

ONE POT PASTAS On a Budget!

BACON & PEA LINGUINE

(Serves 4)

8 oz Linguine noodles- \$0.49
14.5oz chicken broth- \$0.72
10.5oz cream of chicken
soup-\$0.92
3/4 cup Milk - \$0.08
6 pieces cooked bacon- \$1.70
1 cup peas - \$0.49
1/2 cup shredded parmesan
cheese- \$0.74

\$5.14

1. In large pot, heat chicken broth to a simmer. Break pasta into thirds and add it to the broth. Cook over medium heat for about 10 minutes until pasta is tender.
2. In a small bowl, combine cream of chicken and milk. Stir well and pour over pasta in the pan.
3. Add your favorite seasoning like salt, pepper, garlic powder, or an Italian seasoning.
4. Add chopped bacon and peas. Cook covered for about 5 minutes until hot. Stir in parmesan cheese!

MEDITERRANEAN TUNA NOODLE SKILLET

(Serves 5)

1 tbsp cooking oil - \$0.06
1/2 red onion- \$0.57
8oz egg noodles- \$0.74
14.5oz Italian Tomatoes- \$0.96
3/4 cup water- \$0.00
12oz can of Tuna - \$2.08
6-7 oz artichoke hearts- \$1.11
1/2 cup feta cheese- \$1.15

\$6.67

1. Heat oil in skillet, and cook onion until soft (about 3-4 minutes).
2. Stir in dry noodles, tomatoes, water, and favorite seasonings. (garlic, salt, pepper, etc.)
3. Cover skillet, and reduce heat to a simmer. Cook about 10 minutes and stir occasionally.
4. Add in drained/rinsed tuna, chopped artichokes with juice to the noodles.
5. Stir till everything is hot, and then top with feta before serving!

CREAMY CHICKEN

PESTO PASTA

(Serves 4)

3 cups milk- \$0.51
2 chicken breasts- \$3.04
8oz Rotini Pasta- \$0.49
1 cup shredded carrots-
\$0.49
2 cans (14.5oz) French Style
Green Beans- \$1.28
1/2 cup pesto sauce- \$1.24

\$7.05

1. In a large skillet, bring milk to a simmer over medium heat. Stir in cubed chicken breasts, pasta, and shredded carrots.
2. Keep cooking over medium heat until pasta and chicken is cooked. (about 8-10 minutes)
3. Most of the liquid should be absorbed but if it is not bring to a boil until sauce thickens.
4. Stir in drained green beans and pesto sauce.
5. Season with salt, pepper, garlic, etc.

MONTEREY CHICKEN

PASTA

(Serves 4)

2 cooked chicken breasts
(shredded)- \$3.04
10oz Rotel style tomatoes with
chiles- \$0.96
8oz penne pasta- \$0.49
2 cups of chicken broth- \$0.68
1/3 cup BBQ sauce- \$0.16
1 cup shredded cheddar cheese-
\$0.98
3 slices of cooked bacon- \$0.85
2 green onions- \$0.29

\$7.45

1. In a large skillet, place shredded chicken, diced tomatoes in juice, pasta, and chicken broth. Stir well to combine and then bring to a boil.
2. Reduce heat to a simmer and let cook for about 10 minutes until most of the liquid is absorb and pasta is tender.
3. Drizzle BBQ sauce and shredded cheese on top, place lid back on to melt.
4. Serve with chopped bacon and green onions on top!

HAM AND VEGGIE PASTA

(Serves 6)

- 1 tbsp cooking oil- \$0.06
- 2-2.5 cups of cubed ham- \$3.48
- 1/2 onion (chopped)- \$0.45
- 3 cloves of garlic (minced)- \$0.19
- 4 cups chicken broth- \$1.37
- 1.25 cups of milk- \$0.21
- 1/4 cup flour- \$0.04
- 16oz bowtie pasta- \$0.98
- 2 cups frozen peas & carrots- \$0.98
- 1/2 cup parmesan cheese- \$0.74

\$8.50

1. In a large skillet, cook onion and ham in oil for about 3 minutes. Add in minced garlic and any seasoning you like (we use Italian Seasoning).
2. In a bowl, whisk together chicken broth, milk, and flour until smooth. Pour into the skillet and add bowtie pasta. Cook for about 15 minutes over medium heat.
3. Add peas and carrots, and continue cooking about 8 more minutes until pasta is tender.
4. To serve, top with parmesan cheese!

SWEDISH MEATBALL

PASTA

(Serves 4)

- 1lb ground beef- \$4.24
- 1/2 cup bread crumbs- \$0.16
- 1/2 onion (minced) - \$0.45
- 1 egg- \$0.24
- 2 tbsp oil- \$0.12
- 2 cups beef broth- \$0.68
- 2 cups milk- \$0.34
- 1 tbsp Worcestershire sauce- \$0.05
- 8 oz egg noodles - \$0.74
- 1 cup parmesan cheese- \$1.49

\$8.51

1. In a large bowl, combine beef, breadcrumbs, onion, egg and any seasonings. Mix well to combine and make golf ball size meatballs.
2. Heat oil in a pan, and cook meatballs for 1-2 minutes, then flip the meatballs.
3. Add to the pan beef broth, milk, and worcestershire sauce. Stir well.
4. Bring to a boil then add noodles. Let cook for about 7-8 minutes until pasta is tender.
5. Serve with parmesan cheese on top!

ONE-PAN TACO

PASTA

(Serves 4)

- 1lb ground beef- \$4.24
- 3 cloves garlic- \$0.19
- 1 pack taco seasoning- \$0.47
- 1 cup salsa- \$0.99
- 14.5oz can of corn (drained)- \$0.64
- 15oz can of black beans (drained)- \$0.86
- 2 cups beef broth- \$0.68
- 8oz rotini pasta- \$0.49
- 1 cup shredded cheddar- \$0.98

\$9.54

1. Brown ground beef in skillet, drain any excess grease. Add in minced garlic and cook for another minute.
2. Add taco seasoning, salsa, corn, black beans, beef broth, and pasta. Stir well and bring to a boil.
3. Reduce to a simmer and cook covered for about 15-20 minutes. Stir this occasionally until pasta is tender.
4. You can serve this with traditional taco toppings like sour cream, avocado, etc if you like!

CHILI SHRIMP NOODLES

(Serves 5)

- 8 oz rice noodles- \$2.87
- 1 tbsp cooking oil - \$0.06
- 10-12 oz raw medium shrimp- \$5.00
- 8oz snow peas- \$2.47
- 1 red bell pepper- \$1.48
- 6 green onions- \$0.49
- 1-3 tbsp sweet chili sauce- \$0.75
- 2 tbsp soy sauce- \$0.10
- 2 tbsp rice wine vinegar- \$0.22

\$13.44

1. Place noodles in bowl, pour very hot water over them and let soak for 15 minutes. Drain water and set aside.
2. Cook thawed shrimp in oil until pink (about 3-5 minutes). Remove from pan and set aside.
3. Add snow peas, chopped bell pepper, and chopped green onions to the pan. Cook about 3-5 minutes until tender. Add noodles & shrimp back to the pan.
4. Stir in chili sauce, soy sauce, and rice vinegar.