of peas, drained
- 2 cups shredded cheese
- 2 tbsp milk
- ½ tsp pepper

Equipment:

- Stovetop
- 1 large pot
- Oven
- 1 baking dish

Directions:

1. Preheat oven to 350
2. In a pot, boil water and prepare pasta according to package directions. Drain, then set the prepared pasta to the side.
3. In a large pot, heat the condensed cream of mushroom soup over medium-low. Stir in milk gradually to thin the soup as needed.
4. To the soup, fold in the tuna, peas, and cooked noodles. Add in the pepper and mix.
5. Pour the mixture into a baking dish, top with shredded cheese, and bake for 20 minutes.

Nutrition & Cost:

Yield: 8 servings

Nutritional Information:

Calories: 462

Total Fat: 15.8 g

Sodium: 830.5 mg

Total Carbohydrates: 51.9 g

Fiber: 3.9 g

Sugar: 3.6 g

Protein: 29 g

Cost/Serving: \$1.25 per serving



EASY FRIED RICE

30 minutes

Dairy-free

Ingredients:

- 2 cups rice, dry
- 3 cups water
- 2 tbsp vegetable oil
- 1 ¼ cup vegetables of choice: onions, peppers, carrots, broccoli, etc
 - *Canned or frozen mixed vegetables work for this also*
- 1-2 eggs (*optional*)
- 2 (5 oz) cans of chicken, drained
- 2 tbsp soy sauce
- 1 tsp garlic powder

Equipment:

- Stovetop
- 1 saucepan or small pot
- 1 medium pan

Directions:

1. Prepare the rice: Add the rice and water to a saucepan or pot, bring to a boil, then turn down the heat and let simmer for 15-20 minutes or until the rice is cooked.
2. While the rice is cooking, prepare any vegetables by chopping into bite size pieces.
3. In a pan, heat the oil, chicken, and garlic. Cook for 2 minutes. Add in any vegetables and cook for 5 minutes or until they have softened.
4. Add the cooked rice to the pan and mix.
5. If adding eggs, scramble them separately, then add to the pan with everything else and cook.
6. Stir in the soy sauce and serve.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 470
Total Fat: 5.5 g
Sodium: 797.7 mg
Total Carbohydrates: 80.5 g
Fiber: 1.4 g
Sugar: 0.1 g
Protein: 21.9 g

Cost/Serving: \$1.22 per serving



VEGETARIAN SHEPHERDS PIE

1 hour

Vegetarian

Ingredients:

- 1 cup lentils, dried
- 1 (32 oz) container vegetable broth
- 2 cups frozen mixed veggies
- 1 (14.5 oz) can diced tomatoes, drained
- ½ tbsp all-purpose flour
- 2 tsp italian seasoning
- ¼ tsp salt
- ½ tsp pepper
- 2 ½ cups mashed potatoes, prepared

Equipment:

- Stovetop
- Oven
- 1 large saucepan or pot
- 1 medium baking or pie dish

Directions:

1. Preheat the oven to 400.
2. In a saucepan or pot, heat the lentils and broth and let simmer for 15-20 minutes, or until the lentils are cooked.
3. While the lentils cook, prepare 2 ½ cups of instant mashed potatoes according to package directions.
4. To the lentils and broth, add the frozen veggies, diced tomatoes, /italian seasoning, and flour. Let this simmer for 5-10 minutes, or until it thickens slightly.
5. Pour the lentil mixture into a baking or pie dish. Cover the lentils in an even layer with the prepared mashed potatoes. Bake for 25 minutes.
6. Season with salt and pepper to taste and serve.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 345

Total Fat: 6 g

Sodium: 862.5 mg

Total Carbohydrates: 58.1 g

Fiber: 7.4 g

Sugar: 3.6 g

Protein: 16.2 g

Cost/Serving: \$1.90 per serving



POTATO GNOCCHI

45 minutes

Vegetarian, Dairy-free

Ingredients:

