



feed a family
for \$555

Introduction

Food prices in the U.S. are rising at the same time as many families are struggling to make healthier choices. Eating out has contributed to an obesity epidemic. Ironically, the economy's turn south has resulted in a positive development for public health: Fatty, sodium-laden restaurant meals are becoming a luxury fewer people can afford.

Eating in can be both healthy and inexpensive. ClearPoint is pleased to bring you some budget-saving supper solutions that are also quick and wholesome. We'll show you how to stretch your weekly grocery budget using a little planning and organization.

We visited bulk retailer Costco to determine when it makes financial sense to buy large quantities. We used Kroger prices as a benchmark, but we encourage you to shop around, opt for store brands, and use coupons (but don't let a discount of a few cents dupe you into buying premium-priced, high-calorie, prepared food items that you can make more cheaply yourself).

In this book you will find 15 recipes: Using the grocery list provided, you can purchase everything you'll need to make five weekday meals for three weeks.

Pantry Basics

To start, you'll need to stock up on a few essentials. We didn't include these in the price because we count them as fixed costs – staples everyone should have on hand:

- | | | |
|---------------|---------------------|-----------------------------|
| ▪ Canola oil | ▪ Chili powder | ▪ Peanut Butter |
| ▪ Olive oil | ▪ Cumin | ▪ Mayonnaise |
| ▪ Pam | ▪ Chipotle chili | ▪ Ginger (preferably fresh) |
| ▪ Salt | ▪ Curry powder | ▪ Sesame oil |
| ▪ Pepper | ▪ Red pepper flakes | ▪ Butter |
| ▪ Soy sauce | ▪ Vinegar | ▪ Milk |
| ▪ Sugar | ▪ Bread crumbs | ▪ Worcestershire sauce |
| ▪ Brown sugar | ▪ Honey | |

Recipes

- | | | |
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Grocery List

This is a list of groceries you will need to make 15 meals.
Print it to take to the store with you.

- ☐ 1 can red beans \$.79 /can
- ☐ 2 cans of black beans \$.79 /can
- ☐ 1 can of kidney beans \$.79 /can
- ☐ 2 cans of chick peas \$.79 /can
- ☐ 1 can red enchilada sauce \$.99 /can
- ☐ 1 can of tomato soup \$1.09 /can
- ☐ 1 can mushroom soup \$1.09 /can
- ☐ 1 can corn \$.79 /can
- ☐ 3 cans chopped tomatoes \$.92 /can
- ☐ 1 can plums in sauce \$1.05 /can
- ☐ Package corn tortillas \$1.99/package of 30
- ☐ 3 boxes of pasta \$.97 /can
- ☐ 1 package of egg noodles \$1.44 /bag
- ☐ 1 box of onion soup mix \$1.69 /box with 2 packs
- ☐ A dozen eggs \$1.42 /dozen
- ☐ Flour \$.30 /lb
- ☐ 1 lb Crisco shortening \$2.79 /lb
- ☐ 7 onions \$1.99 /3lb bag
- ☐ 1 bag frozen green beans \$1.59 /bag
- ☐ 2 bags of frozen peas \$.99 /bag
- ☐ 1 bunch green onions \$.69 /bunch
- ☐ 2 bags of frozen spinach \$1.69 /bag
- ☐ 1 bag of carrots \$1.74 / 2lb bag
- ☐ 3 bulbs of garlic \$2.50 /lb
- ☐ 1 bunch of celery \$1.19 /bunch
- ☐ 2 lbs Roma tomatoes \$1.58 /lb
- ☐ 1 cabbage \$.39 /lb
- ☐ 1 lime \$.59 /each
- ☐ 5 zucchinis \$1.49 /lb
- ☐ 1 container of sour cream \$1.35 /16oz
- ☐ 1 container of plain yogurt \$2.00 /24oz
- ☐ 1 package of Ramen noodles 2 / \$1.69
- ☐ 1 package slivered almonds \$1.99 /bag
- ☐ 2 bags of shredded cheese (Mexican blend) \$2.19 /bag

