

FRUGAL MEAL IDEAS

These recipes and more at www.thispilgrimlife.com/frugal-meal-ideas/

EASY MEALS

Fried Rice + Chicken/Pork/Venison (TPL)
Baked Chicken & Mushroom Skillet (DD)
Smothered Chili Potatoes
Homemade Pizza (TPL)
Sheet Pan Chicken/Sausage & Root Veg (TPL) (LG)
Shepherd's Pie (TPL)
Use What You've Got Orzo (NTK)
Easy Oven Fajitas (BB)
Easy Skillet Chicken Carbonara (TPL)
Spaghetti Casserole (NTK)
Instant Pot 30 Minute Barbecue Chicken (TPL)
Instant Pot Chicken Cacciatore (TPL)

BEANS

Sheetpan Nachos (TPL)
Burrito Bowls (DD)
Black Bean & Spinach Egg Rolls (TPL)
Pintos & Cornbread (TPL)
Bean Enchiladas (TPL)
Easy Tortilla Pizzas (TPL)
Curried Chickpeas with Spinach (BB)

MORE MEATLESS

Lentil Sloppy Joes (TPL)
Instant Pot Ramen Noodles (TPL)
Chili Cheese Lentils (R&H)
Vegetarian Chili (GSO)
Veggie Lasagna (C&K)
Veggie Pot Pie (TPL)
Creamy Green Chili Beef on Noodles (R&H)

BREAKFAST FOR DINNER

Easy Skillet Frittata (TPL)
Make-Ahead Egg Casserole (TPL) (GCE)
Western Breakfast Casserole (NTK)
Quiche (GCE)
Huevos Rancheros (GCE)
Egg & Potato Breakfast Scramble (C&K)
Eggs + Pancakes/Waffles/Muffins (TPL)

SOUP & BREAD

Southwest Black Bean/Taco Soup (TPL) (GCE)
Blended Veg Soup (Broccoli & Cheese, Creamy Tomato,
Butternut Squash & Apple, Honey Carrot (TPL)
Sweet Creamy Gnocchi (TPL)
Vegan Black Bean Soup (NTK)
White Chicken Chili (GSO)
Loaded Potato Corn Chowder (TPL)
Chicken Salsa (TPL)
Hamburger Vegetable (CC)
Chunky Lentil & Vegetable (BB)

*FRESH BREAD RECIPES: Cheddar Garlic Drop Biscuits,
One-Hour French Bread, Twisted Breadsticks, One-Hour
Focaccia, Skillet Cornbread, Whole Wheat Sandwich Loaves,
Pita Bread (TPL)

TPL :: THIS PILGRIM LIFE
NTK :: NAPTINE KITCHEN
GCE :: GOOD CHEAP EATS
GSO :: GIMME SOME OVEN

BB :: BUDGET BYTES
R&H :: RED & HONEY
C&K :: COOKIE & KATE
DD :: D... DELICIOUS

MORE BUDGET-SAVING TIPS

- Sub half of meat for mushrooms/beans/extra veg.
- Buy versatile/hearty vegetables in bulk to use for a variety of recipes (onions, carrots, greens, potatoes, brussel sprouts, etc).
- Keep your freezer stocked with ready-to-go/cut veggies (medleys, beans, peas, corn, etc).
- Buy frugal cuts of meat: chicken thighs & drumsticks, ground beef, pork loins, ham steaks
- Cook one meal then repurpose leftovers.
- Catch fish.
- Make freezer meals to keep on hand for busy nights.
- Make your own stock, sauces, dips, and dressings.
- Keep inexpensive dry goods on hand: rices, beans, lentils, pastas, etc

PREP AHEAD. EAT ALL WEEK

Whole Chicken: chicken salad, chicken pot pie, enchiladas, fried rice, or add to: soup, salad, pizza, quesadillas, nachos, rice bowls, pasta, or pizza

Ground Beef: nachos or tacos, shepherd's pie, pasta with meat sauce, chili, rice bowls, enchiladas, empanadas, etc

Half Ham: Hawaiian pizza, empanadas, frittata/egg casserole, pesto & ham sliders, add to pasta with peas or asparagus, add to corn chowder or potato soup, etc