- 1 cup dry potato flakes
- 1 cup boiling water
- 1 egg, beaten
- 1 teaspoon salt
- 1 ½ cups all-purpose flour

Equipment:

- 1 medium bowl
- Stovetop
- 1 large pot

Directions:

1. Place the potato flakes in a medium bowl. Pour in boiling water and stir until combined. Let cool.
2. Stir in the egg and the salt. Fold in the flour to make a dough.. Turn the dough out on a well floured surface. Knead lightly.
3. Divide dough in half. Shape each half into a long roll, about an inch wide. With a knife dusted with flour, cut into bite-size pieces.
4. Place a few of the gnocchi into boiling water. As the gnocchi rise to the top of the pot, remove them with a slotted spoon. Repeat until they are all cooked.
5. Serve with pasta sauce or freeze for later use.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 249

Total Fat: 1.7 g

Sodium: 606 mg

Total Carbohydrates: 48.8 g

Fiber: 2 g

Sugar: 0.2 g

Protein: 7.9 g

Cost/Serving: \$0.50 per serving



INSTANT MASHED POTATO SOUP

30 minutes

Gluten-free

Ingredients:

- 4 cups chicken broth
- 2 cups potato flakes, any flavor
- 1 tsp garlic powder
- ½ tsp parsley
- ¼ tsp ground black pepper
- 1 cup milk
- ½ cup cheddar cheese, shredded

- Optional toppings: shredded cheese, bacon, green onion/chives, sour cream

Equipment:

- 1 large pot
- Stovetop

Directions:

1. In a large pot, bring the chicken broth to a boil. Add the potato flakes, garlic, and parsley. Let this simmer for 15-20 minutes.
2. Continue cooking, stirring occasionally, until the soup thickens to your desired consistency. Stir in the shredded cheese and milk and remove the soup from the burner. Season with ground black pepper.
3. Serve with optional toppings like bacon, shredded cheese, sour cream, or green onion.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 202
Total Fat: 5.7 g
Sodium: 1,011.7 mg
Total Carbohydrates: 25.7 g
Fiber: 1.5 g
Sugar: 4 g
Protein: 8.8 g

Cost/Serving: \$1.30 per serving



INSTANT POTATO PANCAKES

30 minutes

Vegan, Vegetarian

Ingredients:

For the mashed potatoes:

- 1 ⅓ cup instant mashed potato flakes
- 1 ⅓ cup water
- ⅔ cup milk
- 2 tbsp unsalted butter

For the batter:

- 1 egg
- ½ cup flour
- ½ cup shredded cheese
- Salt and pepper, to taste
- Oil, butter, or cooking spray, to cook.

Equipment:

- Stove top
- 1 mixing bowl
- 1 medium pan
- Nonstick cooking spray

Directions:

1. Prepare the potatoes according to package directions. Make around 2 cups of prepared mashed potatoes.
2. Combine the prepared potatoes, the egg, the flour, the shredded cheese, and any desired seasoning in a bowl. Mix until well combined. If the mix is too thick, thin it out with milk or water.
3. Spray a pan with nonstick cooking spray and heat the pan over medium-low heat. Scoop the batter into the pan, using around ¼ cup for each pancake. You may need to flatten them slightly so they'll cook evenly.
4. Cook the pancakes for 3 minutes, then flip and cook for another 2 minutes. Repeat this until the batter is gone.

