



Delicious Dinners on a Dime

No-Fuss Family Meals that Feed Four for Less than \$10

by SparkRecipes.com



Taco Soup

\$15.34 for 9 servings; \$1.70 per serving; about \$6.80 to serve 4

Prep time: 10 minutes Cooking Time: 25 minutes

Yields: about nine 1 1/2 cup servings

Ingredients:

16 ounces lean ground beef
1 14 ounces can tomato sauce
1 14 ounces can diced tomatoes w/green chilies
1 4 ounces can chopped green chilies
2 14 ounces cans corn
2 14 ounces cans dark kidney beans
1 packet of low-sodium taco seasoning

Additional toppings
(not included in nutrition info):
Corn chips
Low-fat cheddar cheese
Light sour cream

Instructions:

Brown ground beef over medium heat.

While cooking the beef, simmer the tomato sauce, diced tomatoes, green chilies, corn, kidney beans, and taco seasoning in a large pot. Drain beef and blot away excess grease. Add beef to soup. Simmer 15 more minutes. Serve and enjoy. Garnish with chips, cheese, and sour cream!



Nutritional Info

Calories: 262.2

Total Fat: 2.9 g

Cholesterol: 6.4 mg

Sodium: 808.0 mg

Total Carbs: 44.4 g

Dietary Fiber: 11.7 g

Protein: 15.0 g

Benny's Ground Chicken and Beans

\$10.48 for 4 servings; \$2.62 per serving

Prep time: 10 minutes Cooking Time: 15 minutes

Yields: about four 2 cup servings

Ingredients:

3 Tablespoons canola or olive oil
1 1/3 Tablespoons garlic, minced
1 cup onion, chopped
1 cup green pepper, chopped
1 cup red bell pepper, chopped

1 cup canned black beans
1 cup canned red kidney beans
1 cup canned diced tomatoes
16 ounces ground all-white meat chicken

Instructions:

Brown the ground chicken in medium sauté pan using about a tablespoon of oil. Mix in a third of the garlic. In a separate pan, sauté peppers and onion with the remaining oil, then add the remaining minced garlic. Drain beans and rinse beans, then add them, along with the diced tomatoes to the pan with the peppers and onions. When meat is browned, add it to the vegetable mixture. Let simmer for approximately 10 minutes. Optional: Serve over brown rice.



Nutritional Info

Calories: 412.7

Total Fat: 22.9 g

Cholesterol: 130.0 mg

Sodium: 421.8 mg

Total Carbs: 32.2 g

Dietary Fiber: 10.8 g

Protein: 9.0 g



Super Tofu Stir Fry

\$9.24 to serve 5; \$1.85 per serving; \$7.40 to serve 4

Prep time: 10 minutes Cooking Time: 20 minutes

Yields: five 2 cup servings

Ingredients:

1 block extra firm tofu, cubed
2 cups chopped kale
2 cups chopped broccoli
3-4 peeled and chopped carrots
8 ounces whole wheat pasta

4 Tablespoons soy sauce (preferably light)
4 Tablespoons sweet chili sauce
nonstick cooking spray
1/4 cup pasta water (give or take)

Instructions:

Bring a large pot of water to a boil, then add pasta and cook until al dente. Place a steamer and lid over the cooking pasta. Steam vegetables on top of cooking pasta for the final six or so minutes. (Kale will likely take the longest so you might want to add it first.) Heat a large non-stick skillet or wok on high and coat bottom with cooking spray. Saute tofu until golden brown and a bit crispy. Dump just-tender vegetables into skillet/wok with browned tofu. Add cooked pasta and a bit of the pasta water to tofu and vegetables. Drizzle on soy and chili sauces. Stir. Dig in.



Nutritional Info

Calories: 328.3

Total Fat: 7.3 g

Cholesterol: 0.0 mg

Sodium: 961.9 mg

Total Carbs: 48.9 g

Dietary Fiber: 7.4 g

Protein: 20.7 g

Mediterranean Chicken and Brown Rice Casserole

\$23.88 to serve 14; \$1.71 per serving; \$6.82 to serve 4

Prep time: 15 minutes Cooking Time: 45 minutes

Yields: makes 14 one-cup servings

Ingredients:

2-3 large boneless skinless chicken breasts or
6 small ones (about one pound)
1 1/4 cups feta cheese, crumbled
6 cups cooked brown rice
1 10 ounce package frozen spinach thawed
and squeezed of excess liquid

