## 8 Budget Friendly Recipes

Check out our latest free budget friendly cookbook! Its filled with delicious member submitted recipes sure to delight friends and family alike. Enjoy!



A simple, quick and budget friendly meal served with white rice.



A baked zucchini with tomato paste and parmesan cheese.



The meat falls off the bone and the flavor is fantabulous!

### Awesome Chocolate Cookies



Big chunky chocolate candy pieces combined with chocolate chips that literally melt in your mouth.



A delicious and easy to make dish with broccoli, chicken and a cheese topping.



Simple fried chicken marinated with seasoned salt, black pepper and soy sauce.

## Garlic Mushroom Mac & Cheese

A simple and tasty twist on an old favorite of mine. My family absolutely loves it!

#### **Buttermilk Pie**

Yummy, quick and easy dessert recipe.



### **Budget Meal Tips**

Creating meals on a budget doesn't have to be difficult. With a little planning ahead and by utilizing your freezer, you'll be able to save more than you think.

For example, take advantage of your local grocery store specials and purchase items that are on special in a larger quantity than you normally would. Then when it comes to preparing your meal, make enough for two meals and freeze half for a later date.

Often times when you purchase items in bulk it will cost you less. Plus, reheating the meal you previously froze takes only a fraction of the time compared to creating the meal from scratch.

## **Beef Stir Fry**

By Christina

A simple, quick, and budget friendly meal served with white rice.

#### Ingredients

- 1 pound round steak cut into thin slices
- Salt
- Pepper
- 2 tablespoons olive oil
- 16 ounce frozen vegetables
- 8 tablespoons cooking wine or sherry
- 8 tablespoons low sodium soy sauce
- 4 tablespoons brown sugar
- 2 tablespoons corn starch
- Water

#### Directions

- Heat oil in a skillet.
- Add beef and season with salt and pepper. Cook until almost done.
- Add frozen veggies and cover.
- Turn heat to medium low and cook until vegetables are soft.
- While meat and vegetables are cooking, mix wine (or sherry), soy sauce and brown sugar in a medium sauce pan. Mix well.
- Cook over medium heat for 5 minutes.
- Mix cornstarch with water to form a runny paste.
- Turn heat up to medium high and add cornstarch mixture to the wine (or sherry) mixture, stirring constantly until thick.
- Once vegetables are soft, pour thickened wine (or sherry) mixture over meat and vegetables. MIx well.
- Serve over white rice.

Prep Time: 10 minutes Cook Time: 30 minutes Total Time: 40 minutes Servings: 4

### **Broccoli Bake**

By Ms. Patricia A. Harris

A delicious and easy to make dish with broccoli, chicken and a cheese topping.

#### Ingredients

- 4 large chicken breasts
- 1 large bag of broccoli
- Curry powder
- Sour cream
- 2 cans of cream of mushroom soup
- 16 ounces shredded sharp cheese

#### Directions

- Wash chicken breasts and boil until tender.
- Cut chicken into bite size pieces and line the bottom of a 13x9 baking dish.
- Boil broccoli until tender, drain and put on top of the chicken.
- Mix sour cream, cream of mushroom soup and curry powder together and spread over chicken and broccoli.
- Lay shredded sharp cheese on top and bake until cheese starts to melt. Enjoy!

Servings: 8

Eversave.com<sup>™</sup> © Copyright 1999 - 2008 All rights reserved.

### **Baked Zucchini**

By Dee Durham

Baked zucchini with tomato paste and parmesan cheese.

#### Ingredients

- Zucchini
- Tomato Paste
- Vegetable oil
- Flour
- 1 Egg
- Parmesan cheese

#### Directions

- Slice zucchini in thin slices and dip in egg and flour.
- Fry until golden brown.
- Layer zucchini in a square cake pan, putting tomato paste on top of each layer.
- Put parmesan cheese on the top of the layers.
- Bake at 350°F for 15-20 minutes.

Prep Time: 10 minutes Cook Time: 45 minutes Total Time: 55 minutes

## **Fried Chicken**

By Billie

Simple fried chicken marinated with seasoned salt, black pepper and soy sauce.