Total: \$97⁷²
= \$53¹ /meal
for 15 days

Consider buying these items at a bulk retailer like Costco to keep on hand in your freezer for the weeks to come:

- ☐ 2 lbs boneless/skinless chicken thighs \$1.99 /lb
- ☐ 5 lbs chicken drumsticks \$.99 /lb
- ☐ 1 large bag of frozen broccoli \$1.20 /lb
- ☐ 1 large bag grated cheese (Costco has a Mexican blend)
- ☐ 1 lb ground turkey \$1.15 /lb
- ☐ 1 bag of rice \$.44 /lb



Cooking Rice

Everyone has their own method for cooking rice. To make on the stove:

- ❶ 1½ c water to 1 c rice. Bring water to boil in a heavy pan.
- ❷ Reduce heat to low and add rice.
- ❸ Give it a quick stir before covering, then simmer for about 20 minutes.

5 Pie Crusts \$3⁹¹

Don't be intimidated by pastry! It is very easy to make and much more delicious than the store brands. You can make it ahead of time and keep balls on hand in freezer. This recipe makes five nine-inch pie crusts. The trick to flaky pastry is to keep all ingredients as cold as possible, and don't handle it too much:

- 5 cups flour (\$1.00)
- 1 lb Crisco (\$2.79)
- 1 tsp salt
- 1 tbsp (preferably brown) sugar
- 1 egg (\$.12)
- 1 tbsp vinegar
- Cold water



Crack egg in a one cup measure and whisk with a fork. Add 1 tbsp vinegar and enough water to make 1 cup. Place in freezer to cool. Blend salt and sugar with flour in a big bowl. Using a pastry cutter (or a fork), "cut" (or mash) one pound of Crisco into the flour until crumbly. Pour liquid into a well in the centre of the flour/Crisco mixture and stir until dough just comes together. Flour your hands and roll into five balls. Wrap in cellophane to freeze, or put a ball in the fridge to chill before use.

Broccoli Cheese Quiche with Coleslaw \$5²²

- 1 ball pastry (\$.78)
- ½ an onion, finely chopped (\$.25)
- 1 tbsp oil
- 2 c frozen broccoli (\$1.20)
- Salt and pepper
- 1 c Mexican cheese blend (\$1.50)
- 5 eggs (\$.60)
- ½ c milk (\$.25)
- Half a cabbage, finely shredded (\$.34)
- 1 grated carrot (\$.30)
- ⅓ c mayonnaise



Preheat oven to 350F. Heat oil in a skillet over medium heat. Saute onion in oil until translucent (about three minutes). Roll out pie crust to fit into a deep pie plate and trim edges to fit. Distribute broccoli in plate, then cover in sautéed onions and cheese. Sprinkle with salt and pepper. Beat 5 eggs with a fork, add milk, then pour over the broccoli/onions/cheese. Bake for about 35 minutes (until middle doesn't jiggle). Serve with coleslaw of finely shredded cabbage, grated carrot and mayonnaise.

Turkey Chili \$5.46

- ½ a package ground turkey (\$1.00)
- 1 tbsp oil
- ½ an onion, finely chopped (\$.25)
- 2 cloves garlic, minced (\$.15)
- 1 tbsp chili powder
- 1 tsp Red pepper flakes
- Salt and pepper
- 2 sticks celery, chopped (\$.20)
- 1 can tomato soup (\$1.09)
- 1 can black beans, drained (\$.79)
- 1 can kidney beans, drained (\$.79)
- 1 can corn, drained (\$.79)
- Rice (\$.40)



Put rice on to cook. In a separate large skillet, heat oil on medium heat. Add onion with a sprinkle of salt and pepper and cook for three minutes. Add garlic, then chili powder, more salt and pepper, and red pepper flakes. Add turkey to brown, then celery. Add tomato soup, canned beans and corn. Cover and simmer over low heat for about 20 minutes. Serve with rice.