1 28 ounce can tomatoes, diced or whole
with juice
1/4 cup sun dried tomatoes, chopped finely
4-5 garlic cloves, chopped finely
1 1/2 Tablespoons olive oil
1/4 cup grated romano cheese
salt, pepper, basil, and oregano to taste

Instructions:

Put olive oil in large pan and add garlic Turn on heat to medium. When the garlic has started to soften, add chicken and cook for about 3 minutes. Add tomatoes, turn heat to low, cover and let simmer for 20 minutes or so. Remove chicken breasts and set aside to cool. Add sun dried tomatoes and herbs to the tomatoes, and chop chicken into bite-size pieces. Add the rest of the ingredients except for the romano and mix thoroughly. Place in a large baking dish and sprinkle with grated romano. Bake for 25 minutes or until cheese is brown on top.



Nutritional Info

Calories: 195.4

Total Fat: 5.0 g

Cholesterol: 28.7 mg

Sodium: 241.9 mg

Total Carbs: 24.1 g

Dietary Fiber: 2.7 g

Protein: 13.5 g



Seafood Pasta

\$7.59 for 4 servings; \$1.90 per serving

Prep time: 5 minutes Cooking Time: 10 minutes

Yields: 4 servings (1/2 cup of cooked pasta, plus about a cup of sauce)

Ingredients:

1 Tablespoon olive oil	1 teaspoon seafood spice (Pappy's or other)
8 ounces imitation crab or cooked shrimp	1/2 teaspoon marjoram
1 14 ounce can chicken broth	1 1/2 teaspoon basil leaves
1 14 ounce can Italian seasoned diced tomatoes	1/4 teaspoon pepper
1/2 onion, chopped	salt to taste
3 cloves garlic, minced (or 3/8 tsp powder)	8 ounces whole-wheat pasta

Instructions:

Bring a large pot of water to a boil, then cook pasta according to package directions. In a large skillet set over medium heat, add the oil, then saute garlic and onion about three minutes. Add broth, tomatoes, and seasonings and simmer for five minutes. Add seafood, heat through, and add drained pasta, tossing well.



Nutritional Info

Calories: 197.9

Total Fat: 5.3 g

Cholesterol: 22.5 mg

Sodium: 1,098.7 mg

Total Carbs: 26.7 g

Dietary Fiber: 0.8 g

Protein: 11.2 g

Rainbow Chicken and Rice

\$13.27 for 8 servings; \$1.66 per serving; \$6.64 to serve 4

Prep time: 15 minutes Cooking Time: 60 minutes

Yields: eight heaping 1 1/2 cup servings

Ingredients:

4 chicken breasts (16 ounces)	2 cups brown rice
1/2 bag frozen mixed veggies (about 10 ounces)	1 1/2 Tablespoons lemon juice(or lime)
1 cup chopped green bell pepper	1 teaspoon sage
1 cup chopped red bell pepper	1 teaspoon cumin
1 cup onion, raw	2 teaspoon garlic (or more can be used to taste)
1 cup celery	2 Tablespoons black pepper

Instructions:

Bring 4 cups of water to a boil and add brown rice. Cook, covered, over medium-low heat until rice is tender, about 45 minutes. While the rice is cooking, place chicken breasts in stock pot, then cover with water and add ground garlic, sage, cumin, and black pepper. Cook over medium heat until chicken is falling apart and can be shredded with a fork. Add veggies to the stock pot and cook another 10 minutes. You can use any you have available, leaving out items if you don't have them, or adding in ones you do have. Add rice to the pot, stir well to combine, and add lemon juice right before rice is done to give the dish a zesty taste. This meal freezes well, too.



Nutritional Info

Calories: 133.5

Total Fat: 1.2 g

Cholesterol: 20.6 mg

Sodium: 49.4 mg

Total Carbs: 20.6 g

Dietary Fiber: 3.4 g

Protein: 11.0 g



Davie's Black Beans and Whole Grain Brown Rice

\$6.69 for 4 servings, \$1.67 per serving

Prep time: 10 minutes Cooking Time: 30 minutes

Yields: four

Ingredients:

- 1 15 ounce can of black beans, drained and rinsed
- 1 14 ounce can of diced tomatoes (for less sodium use no salt added tomatoes)
- 2 cups cooked brown rice
- 1 small red onion, diced
- 4 garlic cloves, sliced
- 1/2 teaspoon curry powder

Instructions:

Use nonstick cooking spray or a little bit of olive oil in a saucepan over low heat and add red onion, garlic cloves and curry powder. Cook on low for a minute or two. Add remaining ingredients. Continue to cook on low for about 30 minutes. Stirring every 5 minutes. Keep lid on in between. Enjoy. Makes about 4-5 servings



