

Dinner Entrees

1 Crispy Taco Chicken



 Prep Time: **10-15 Minutes**
Cook Time: **20 Minutes**

INGREDIENTS

- 3/4 c. dry bread crumbs
- 1-1/4 oz. pkg. taco seasoning mix
- 4 boneless, skinless chicken breasts
- 1/2 c. mayonnaise
- Side: Rice

DIRECTIONS

1. Combine the bread crumbs and taco seasoning; set aside.
2. Spread chicken with mayonnaise; coat with bread crumb mixture.
3. Arrange on an aluminum foil-lined baking sheet; bake at 425°F for 20 minutes, or until juices run clear when chicken is pierced with a fork.
4. Serve with a side of rice

2 Instant Chicken Parmesan



 Prep Time: **10-15 Minutes**
Cook Time: **25-30 Minutes**

INGREDIENTS

- 28-oz. jar spaghetti sauce
- 4 to 6 frozen breaded chicken patties
- 4-6 slices provolone cheese
- 1 to 2 T. grated Parmesan cheese
- 1 lb. Spaghetti noodles, cooked

DIRECTIONS

1. Spread spaghetti sauce in an un-greased 13" x 9" baking pan.
2. Arrange the frozen chicken patties on top of sauce.
3. Place a slice of provolone cheese on top of each patty; sprinkle with Parmesan cheese.
4. Bake, covered with aluminum foil at 350°F for 20 minutes.
5. . . Uncover and bake for an additional 5 to 10 minutes, or until cheese is bubbly.
6. Serve over cooked spaghetti.

3 Sweet & Tangy Pork

 4-Servings

 Prep Time: **10-15 Minutes**
Cook Time: **20-25 Minutes**

INGREDIENTS

- 1 T. oil
- 4 boneless pork steaks
- 10-3/4 oz. can tomato soup
- 2 T. vinegar
- 1 T. Worcestershire sauce
- 1 T. brown sugar, packed
- 8-oz. can pineapple tidbits, drained and 1/4 c. juice reserved
- Side: Mixed vegetables

DIRECTIONS

1. Heat oil in a skillet over medium heat.
2. Add pork steaks and cook until golden on both sides; drain.
3. Stir in tomato soup, vinegar, Worcestershire sauce, brown sugar, pineapple tidbits, and reserved pineapple juice.
4. Cover and simmer over low heat for 5 to 10 minutes, until pork is cooked through.
5. Serve with a side of mixed vegetables.

4 Noodle Chili Bake

 4-Servings

 Prep Time: **15 Minutes**
Cook Time: **20 Minutes**

INGREDIENTS

- 1 lb. ground beef browned and drained
- 15-oz. can chili
- 1 c. shredded cheddar cheese, divided
- 14-1/2 oz. can diced tomatoes
- 15-oz. can corn, drained
- 12-oz. pkg. egg noodles, cooked
- Side: Biscuits

DIRECTIONS

1. Mix the cooked, ground beef, chili, 3/4 cup cheddar cheese, diced tomatoes, corn, and cooked noodles together in a lightly greased 13" x 9" baking pan; sprinkle with remaining cheese.
2. Bake at 350°F until heated through, or about 20 minutes.
3. Serve with biscuits.

5 Quick Pizza Casserole

 6-Servings



Prep Time: 10-15 Minutes
Cook Time: 30-35 Minutes

INGREDIENTS

- 1 lb. ground beef, browned and drained
- 14-oz. jar pizza sauce
- 8-oz. pkg. shredded mozzarella cheese
- 3/4 c. biscuit baking mix
- 1-1/2 c. milk
- 2 eggs
- Side: Garlic bread

DIRECTIONS

1. Place beef in an un-greased 8" x 8" baking pan; top with pizza sauce and mozzarella cheese.
2. Combine baking mix, milk, and eggs in a mixing bowl; stir well until smooth.
3. Pour over cheese; bake at 400°F for 30-35 minutes, until golden on top.
4. Serve with a side of garlic bread.

6 Smothered Chicken

 4-Servings



Prep Time: 10 Minutes
Cook Time: 30 Minutes

INGREDIENTS

- 1 T. oil
- 1/4 c. onion, finely chopped
- 1/4 c. green pepper, finely chopped
- 1/4 c. celery, finely chopped
- 1 lb. boneless, skinless chicken breasts or thighs
- 3/4-oz. pkg. mushroom gravy mix
- 12-oz. can evaporated milk
- Side: Mashed potatoes

DIRECTIONS

1. Heat oil in a skillet.
2. Saute vegetables over medium-high heat for 2 minutes, or until crisp-tender.
3. Add chicken, cook for 6-7 minutes per side until golden.
4. Blend together gravy mix and milk; stir into skillet.
5. Bring to a boil; reduce heat, cover and simmer for 15 minutes, until juices run clear.
6. To serve, spoon gravy from pan over chicken.
7. Serve with a side of mashed potatoes.

Fast & Frugal Meal Plan (Standard Edition)

Breakfast

7 Pigs in a Blanket

 Prep Time: **10-15 Minutes**
Cook Time: **25 Minutes**

INGREDIENTS

- 1 1/4 c. flour
- 2 1/2 T. sugar
- 3/4 t. salt
- 2 t. baking powder
- 1 egg
- 1 1/3 c. milk
- 3 T. oil
- 1 pkg. breakfast sausage links

NOTES

I often multiple this recipe (by 4) and make a large batch of pancakes and sausage and freeze for the week.

