

KIELBASA & RICE

(Serves 4-6)

1 onion (chopped)- \$0.86

1 Bell Pepper (chopped)-
\$0.66

Kielbasa Sausage (7-8oz)-
\$1.34

Diced Tomatoes (14.5oz)-
\$0.96

1 cup chicken broth- \$0.36

1.5 cups instant rice- \$0.43

1. In large skillet, saute onion and bell pepper in oil until tender.
2. Add in chopped kielbasa, diced tomatoes, and broth. Bring to a boil.
3. Stir in rice and once boiling again, reduce heat to low. Let cook for 8-10 minutes until rice is tender.
4. Fluff rice with fork and then serve.

You can add cajun seasoning and or hot sauce if you like it spicy!

\$4.61

CAESAR CHICKEN

PASTA

(Serves 4-6)

Chicken Broth (32oz)- \$1.37

Angel Hair Pasta (8oz)-
\$0.49

Cooked Chicken (8oz)- \$2.98

Broccoli (2 cups)- \$1.19

1/2 cup Ceasar Dressing-
\$0.49

1/2 cup parmesan cheese-
\$0.59

1. In large pot, add chicken broth, pasta broken in half, chopped chicken, and chopped broccoli.
2. Heat to boiling, then reduce to a simmer for 8-10 minutes. (most of the liquid should be absorbed)
3. Stir in ceasar dressing and cook 1-2 minutes.
4. Top with parmessan cheese and serve!

\$7.11

CREAMY GARLIC CHICKEN

W/ RICE

(Serves 6-8)

Chicken Breasts (1.5lbs)- \$4.01

4 cloves of Garlic- \$0.33

1 cup white rice- \$0.36

32oz chicken broth- \$1.37

Frozen Green Beans (12oz)-
\$0.98

1/2 cup Milk- \$0.13

1. Cut chicken into 1 inch pieces, cook in oil with minced garlic over medium high heat for about 5-7 minutes until done.
2. Add rice and chicken broth, heat to boiling then cover and cook for 10-15 minutes. (stir occasionally)
3. Stir in green beans and milk, simmer on med heat for 5 minutes until thickened.

\$7.18

TACO SPAGHETTI

PASTA

(Serves 6-8)

Ground Turkey (1lb)- \$3.64

Beef Broth (32oz)- \$1.37

Diced Tomatoes (14.5oz)- \$0.96

Green Chiles (4oz)- \$0.84

1/2 cup water- \$0.00

Taco Seasoning- \$0.47

Spaghetti Pasta- \$0.98

Colby Cheese (4oz)- \$0.88

1. In large pot, brown ground turkey.
2. Add beef broth, diced tomatoes, green chiles, water, and taco seasoning.
3. Heat liquid until boiling.
4. Break spaghetti in half and add to pan. Reduce heat to medium, cook for 15-20 minutes until pasta is tender.
5. Top with shredded cheese!

\$8.26

PORK CHOP SKILLET

(Serves 4)

4 pork chops- \$5.56

2 medium potatoes- \$1.12

8oz carrots- \$0.49

1/2 onion- \$0.43

Cream of Mushroom (10.5oz)-
\$0.68

1/2 cup of water- \$0.00

1. In a large skillet, brown pork chops in oil. (About 3 minutes on each side) Remove chops from pan and set aside.
2. Add in chopped potatoes, chopped carrots, and onion. (ideally 1 inch or smaller pieces)
3. Whisk together soup and water and pour over vegetables. Bring to a boil, reduce heat and cover for 15-20 minutes.
4. Add chops back and cook another 8-10 minutes.
5. Let rest 5 minutes then serve!

\$8.28

CHEESY CHICKEN & BROCCOLI

(Serves 4-6)

Chicken Breasts (1.5lbs)- \$4.06

1 cup white rice- \$0.36

32oz chicken broth- \$1.37

Bell Pepper- \$0.66

2 cups broccoli florets- \$1.19

8oz shredded cheddar- \$1.77

1. Cut chicken into 1 inch pieces and cook in oil for about 5-7 minutes until done.
2. Add rice and chicken broth then heat to boiling. Reduce heat to medium and cook 10-15 minutes until most of the liquid is absorbed.
3. Add diced bell pepper, broccoli florets, and 4oz of shredded cheese. Cook covered for another 8-10 minutes until veggies are tender.
4. Sprinkle top with rest of cheese and serve!

\$9.41

STOVE TOP LASAGNA

(Serves 6-8)

1lb ground sausage- \$3.57
2 cloves of garlic- \$0.13
1/2 onion chopped - \$0.43
2-3 tbsp Italian Seasoning-\$0.28
28oz diced tomatoes-\$1.48
32oz Veggie Broth- \$1.37
Pasta (16oz)- \$0.98
1 cup Parmesan Cheese- \$1.18

1. In a large pot, brown ground sausage. Then saute minced garlic and chopped onion until tender.
2. Add in Italian Seasoning, diced tomatoes, veggie broth, and pasta.
3. Cook over medium heat for 15-19 minutes. Stirring occasionally.
4. Once pasta is tender most of the liquid should be absorbed.
5. Top with parmesan cheese!

\$9.42

BEEF STROGANOFF

(Serves 6-8)

Ground Beef (1lb)- \$4.48
Steak Seasoning- \$0.49
Sliced Mushrooms (8oz)- \$1.88
1 Onion (chopped)- \$0.86
Beef broth (32oz)- \$1.37
Egg Noodles (8oz)- \$0.74
1/2 cup sour cream- \$0.62

1. Brown ground beef in a large pot, then drain some excess grease.
2. Add steak seasoning, sliced mushrooms, and onion and cook another 7-9 minutes until veggies are tender.
3. Stir in beef broth and egg noodles, then bring to a boil.
4. Reduce heat and simmer uncovered for 10-15 minutes until most of the liquid is absorb.
5. Stir in sour cream and serve!

\$9.82