Nutrition & Cost:

Yield: 4 servings

Serving Size: 4 pancakes

Nutritional Information:

Calories: 303

Total Fat: 15.7 g

Sodium: 142.9 mg

Total Carbohydrates: 28.5 g

Fiber: 1.4 g

Sugar: 2.1 g

Protein: 9.4 g

Cost/Serving: \$1.09 per serving



EASY TOMATO SOUP

30 minutes

Vegetarian, Gluten-free, Dairy-free

Ingredients:

- 2 tbsp vegetable oil
- ½ medium onion, diced
- 2 tsp garlic powder
- 2 tbsp tomato paste
- 4 (14.5 oz) cans diced tomatoes
- 1 tbsp basil or italian seasoning
- 1 (32 oz) container of vegetable broth

- *Optional toppings: shredded cheese, crackers, bread*

Equipment:

- Stovetop
- Large pot

Directions:

1. In a large pot, heat the oil and cook the onion until translucent. Add the tomato paste and garlic and cook for an additional 3 minutes.
2. Add in all the tomatoes, including the liquid in the cans. Stir, then add basil or italian seasoning.
3. Add the broth and bring to a boil, stirring frequently. Reduce the heat and let the soup simmer for 20 minutes.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 194
Total Fat: 7.2 g
Sodium: 1,486.2 mg
Total Carbohydrates: 26.6 g
Fiber: 7.8 g
Sugar: 13.7 g
Protein: 4.5 g

Cost/Serving: \$1.42 per serving



PEANUT BUTTER GRANOLA

40 minutes

Vegetarian, Dairy-free

Ingredients:

- 4 cups rolled oats
 - ½ cup peanut butter
 - ¼ cup honey or maple syrup
 - 1 tsp cinnamon
- *Optional additions: chocolate chips, raisins, seeds, nuts.*

Equipment:

- Oven
- Baking sheet

Directions:

1. Preheat the oven to 350
2. In a bowl, mix together the oats and cinnamon. Add the peanut butter and honey/maple syrup and stir until combined.
3. Spread the oat mixture on a baking sheet in an even layer. Bake for 30-35 minutes, or until the granola is crispy.
4. Break into pieces, and eat with yogurt, as cereal, or on its own.

Nutrition & Cost:

Yield: 12 servings

Nutritional Information:

Calories: 191
Total Fat: 7.3 g
Sodium: 48 mg
Total Carbohydrates: 26.2 g
Fiber: 3.3 g
Sugar: 6.9 g
Protein: 6 g

Cost/Serving: \$0.56 per serving



EASY OVERNIGHT OATS

10 minutes

Vegetarian

Ingredients:

- 2 cups rolled oats
- 2 cups milk, any type
- 4 tbsp sweetener of choice: honey, maple syrup, brown sugar

Optional toppings:

- *Granola*
- *Fruit*
- *Peanut butter*
- *Jam*
- *Cinnamon*

Equipment:

- 1 mixing bowl
- Refrigerator

Directions:

1. In a mixing bowl, combine the oats, milk, and sweetener. Mix until all ingredients are well combined.
2. Divide the mixture into four containers and let set in the fridge overnight, or for at least 6 hours.
3. Top with any desired toppings such as peanut butter, granola, or fruit.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 275
Total Fat: 5 g
Sodium: 50.8 g
Total Carbohydrates: 49.9 g
Fiber: 4.1 g
Sugar: 22.8 g
Protein: 9.5 g

Cost/Serving: \$0.80 per serving



OAT CREPES

25 minutes

Vegetarian

Ingredients:

- 1 cup rolled oats
- 1 cup milk
- ½ tsp ground cinnamon
- 1 egg
- ¼ tsp salt

Equipment:

- Food processor or blender
- Mixing bowl
- Stovetop
- Nonstick pan

Directions:

1. Begin by grinding the oats in a food processor or blender until the texture resembles that of flour.
2. Add the oat flour, milk, eggs, cinnamon, and salt to a bowl and mix until combined. The batter will be thinner than normal pancake batter.
3. Over medium low heat, evenly spread a thin layer of batter over the bottom of the entire pan. Cook for 2 minutes, flip, and then cook for an additional minute on the other side. Repeat this until there is no batter left.
4. Serve with fruit filling, cinnamon sugar, or butter.

