10 BUDGET DINNERS YOUR FAMILY WILL ACTUALLY EAT

QUICK RECIPE CARD 1 — MEALS 1–5

Each recipe serves 4. Halve the ingredients for 2 or double them for 8. Cooking times may vary when recipes are scaled.

1. SLOW COOKER CHICKEN AND RICE

Prep: 10 minutes | Cook: 5–6 hours on Low

INGREDIENTS: 1½ pounds thawed boneless, skinless chicken breasts; 1 cup low-sodium chicken broth; 1 teaspoon garlic powder; 1 teaspoon onion powder; ½ teaspoon salt; ¼ teaspoon black pepper; 3 cups cooked rice; 2 cups frozen mixed vegetables.
DIRECTIONS: Place chicken, broth and seasonings in the slow cooker. Cover and cook on Low for 5–6 hours or High for 3–4 hours, until the chicken reaches 165°F. Shred the chicken, then stir in the cooked rice and frozen vegetables. Cover and cook on High for another 20–30 minutes, until everything is hot.

ESTIMATED NUTRITION PER SERVING: 390 calories | 44g protein | 44g carbohydrates | 3g fat | 460mg sodium

2. BUDGET SPAGHETTI NIGHT

Prep: 10 minutes | Cook: 20 minutes

INGREDIENTS: 12 ounces dry spaghetti; 1 pound 90% lean ground beef; 1 small onion, diced; 1 jar marinara sauce, 24 ounces; 1 teaspoon Italian seasoning.
DIRECTIONS: Cook the spaghetti according to the package directions; drain. Meanwhile, cook the beef and onion in a skillet over medium heat until the beef reaches 160°F; drain excess grease. Stir in the marinara sauce and Italian seasoning. Simmer for 5 minutes and serve over the spaghet ti.

ESTIMATED NUTRITION PER SERVING: 615 calories | 37g protein | 81g carbohydrates | 16g fat | 800mg sodium

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3. SHEET-PAN SAUSAGE AND POTATOES

Prep: 15 minutes | Cook: 30–35 minutes

INGREDIENTS: 14 ounces fully cooked smoked turkey sausage, sliced; 1½ pounds potatoes, cut into ¾-inch pieces; 1 large onion, cut into wedges; 1 tablespoon olive oil; ½ teaspoon garlic powder; ½ teaspoon smoked paprika; ¼ teaspoon salt; ¼ teaspoon black pepper.

DIRECTIONS: Heat the oven to 425°F. Toss the potatoes and onion with the oil and seasonings. Spread them on a sheet pan and roast for 15 minutes. Add the sausage, toss and roast for another 15–20 minutes, until the potatoes are tender and browned.

ESTIMATED NUTRITION PER SERVING: 360 calories | 17g protein | 39g carbohydrates | 13g fat | 1,000mg sodium

4. BEAN AND CHEESE BURRITOS

Prep: 10 minutes | Cook: 10–12 minutes

INGREDIENTS: 4 burrito-size flour tortillas; 2 cans black or pinto beans, 15 ounces each, drained and rinsed; 1 cup shredded cheddar cheese; 1 cup salsa; 1 teaspoon chili powder; ½ teaspoon ground cumin. **DIRECTIONS:** Heat the oven to 400°F. Mash half of the beans and combine them with the remaining whole beans and seasonings. Divide the mixture among the tortillas. Top each with cheese and 2 tablespoons salsa. Fold in the sides, roll tightly and place seam-side down on a baking sheet. Bake for 10–12 minutes. Serve with the remaining salsa.

ESTIMATED NUTRITION PER SERVING: 515 calories | 24g protein | 72g carbohydrates | 15g fat | 1,100mg sodium

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5. EGG FRIED RICE

Prep: 10 minutes | Cook: 10 minutes

INGREDIENTS: 4 cups cold cooked rice; 4 large eggs, lightly beaten; 2 cups frozen mixed vegetables; 2 tablespoons reduced-sodium soy sauce; 1 tablespoon canola or sesame oil; 2 garlic cloves, minced.

DIRECTIONS: Heat the oil in a large skillet over medium-high heat. Add the eggs and stir until completely set. Add the vegetables and garlic; cook for 2–3 minutes. Stir in the rice and soy sauce. Cook for another 4–5 minutes, stirring frequently, until everything is hot.