 **10-12 Servings**

DIRECTIONS

1. In a small bowl, whisk together milk, egg, and oil.
2. In a larger bowl, combine all dry ingredients.
3. Slowly add liquid mixture to dry mixture and whisk well.
4. Spray a large frying pan or griddle with cooking spray and heat to medium heat.
5. Pour approx. 1/4 c. of batter on the pan and allow to cook until bubble form on the top, then flip.
6. Cook until both sides are golden brown
7. Wrap cooked pancake around cooked breakfast sausage link, dip in maple syrup and enjoy!

Lunch

8 Chili Cheese Freezer Burritos

 Prep Time: **30 Minutes**
Cook Time: **2-3 Minutes**

INGREDIENTS

- 12 burrito sized tortillas
- 2-15 oz cans chili
- 2 - 15 oz. cans of Rotel tomatoes (or diced tomatoes with chilis)
- 2 c. shredded cheddar cheese

NOTES

When you are ready to serve, unwrap burrito and microwave for 2-3 minutes or until heated through.

 **12-Servings**

DIRECTIONS

1. Mix chili, cheese and Rotel (with liquid from can) in a medium sauce pot over low heat until combined. You don't want it to get too hot since you will be freezing these, so only heat enough to combine the ingredients.
2. Pre-cut 12 pieces of foil.
3. Lay tortilla over foil and add approx. 1/2 cup filling to the center.
4. Fold tortilla into burrito and wrap with foil.
5. Repeat steps 3 & 4 until all filling is used.
6. Place burritos in gallon freezer bags and freeze until ready to serve

Snack

9 Ranch Roasted Chickpeas



6 Servings



Prep Time: 10-15 Minutes

Cook Time: 25 Minutes

INGREDIENTS

- 2-15 oz. cans chickpeas, drained, rinsed, and patted dry
- 2 T. olive oil
- 1 pkg ranch seasoning

DIRECTIONS

1. Preheat oven to 425°F.
2. After you make sure the chick peas are very dry, place them in a large plastic bag with olive oil and seasoning, toss to coat.
3. Spread the chickpeas on a large foil lined baking sheet than has been sprayed with cooking spray.
4. Bake 25 minutes, turning once, then 20 minutes more.

Shopping List

MEAT

| Item | quantity | recipe # |
|------------------------------------|-------------------|----------|
| boneless, skinless chicken breasts | 4 breasts + 1 lb. | 1 & 6 |
| pork steaks | 4 | 3 |
| ground beef | 2 lbs. | 4 & 5 |

PANTRY STABLES

| Item | quantity | recipe # |
|----------------------|----------|----------|
| bread crumbs | 3/4 c. | 1 |
| mayonnaise | 1/2 c. | 1 |
| vinegar | 2 T. | 3 |
| Worcestershire sauce | 1 T. | 3 |
| salt | 3/4 t. | 7 |

DAIRY/FROZEN

| Item | quantity | recipe # |
|-------------------|---------------|----------|
| grated Parmesan | 1 - 2 T. | 2 |
| Chicken patties | 4 - 6 patties | 2 |
| provolone | 4 - 6 slices | 2 |
| frozen vegetables | 1 bag | 3 |
| shredded cheddar | 3 c. | 4 & 8 |

PRODUCE

| Item | quantity | recipe # |
|--------------|-----------|----------|
| onion | 1/4 c. | 6 |
| green pepper | 1/4 c. | 6 |
| celery | 1/4 c. | 6 |
| potatoes | 3 lb. bag | 6 |

STARCH

| Item | quantity | recipe # |
|-------------------------|----------|----------|
| rice | 1 c. | 1 |
| spaghetti noodles | 1 lb. | 2 |
| egg noodles | 12 oz. | 4 |
| burrito sized tortillas | 12 pkg. | 8 |

DAIRY/FROZEN CONT.

| Item | quantity | recipe # |
|-------------------------|-------------------|----------|
| ,shredded mozzarella | 8 oz. | 5 |
| milk | 1 1/3 c. + 1/2 c. | 5 & 7 |
| garlic bread | 1 loaf | 5 |
| breakfast sausage links | 1 pkg. | 7 |

Shopping List

BAKING/SPICES

| Item | quantity | recipe # |
|--------------------|----------------|----------|
| taco seasoning | 1 1/4 oz. pkg. | 1 |
| brown sugar | 1 T. | 3 |
| vegetable oil | 4 T. | 3 & 7 |
| biscuit baking mix | 3/4 c. | 5 |
| eggs | 3 | 5 & 7 |
| mushroom gravy mix | 3/4 oz. pkg. | 6 |
| evaporated milk | 12 oz. | 6 |
| flour | 1 1/4 c. | 7 |
| sugar | 2 1/2 T. | 7 |
| baking powder | 2 t. | 7 |
| ranch mix | 1 pkg. | 9 |
| olive oil | 1 T. | 9 |

CANNED

| Item | quantity | recipe # |
|-------------------|-----------------|----------|
| spaghetti sauce | 28 oz. jar | 2 |
| tomato soup | 10 3/4 oz can | 3 |
| pineapple tidbits | 8 oz. can | 3 |
| chili | 3 - 15 oz. can | 4 & 8 |
| diced tomatoes | 14 1/2 oz. can | 4 |
| corn | 15 oz. can | 4 |
| pizza sauce | 14. oz jar | 5 |
| Rotel tomatoes | 2 - 15 oz. cans | 8 |
| chickpeas | 2 - 15 oz. cans | 9 |
| biscuits | 1 roll | 4 |