Nutrition & Cost:

Yield: 4 servings

Serving Size: About 3 crepes

Nutritional Information:

Calories: 125

Total Fat: 3.7 g

Sodium: 41.1 mg

Total Carbohydrates: 16.8 g

Fiber: 2 g

Sugar: 3.2 g

Protein: 6.3 g

Cost/Serving: \$1.33 per serving



BAKED BREAKFAST OATS

45 minutes

Vegetarian

Ingredients:

- 2 cups rolled oats
- ¼ cup peanut butter
- ¼ cup applesauce
- 1 cup milk
- ¼ cup maple syrup or honey
- 1 tsp baking powder
- 1 tsp cinnamon
- ¼ tsp salt

Equipment:

- Oven
- Small baking dish
- 1 mixing bowl

Directions:

1. Preheat the oven to 350.
2. In a bowl, mix together the peanut butter, applesauce, milk, and maple syrup/honey.
3. Fold in the oats, cinnamon, salt, and baking powder until well incorporated.
4. Place in a baking dish and bake for 40 minutes. Let cool for 5-10 minutes before serving.

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 358
Total Fat: 12.1 g
Sodium: 241.9 mg
Total Carbohydrates: 53.2 g
Fiber: 5.1 g
Sugar: 23.8 g
Protein: 11.1 g

Cost/Serving: \$0.99 per serving



PEANUT BUTTER ENERGY BITES

75 minutes

Vegetarian, Dairy-free

Ingredients:

- ½ cup peanut butter
- 1 cup rolled or quick oats
- ¼ cup honey or maple syrup
- ½ tbsp cinnamon
- ¼ tsp salt

Equipment:

- 1 medium mixing bowl
- Cookie scoop (optional)

Directions:

1. Combine all ingredients in a mixing bowl and stir together until the mixture is well combined.
2. Form into small balls, about the size of a tablespoon. Don't worry if they're sticky, they won't be after they set.
3. Let the energy bites set in the freezer (30 minutes), or fridge (~1 hour).
4. Eat as a snack or quick breakfast, and store in the fridge or freeze for later.

Nutrition & Cost:

Yield: 4 servings

Serving Size: 3 pieces

Nutritional Information:

Calories: 344

Total Fat: 17.8 g

Sodium: 285.7 mg

Total Carbohydrates: 37.4 g

Fiber: 3.6 g

Sugar: 20 g

Protein: 10 g

Cost/Serving: \$0.61 per serving



APPLESAUCE MUFFINS

35 minutes

Vegan, Vegetarian, Dairy-free

Ingredients:

- 2 cups all purpose flour
- 1 tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon
- ½ cup vegetable oil
- 1 cup sugar
- 1 cup applesauce, room temperature

Equipment:

- 2 mixing bowls
- Oven
- Muffin pan

Directions:

1. Preheat the oven to 350. Grease the muffin pan with nonstick spray.
2. In a bowl, mix the flour, baking soda, salt, and cinnamon together.
3. In a separate bowl, whisk the sugar and oil together until combined. Add in the applesauce and mix.
4. Fold the dry ingredients into the wet ingredients until combined.
5. Divide the batter into the muffin pan, filling the cups about ¾ of the way. For mini muffins, bake for 20 minutes; for regular muffins, bake for 30 minutes, or until a toothpick comes out clean when inserted.
6. Let cool for 5 minutes before taking the muffins out of the pan.

Nutrition & Cost:

Yield: 12 servings

Serving Size: 3 mini muffins or 1 regular muffin

Nutritional Information:

Calories: 238

Total Fat: 9.6 g

Sodium: 97.9 mg

Total Carbohydrates: 36.1 g

Fiber: 0.8 g

Sugar: 19.8 g

Protein: 2.2 g

Cost/Serving: \$0.33 per serving



CLASSIC PEACH COBBLER

1 hour

Vegetarian

Ingredients:

- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- ½ tsp baking soda
- ¾ cup granulated sugar
- ½ cup (1 stick) butter, melted
- 1 (29 oz) can of peaches