ESTIMATED NUTRITION PER SERVING: 360 calories | 13g protein | 54g carbohydrates | 9g fat | 360mg sodium

Nutrition information is an estimate and may vary according to brands, substitutions and portion sizes.

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QUICK RECIPE CARD 2 — MEALS 6–10

Each recipe serves 4. Halve the ingredients for 2 or double them for 8. Cooking times may vary when recipes are scaled.

6. TUNA NOODLE CASSEROLE

Prep: 10 minutes | Cook: 30 minutes

INGREDIENTS: 8 ounces dry egg noodles; 2 cans tuna in water, 5 ounces each, drained; 1 can reduced- sodium cream of chicken soup, 10½ ounces; 1 cup 2% milk; 1½ cups frozen peas; ½ teaspoon onion powder; ¼ teaspoon black pepper. **DIRECTIONS:** Heat the oven to 350°F. Cook the noodles for 2 minutes less than the package directions; drain. Combine all ingredients in a lightly greased 2-quart baking dish. Bake for 20–25 minutes, until bubbling and the center reaches 165°F.

ESTIMATED NUTRITION PER SERVING: 390 calories | 27g protein | 57g carbohydrates | 6g fat | 500mg sodium

7. LOADED BAKED POTATO BAR

Prep: 10 minutes | Cook: 50–60 minutes

INGREDIENTS: 4 large russet potatoes, approximately 8–10 ounces each; 1 cup shredded cheddar cheese; ½ cup sour cream; ¼ cup cooked bacon pieces; 2 green onions, thinly sliced.

DIRECTIONS: Heat the oven to 425°F. Scrub the potatoes, dry them and pierce each several times with a fork. Bake directly on the oven rack for 50–60 minutes, until tender. Split the potatoes and divide the cheese, sour cream, bacon and green onions among them.

ESTIMATED NUTRITION PER SERVING: 420 calories | 16g protein | 52g carbohydrates | 17g fat | 420mg sodium

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8. CHICKEN QUESADILLAS

Prep: 10 minutes | Cook: 12 minutes

INGREDIENTS: 4 large flour tortillas; 2 cups cooked shredded chicken; 1½ cups shredded cheddar or Mexican-blend cheese; ½ cup salsa; 1 teaspoon mild taco seasoning; nonstick cooking spray. **DIRECTIONS:** Combine the chicken with the taco seasoning. Divide the chicken and cheese over one half of each tortilla and add 1 tablespoon salsa. Fold the tortillas in half. Cook in a sprayed skillet over medium heat for 3–4 minutes per side, until golden and the filling reaches 165°F. Serve with the remaining salsa.

ESTIMATED NUTRITION PER SERVING: 500 calories | 38g protein | 39g carbohydrates | 21g fat | 1,000mg sodium

9. ONE-POT MACARONI AND CHEESE WITH BROCCOLI

Prep: 10 minutes | Cook: 15 minutes

INGREDIENTS: 8 ounces dry elbow macaroni; 2 cups frozen broccoli florets; 1 cup 2% milk; 1½ cups shredded cheddar cheese; 1 tablespoon butter; ½ teaspoon garlic powder; ¼ teaspoon salt.
DIRECTIONS: Cook the macaroni according to the package directions, adding the frozen broccoli during the final 3 minutes. Drain and return everything to the warm pot. Stir in the milk, butter, garlic powder and salt over low heat. Add the cheese and stir until melted and creamy.

ESTIMATED NUTRITION PER SERVING: 440 calories | 21g protein | 50g carbohydrates | 19g fat | 450mg sodium

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10. GROUND BEEF AND RICE SKILLET

Prep: 10 minutes | Cook: 25 minutes

INGREDIENTS: 1 pound 90% lean ground beef; 1 cup uncooked long-grain white rice; 1 small onion, diced; 1 can diced tomatoes, 14½ ounces, undrained; 1½ cups low-sodium beef broth; 1 teaspoon chili powder; ½ teaspoon garlic powder; ¼ teaspoon black pepper.

DIRECTIONS: Cook the beef and onion in a large skillet until the beef reaches 160°F; drain excess grease. Stir in the rice, tomatoes, broth and seasonings. Bring to a boil, then reduce the heat, cover and simmer for 18–20 minutes, until the rice is tender. Remove from the heat and rest for 5 minutes.

ESTIMATED NUTRITION PER SERVING: 415 calories | 27g protein | 46g carbohydrates | 11g fat | 430mg sodium

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