

Delicious Budget-Friendly Recipes for Everyday Meals

Egg and Spinach Stuffed Tomatoes

These stuffed tomatoes are a tasty breakfast treat that also creates a visually enticing picture. At about five dollars for the entire recipe, they will fit your budget, too!

Serves 4 | Prep. time 10 minutes | Cook time 15 minutes | \$

Ingredients

- 4 medium tomatoes
- 1 medium avocado, sliced
- 4 eggs
- 1 cup fresh baby spinach
- ½ cup cheddar cheese

Directions

1. Preheat the oven to 400°F.
2. Core the tomatoes, being careful not to break through the sides or bottom. Place them in a baking dish.
3. Stuff each tomato with ¼ cup of spinach, then sprinkle cheddar over the spinach.
4. Crack an egg into each tomato and bake for 15 minutes or until the egg is done.
5. Garnish with sliced avocado and serve with salt and pepper to taste.

Nutrition (per serving)

Calories 79, fat 3.8 g, carbs 9.7 g, protein 3.5 g, 305 mg

Roasted Tomato Soup

Roasting the tomatoes for this soup may take a little longer, but the robust flavor they add to the soup is totally worth it. This soup is budget friendly at less than six dollars for the pot.

Serves 4 | Prep. time 35 minutes | Cooking time 2 hours | \$\$

Ingredients

- 2 pounds Roma tomatoes, quartered
- 4–6 garlic cloves, peeled
- 1 onion, chopped
- 2 cups low-sodium broth (vegetable or chicken)
- 2 teaspoons dry basil
- 1 tablespoon extra-virgin olive oil
- Salt and pepper to taste

Directions

1. Preheat oven to 425°F.
2. Line a baking sheet with aluminum foil. Lay the tomatoes skin side down on the baking sheet with the garlic and onions. Drizzle with olive oil and sprinkle with salt and pepper.
3. Place in the oven to roast for 40 minutes.
4. Once roasted, transfer to a slow cooker along with the broth and basil. Cook on low for 2 hours.
5. Blend the soup with an immersion blender or transfer to a blender and puree until smooth.

Nutrition (per serving)

Calories 100, fat 3.5g, carbs 14.2 g, protein 1 g, sodium 605 mg

Fiery "Fried" Chicken

This chicken with a bit of a kick will satisfy your cravings for fried chicken without compromising your health. At a cost of about two dollars a serving, it's also budget friendly.

Serves 4 | Prep. time 10 minutes | Cook time 15 minutes | \$\$

Ingredients

- 1 tablespoon chili garlic sauce
- 3 tablespoons pineapple juice
- 4 boneless, skinless chicken breasts
- $\frac{3}{4}$ cup panko breadcrumbs
- 3 tablespoons olive oil
- Salt and pepper to taste

Directions

1. Preheat oven to 450°F.
2. In a large bowl, mix together the chili sauce, pineapple juice, and chicken. Toss to cover the chicken.
3. In a shallow dish, combine the bread crumbs, olive oil, salt, and pepper.
4. Dip each breast in the crumb mixture and place on a nonstick baking sheet.
5. Bake for 15 minutes or until breasts are cooked through.

Nutrition (per serving)

Calories 310, fat 13 g, carbs 7 g, protein 40 g, sodium 438 mg

Rigatoni with Turkey Meatballs

This recipe uses ground turkey for the meatballs, a healthy alternative to beef and about the same price-wise. This meal can be prepared for under two dollars a serving.

Serves 4–6 | Prep. time 15 minutes | Cooking time 30 minutes | \$\$

Ingredients

- 1 pound ground turkey (or frozen Italian flavored meatballs)
- 2 tablespoons olive oil
- 8 ounces rigatoni, cooked
- $\frac{1}{4}$ cup fresh basil, chopped, divided
- 26 ounces tomato sauce
- $1\frac{1}{2}$ cups mozzarella cheese, shredded

Directions

1. Preheat oven to 350°F.
2. Shape the ground turkey into meatballs (you can use any meatball recipe if you want to add spice, but just some salt and pepper will do).
3. In a large skillet, heat the olive oil over medium-high heat. Add the meatballs and brown on all sides.
4. To a greased baking dish, add the cooked pasta, tomato sauce, cooked meatballs, mozzarella cheese, and fresh basil.
5. Bake for 20 minutes or until hot and bubbly.

Nutrition (per serving)

Calories 403, fat 18 g, carbs 35 g, protein 25 g, sodium 252 mg

Black Bean Enchiladas

These super-tasty enchiladas are full of protein as well as flavor. Less than five dollars for the meal makes it a wonderful dinner for a family on a budget.

Serves 4 | Prep. time 10 minutes | Cooking time 15 minutes | \$

Ingredients

- 10 corn tortillas
- 1 (15-ounce) can black beans
- 8 ounces shredded cheddar cheese
- 1 avocado
- 1 cup salsa verde or green enchilada sauce
- Salsa, sour cream, or cilantro (optional)

Directions

1. Preheat the oven to 400°F.
2. Remove the tortillas from the wrapper, place them between two paper towels and microwave them for about 30 seconds.
3. Fill each tortilla with some black beans and cheese. Don't overfill or they will break when you try to roll them up.
4. Roll the tortillas and place them in a nonstick baking dish.
5. Pour the salsa verde or enchilada sauce over the tortillas, then top with the cheddar cheese.
6. Bake for 15 minutes or until the cheese is hot and bubbly.
7. Garnish with avocado and serve.

Nutrition (per serving)

Calories 448, fat 23.3 g, carbs 42.5 g, protein 20 g, sodium 717 mg

Lemon Bars

These lemon bars are inexpensive and delicious. The entire family will love them. Enjoy!

Yields 16 bars | Prep. time 5 minutes | Cooking time 45 minutes | \$

Ingredients

- 1½ cups plus 6 tablespoons sugar, divided
- 1½ cups plus ¼ cup flour, divided
- 4 eggs
- ¾ cup lemon juice
- 1 tablespoon lemon zest
- ¾ cup cold butter, cut into pieces
- Powdered sugar for dusting, optional

Directions

1. Preheat oven to 350°F.
2. Make the crust by mixing together 1½ cups of flour, 6 tablespoons of sugar and the butter pieces. You can do this in a food processor or by cutting the butter into the flour and sugar with two forks until a dough forms. When done, press into a greased 8x8 baking pan. Bake for 20 minutes.
3. In a large mixing bowl, combine the remaining ingredients and beat well to incorporate.
4. Let the filling sit while the crust is cooking. When the crust is done, pour the filling on top and bake for an additional 30 minutes or until the top is set and the edges start to brown just a bit.
5. Dust with powdered sugar before serving, if desired.

Nutrition (per serving)

Calories 170, fat 7 g, carbs 13 g, protein 9 g, sodium 386 mg

***These recipes and more can be found in Louise Davidson's *Cheap and Wicked Good! 5-Ingredient Budget-Friendly Recipes for Everyday Meals*. To get your copy, click on the cover or click [here](#).

