

Easy Cheap Meal *Ideas*



BBQ Pulled Chicken:

Place chicken breasts in the slow cooker, and pour a bottle of barbecue sauce over the top.

Cook on high for 3-4 or on low for 5-6. Shred meat with forks.

Tacos:

Brown a pound of ground beef (or turkey/chicken), and drain the grease.

Sprinkle in a packet of taco seasoning and 1/2 cup of water.

Let simmer for a few minutes.

Serve in tortillas or crunchy taco shells, with your favorite toppings.

Burgers:

Thoroughly mix an egg, your favorite spices, and some breadcrumbs with a pound of ground beef or turkey.

Divide mixture into 4-6 patties, and brown in a hot skillet on the stove, or on the grill.

Sloppy Joes:

Brown a pound of ground beef in a hot skillet.

Drain any excess grease.

Pour in either a can of sloppy joe sauce (like Manwich), or a cup of ketchup and a sprinkle of brown sugar.

Spaghetti:

You could either:

Buy frozen meatballs and put them in the slow cooker with a jar of pasta sauce for a couple hours.

Or brown a pound of ground beef or turkey on the stove, drain grease, then add in a jar of sauce.

Boil your favorite pasta, drain the water, and serve with sauce and meat combination of your choice.

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Pizza:

Using a store bought crust (or pita bread, English muffins, French baguette, tortillas, or Naan bread), spread on marinara sauce and sprinkle with cheese.

Add your favorite toppings and bake at 400°F for 10-15 minutes.

French Toast:

Mix an egg with 1/4 cup of milk. Whisk in a dash of cinnamon and tsp of vanilla extract.

Dip 4 pieces of bread in the mixture until fully coated.

Cook the bread in a skillet on the stove over medium heat, flipping over once, until both sides are lightly browned.

Mini Meatloaves:

Preheat your oven to 375°F.

Combine a pound of ground beef with a box of stuffing mix (like Stove-Top) and a cup of water in a bowl. Mix thoroughly.

Spray a muffin tin with cooking spray.

Distribute the mixture into the 12 cups of the muffin tin. Bake for 30-35 minutes.

Chicken tender wrap or salad:

Bake frozen chicken tenders according to package instructions.

Chop lettuce or use a bag of salad mix, and combine with your favorite dressing and salad toppings. Top with chicken.

To make a wrap, put the salad and chicken mixture into a large tortilla and roll up.

Quesadillas:

Lightly butter tortillas, and put one tortilla (butter-side down) in a warm skillet.

Top with cheese and any other ingredients or leftovers that sound good. Place the other tortilla on top, butter side out. Once lightly browned, flip the quesadilla over to toast the other side.