Equipment:

- Oven
- Mixing bowl
- Microwave
- Baking dish

Directions:

1. Preheat the oven to 350
2. In a bowl, mix together all the dry ingredients (flour, baking powder, salt, and baking soda).
3. Melt the butter in the microwave for 30-45 seconds.
4. To the dry ingredients, add half of the butter (¼ cup) and the sugar. Mix well.
5. To a baking dish, add half of this mixture across the bottom. Then add all of the peaches, including the juice, on top. Put the remaining half of the mixture on top of the peaches.
6. Drizzle the rest of the melted butter over top of the cobbler.
7. Bake for 45-60 minutes or until it's golden-brown and bubbly. Serve & enjoy!

Nutrition & Cost:

Yield: 12 servings

Nutritional Information:

Calories: 187

Total Fat: 7.5 g

Sodium: 100.1 mg

Total Carbohydrates: 28.9 g

Fiber: 1.1 g

Sugar: 20.1 g

Protein: 1.4 g

Cost/Serving: \$0.35 per serving



EASY DUMPCAKE

50 minutes

Vegetarian

Ingredients:

- 1 (13.25 oz) box of cake mix, any flavor
- 2 (21 oz) cans of pie filling, any type
- 1 cup (2 sticks) unsalted butter
- Nonstick baking spray

- *Possible flavor combinations:*
 - *Cherry/blueberry pie filling & yellow cake mix*
 - *Apple pie filling & spice cake mix*
 - *Cherry/strawberry pie filling & chocolate cake mix*

Equipment:

- Oven-safe glass/ceramic dish
- Oven

Directions:

1. Preheat the oven to 350°F
2. Spray the bottom of the dish with the nonstick spray, then spread both cans of pie filling on the bottom.
3. Sprinkle all of the cake mix over the pie filling in an even layer, do not mix them.
4. Slice the butter into pats and lay them over the top of the cake mix.
5. Bake for 45 minutes to an hour, or until the dumpcake is golden brown.
6. Enjoy with a scoop of ice cream or on its own!

Nutrition & Cost:

Yield: 12 servings

Nutritional Information:

Calories: 411
Total Fat: 16.3 g
Sodium: 335.7 mg
Total Carbohydrates: 63.5 g
Fiber: 1.1 g
Sugar: 18.9 g
Protein: 2 g

Cost/Serving: \$1.08 per serving



NO-BAKE PEANUT BUTTER PRETZEL BARS

3 hours

Vegetarian, Dairy-free

Ingredients:

- ½ cup peanut butter
- 2 ½ cups pretzels, any shape
- 3 tbsp honey
- ½ cup chocolate chips, for melting

Equipment:

- 1 mixing bowl
- 1 plastic sandwich-style bag
- 1 flat-bottomed container or small baking dish
- Freezer or refrigerator

Directions:

1. Begin by putting the pretzels in a plastic bag and crush them. Use an old jar, a rolling pin, or anything heavy to make this easier.
2. Add the peanut butter, honey, and crushed pretzels to a bowl and mix together.
3. Spread the mixture in any container with a flat bottom. Top with chocolate chips.
4. Transfer to the freezer for (1-2 hours) or the fridge to set (overnight).
5. Cut into 12 squares and enjoy! Store in the fridge or freezer (If storing in the freezer, let them sit at room temperature for 10 minutes to make them easier to eat).