Nutritional Info

Calories: 222.6

Total Fat: 2.4 g

Cholesterol: 0.0 mg

Sodium: 850.4 mg

Total Carbs: 46.0 g

Dietary Fiber: 6.9 g

Protein: 9.2 g

Til Payday Casserole

\$17.64 for 10 servings, \$1.76 per serving, \$7.06 to serve 4

Prep time: 15 minutes Cooking Time: 25 minutes

Yields: 10 servings of about 3/4 cup each

Ingredients:

- 16 ounces 96% or greater lean ground beef
- 2 16 ounce jars of low sodium, no added sugar tomato sauce
- 1 cup low-fat cheddar cheese or part-skim mozzarella
- 1 10-ounce box whole wheat pasta
- 3 cloves garlic
- 1 small onion, chopped
- 1 Tablespoon butter or margarine

Seasonings to taste:

- paprika, cayenne
- oregano, basil
- rosemary, savory
- black pepper
- garlic, onion

Instructions:

Preheat oven to 350 degrees.

In a large stock pot, boil the water for the pasta. Add pasta and cook until al dente.

While pasta is cooking, brown the ground beef in a skillet and add seasonings to taste.

Cook until no longer pink, then drain well. In a sauce pan, add tomato sauce, about

1/8 cup of water, seasonings, onion and garlic, cover and bring to a simmer. Drain

pasta, then add sauce and browned meat and mix all the ingredients together

thoroughly. Pour mixture into a large glass baking dish greased with butter or margarine.

Cover with cheese and bake until golden brown, about 30 minutes.

Cut into 10 squares before serving for instant portion control.



Nutritional Info

Calories: 268.9

Total Fat: 9.9 g

Cholesterol: 33.7 mg

Sodium: 145.6 mg

Total Carbs: 28.7 g

Dietary Fiber: 5.1 g

Protein: 18.4 g



Mediterranean Chicken with Rosemary Orzo

\$9.81 for 4 servings; \$2.45 per serving

Prep time: 10 minutes Cooking Time: 20 minutes

Yields: four servings 4 ounces of chicken with a heaping cup of vegetables and orzo

Ingredients:

16 ounces skinless, boneless chicken breast	1/2 teaspoon salt
2 cloves garlic	2 medium zucchini, sliced and quartered (about 1 1/2 cups)
1 can (14.5 ounce) low sodium chicken broth	3 plum tomatoes, chopped, or 1 1/2 cups canned tomatoes
1/2 cup water	1 medium bell pepper (any color), chopped
1 teaspoon (or more to taste) dried rosemary (or 1 Tablespoon fresh)	1 cup orzo
1 teaspoon (or more to taste) Italian seasoning	

Instructions:

Spray 10-inch skillet with cooking spray; heat over medium-high heat. Add chicken; stir-fry about 5 minutes or until brown.

Stir in garlic, uncooked orzo, seasonings and broth. Raise heat to a boil, then reduce heat and cover. Simmer about 8 minutes or until most of the liquid is absorbed.

(I usually taste it about now to make sure there is enough spice for me.)

Stir in vegetables. Cover and cook another 5 minutes, stirring once, until bell pepper is crisp-tender and pasta is tender.



Nutritional Info

Calories: 363.6

Total Fat: 2.8 g

Cholesterol: 65.7 mg

Sodium: 639.1 mg

Total Carbs: 50.0 g

Dietary Fiber: 3.9 g

Protein: 35.5 g

Fast-n-Easy Southwest Chicken Chili

\$11.88 for 6 servings; \$1.98 per serving; \$7.92 to serve 4

Prep time: 5 minutes Cooking Time: 15 minutes

Yields: six 1 1/2 cup servings

Ingredients:

24 ounces boneless, skinless chicken breast, cooked and cubed	2 Tablespoons dried onion
1 1/2 cups water	3 Tablespoons chili powder
1 can (14 ounces) diced tomatoes	2 cups cooked brown rice
1 can (10 ounces) tomato purée	
4 ounce can diced jalapeno, drained	

Instructions:

Put all ingredients together in a medium pot or large pan, bring to a simmer and cook for about 15 minutes.



Nutritional Info

Calories: 312.7

Total Fat: 3.3 g

Cholesterol: 65.7 mg

Sodium: 709.8 mg

Total Carbs: 37.4 g

Dietary Fiber: 8.0 g

Protein: 33.0 g



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