#### Ingredients

- 1 chicken, cut up into pieces
- Seasoned salt
- Black pepper
- 1 teaspoon of soy sauce
- Garlic powder
- Flour
- Cooking oil

#### Directions

- Wash chicken pieces and place in a covered dish.
- Marinate overnight with seasoned salt and black pepper in a dish on the bottom shelf of your refrigerator.
- After chicken has marinated, roll in flour to coat. Shake off any excess flour.
- Fill a large pan with about 3-4 inches of cooking oil. Heat oil to 325°F.
- Carefully place chicken in hot oil and cook until golden brown.

Eversave.com<sup>™</sup> © Copyright 1999 - 2008 All rights reserved.

### **BBQ Pork Ribs**

By Karen Crabtree

The meat falls off the bone and the flavor is fantabulous.

#### Ingredients

- 2 pounds pork ribs
- 2 cups of Coke
- Salt
- Pepper
- Garlic powder
- Onion powder
- Barbecue sauce, I use Kraft BBQ sauce with brown sugar
- 1 cup orange juice

#### Directions

- Place Coke and enough water to fill a large pan for parbroiling.
- Add salt, pepper, garlic powder and onion powder to water/Coke mix.
- Parbroil for 30-40 minutes on medium.
- Remove ribs from pan and place in a baking dish.
- Pour 2 cups of BBQ sauce into a small bowl.
- Add 1 cup of orange juice to BBQ sauce. This gives a sweet taste to the BBQ sauce.
- Cover ribs with BBQ sauce and bake in a 350°F oven for 20-25 minutes. Enjoy.

Prep Time: 15 minutes Cook Time: 1 hour Total Time: 1 hour 15 minutes Servings: 6

### **Garlic Mushroom Mac & Cheese**

By Earleyne

A simple and tasty twist on an old favorite of mine. My family absolutely loves it!

#### Ingredients

- 1 pound bag large shell macaroni
- 1 large can cream of mushroom soup
- 1/2 teaspoon of garlic powder
- 2 cups of grated cheese (cheddar-jack is best)
- Milk or cream

#### Topping:

- 1 cup bread crumbs
- 1 tablespoon salt
- 2 tablespoons Parmesan cheese

#### Directions

- Boil noodles.
- Add soup, cheese and garlic. You can also add Polish sausage.
- Check to see if mixture is creamy. If not add milk or cream to desired thickness.
- Place in a baking dish and top with topping mixture.
- Warm until bubbles start to come through the crumb topping.

Prep Time: 10 minutes Cook Time: 15 minutes Total Time: 25 minutes Servings: 6

Eversave.com™ © Copyright 1999 - 2008 All rights reserved.

### Awesome Chocolate Cookies

By Mary Kay Earp

Big chunky chocolate candy pieces combined with chocolate chips that literally melt in your mouth.

#### Ingredients

- 8 ounce semi sweet chocolate chips
- 3 Hershey candy bars (no nuts)
- 1 3/4 cup plain flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup of cocoa
- 2 sticks of butter
- 1 teaspoon vanilla
- 1 cup white sugar
- 1/2 cup brown sugar
- 1 egg
- 2 tablespoons milk
- 1 cup walnut pieces

#### Directions

- Sift or stir together the flour, baking soda, salt and cocoa.
- Beat butter, vanilla and sugars together. Followed by the egg and milk.
- Gradually add dry ingredients.
- Add chocolate chips, candy and walnuts.
- Before flattening cookies, rinse your hands in cold water. This will keep the cookies from sticking to your hands.
- Place only 6 at a time on an ungreased baking sheet with parchment paper.
- For soft cookies bake at 350°F for about 13-15 minutes.
- Let cool for 2-3 minutes before removing from the cookie sheet.

Prep Time: 15 minutes Cook Time: 14 minutes Total Time: 29 minutes Servings: 15

## **Buttermilk Pie**

By James Williams

A simple and delicious dessert.

#### Ingredients

- 9-inch unbaked pie shell
- 1/2 cup butter
- 1/2 cup sugar
- 3 tablespoons flour
- 3 eggs
- 1 cup buttermilk
- 1 teaspoon vanilla
- Dash of nutmeg

#### Directions

- Soften butter and add sugar and cream. Mix well.
- Beat in flour and eggs.
- Stir in buttermilk, vanilla and nutmeg. Pour into unbaked pie shell.
- Bake for 45 50 minutes at 350°F.
- Place on a wire rack to cool completely.

Servings: 6

### Print this recipe

Eversave.com<sup>™</sup> © Copyright 1999 - 2008 All rights reserved. Products and names mentioned on Eversave are registered trademarks or trademarks of their respective companies. - <u>Privacy Policy</u>