Nutrition & Cost:

Yield: 12 servings

Nutritional Information:

Calories: 337
Total Fat: 8.2 g
Sodium: 1,026.3 mg
Total Carbohydrates: 59.2 g
Fiber: 3.2 g
Sugar: 12.6 g
Protein: 7.1 g

Cost/Serving: \$0.62 per serving



PUMPKIN CRISP

70 minutes

Vegetarian

Ingredients:

- 1 (15 oz) can of pumpkin puree
- 1 c. milk
- 1 c. sugar
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1 (18.25 oz) boxed yellow cake mix
- ½ cup (1 stick) unsalted butter

Equipment:

- Oven
- 1 mixing bowl
- 1 9x13 baking dish
- Baking spray

Directions:

1. Preheat the oven to 350
2. In a bowl, mix together the pumpkin puree, milk, sugar, vanilla, and cinnamon. Pour into a greased baking dish.
3. Sprinkle the cake mix in an even layer over top of the pumpkin mixture.
4. Pour the melted butter overtop the pumpkin crisp
5. Bake for 1 hour or until the pumpkin crisp is golden brown. Let cool for 10-15 minutes before serving.

Nutrition & Cost:

Yield: 12 servings

Nutritional Information:

Calories: 316
Total Fat: 9.4 g
Sodium: 327.8 mg
Total Carbohydrates: 56.2 g
Fiber: 1.6 g
Sugar: 37.7 g
Protein: 2.7 g

Cost/Serving: \$0.55 per serving



BOX MIX BLACK BEAN BROWNIES

45 minutes

Vegetarian

Ingredients:

- 1 (18 oz) box brownie mix
- 1 (14.5 oz) can of black beans, drained and rinsed
- $\frac{1}{3}$ cup milk

Equipment:

- Oven
- Baking dish
- Food processor or blender
- Nonstick baking spray

Directions:

1. Preheat oven to 325.
2. In a food processor or blender, blend the black beans until they are smooth. Add in the milk and pulse to combine.
3. To the black bean mixture, fold in the brownie mix until combined. If the batter is too thick, add additional milk or water until it reaches the desired consistency.
4. Pour the batter into a greased baking dish, then bake for 35 minutes or until a toothpick comes out clean. Let cool for 5 minutes before cutting.

Nutrition & Cost:

Yield: 9 servings

Nutritional Information:

Calories: 296
Total Fat: 8.8 g
Sodium: 358.5 mg
Total Carbohydrates: 51.9 g
Fiber: 3.3 g
Sugar: 18 g
Protein: 5.6 g

Cost/Serving: \$0.37 per serving



PUMPKIN PIE BALLS

10 minutes

Vegetarian, Dairy-free

Ingredients:

- 1 ⅓ cups of rolled oats
 - ½ cup pumpkin puree
 - ¼ cup peanut butter
 - ¼ cup maple syrup or honey
 - 1 tsp cinnamon
- *Optional coatings: coconut, chocolate chips, cocoa powder, cinnamon-sugar*

Equipment:

- Food processor or blender
- Mixing bowl
- Refrigerator

Directions:

1. In a food processor or blender, pulse the oats until they create a flour-like texture.
2. In a mixing bowl, add the pulsed oats, pumpkin puree, peanut butter, honey/maple syrup, and cinnamon. Mix until all ingredients are well combined.
3. Roll the batter into balls — 1 heaping tablespoon of batter per ball — and place in the refrigerator to chill for 30 minutes.
4. If desired, coat the pumpkin pie balls in coconut, chocolate chips, cocoa powder, cinnamon sugar, or any other desired coating.
5. Store in the refrigerator for up to a week.

Nutrition & Cost:

Yield: 4 servings, around 16 pieces

Serving Size: 4 pieces

Nutritional Information:

Calories: 277

Total Fat: 10.1 g

Sodium: 73.1 mg

Total Carbohydrates: 40.8 g

Fiber: 4.4 g

Sugar: 19.4 g

Protein: 7.6 g

Cost/Serving: \$0.99 per serving



RICE PUDDING

1 hour

Vegetarian, Gluten-free

Ingredients:

- 1 cup uncooked white rice
- 2 ½ cups milk
- 2 cups water
- ¼ tsp salt
- 2 tsp vanilla extract
- ½ cup sugar
- 1 tsp cinnamon

Equipment:

- Stovetop
- Pot

Directions:

1. Bring the water, salt, and rice to a boil on the stove. Reduce the heat to a simmer, and let the rice cook until all the water has been absorbed, about 20 minutes.
2. Add in the milk and sugar and cook over medium heat for 30-40 minutes until it reaches a pudding-like consistency. Make sure to stir consistently.
3. Remove from the heat and mix in the vanilla extract.
4. Serve & sprinkle with cinnamon if desired. Store leftovers in the fridge.

Nutrition & Cost:

Yield: 8 servings

Nutritional Information:

Calories: 174

Total Fat: 1.6 g

Sodium: 102.8 mg

Total Carbohydrates: 35.5 g

Fiber: 0.3 g

Sugar: 16.2 g

Protein: 4.2 g

Cost/Serving: \$0.24 per serving



HOMEMADE HUMMUS

10 minutes

Vegan, Vegetarian, Gluten-free, Dairy-free

Ingredients:

- 1 can chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tsp garlic powder
- ½ tbsp cumin
- ½ tsp paprika, to serve

Equipment:

- Food processor or blender

Directions:

1. Drain and rinse the chickpeas, but reserve the liquid to use in case of difficulty blending.
2. Add the chickpeas, olive oil, garlic, and cumin into a food processor or blender and pulse until creamy. As needed, add liquid from the chickpeas, ¼ cup at a time, to get the texture right.
3. Transfer the hummus to a bowl or other container, sprinkle with paprika or a drizzle of olive oil, and enjoy! Eat with vegetables, crackers, or on its own.

Nutrition & Cost:

Yield: 8 servings

Nutritional Information:

Calories: 74

Total Fat: 4.3 g

Sodium: 77.9 mg

Total Carbohydrates: 7.1 g

Fiber: 2 g

Sugar: 1.3 g

Protein: 2.2 g

Cost/Serving: \$0.19 per serving



EASY CREAM OF MUSHROOM SAUCE

15 minutes

Vegetarian

Ingredients:

- 1 (10.5 oz) can cream of mushroom soup
- ½ - ¾ cup milk
- 1 ½ tbsp soy sauce
- 1 tbsp dried parsley
- 1 ½ tsp ground black pepper
- ½ tsp italian seasoning or oregano
- ¼ tsp chili powder

Equipment:

- Stovetop
- Small saucepan or pot

Directions:

1. In a small saucepan or pot, add all ingredients together and stir over medium heat.
2. Bring to a simmer and cook for 10-15 minutes.
3. Serve the sauce over vegetables, meatballs, or pasta. Enjoy!

Nutrition & Cost:

Yield: 4 servings

Nutritional Information:

Calories: 85
Total Fat: 4.5 g
Sodium: 888.2 mg
Total Carbohydrates: 7.8 g
Fiber: 1.3 g
Sugar: 2.5 g
Protein: 2.4 g

Cost/Serving: \$0.53 per serving



PEANUT SAUCE

5 minutes

Vegan, Vegetarian, Dairy-free

Ingredients:

- ¼ cup peanut butter
- 2 ½ tbsp soy sauce
- 1 tbsp maple syrup OR brown sugar
- 1 tbsp sesame oil OR vegetable oil
- 1 tbsp rice vinegar OR white vinegar
- ½ tsp garlic powder
- 3-4 tbsp water, as needed

Equipment:

- Mixing bowl

Directions:

1. Add all ingredients into a mixing bowl and mix until well combined.
2. If the sauce is too thick, add water by the tablespoon until the sauce reaches your desired consistency.
3. Serve with vegetables, stirfry, or noodles! Enjoy!

Nutrition & Cost:

Yield: 8 servings

Serving size: 1 tbsp

Nutritional Information:

Calories: 64

Total Fat: 4.7 g

Sodium: 309.6 mg

Total Carbohydrates: 3.1 g

Fiber: 0.4 g

Sugar: 2 g

Protein: 2.2 g

Cost/Serving: \$0.24 per serving