Bean Burritos \$5.23

- 1 tbsp oil
- 1 onion, finely chopped (\$.50)
- 1 can red beans, drained (\$.79)
- 1 can black beans, drained (\$.79)
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp chipotle chili powder (optional)
- Salt and pepper
- 10 small flour tortillas (\$0.66)
- 1 can red or green enchilada sauce (\$.99)
- 1 c cheese (\$1.50)



Preheat oven to 350F. Drain the canned beans. On oil in a sauce pan on medium heat; add onions and a sprinkling of salt. As onions begin to turn translucent, add chili powders, cumin and salt and pepper. Stir in beans and remove from heat. Spray an oven-proof dish with Pam. Hold tortilla in the palm of your hand and fill the middle with a couple generous spoonfuls of bean mixture. Roll to close and place them snugly in the dish. Cover with enchilada sauce and cheese. Bake for 30 minutes, then serve.

Pasta with Roasted Tomato Sauce \$5¹³

- 2 lb sliced Roma tomatoes, sliced thickly (\$3.16)
- 1 tbsp olive oil
- ½ bag frozen spinach (\$.85)
- 2 cloves garlic (\$.15)
- 1 tsp red pepper flakes
- 1 tsp oregano
- Salt and pepper
- 1 box pasta (\$.97)



Preheat oven to 400F. Drizzle tomatoes with olive oil, and sprinkle with salt and pepper. Spread evenly in an oven-proof skillet. Bake for 20 minutes. Remove from oven, then stir in garlic, oregano and red pepper flakes. Meanwhile, boil pasta in lots of salty water. Drain pasta reserving some water, then toss pasta together with frozen spinach in pan with roasted tomatoes. Add pasta water until sauce is desired consistency.

Turkey Meatballs with Tomato Sauce \$5⁵⁵

- ½ a package of ground turkey (\$1.00)
- 2 cloves garlic, minced (\$.15)
- Salt and pepper
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp oregano
- 1 tsp red pepper flakes
- 1 tbsp Worcestershire sauce
- ½ c bread crumbs (\$.18)
- ½ a zucchini, grated (\$.75)
- Jar of pasta sauce (\$2.50)
- Box of Spaghetti (\$.97)



Put salty water on to boil for spaghetti. Pour pasta sauce into a large skillet and heat on medium low heat. In a large bowl, mix turkey, garlic, zucchini salt and pepper, cumin, chili powder, oregano, red pepper flakes, Worcestershire and bread crumbs. Mash together using your hand, then roll in small balls and drop into pasta sauce. Cover and simmer for 25 minutes. Serve over spaghetti.

Chicken Satay \$5²⁸

- 1 tbsp oil
- 1 lb chicken thighs, cut in cubes (\$1.99)
- 1 onion, thinly sliced (\$.50)
- Salt and pepper
- 2 cloves garlic (\$.15)
- 2 zucchinis, chopped (\$1.65)
- Juice of 1 lime (\$.59)
- ½ c peanut butter
- 1 tbsp honey
- 1 tbsp ginger
- Soy sauce
- 1 tsp sesame oil (optional)
- Red pepper flakes (optional)
- 1 c rice (\$.40)



Put rice on to cook. Heat oil in a skillet over medium heat. Brown chicken thighs, then onion and sprinkle with salt and pepper. Continue to cook for another 3 or 4 minutes, then add sliced zucchini and garlic. While the chicken mixture cooks, measure peanut butter, juice of the lime, honey and ginger in a 1 cup measure. Add enough soy sauce to make 1 cup (or to taste) and stir. You may have to warm it in the microwave for about 30 second. Toss with the chicken mixture and heat through. Sprinkle with red pepper flakes and serve with rice.

Chinese Slow Cooker Chicken \$5³⁹

- 3 lbs chicken drumsticks (\$2.97)
- ½ an onion, thinly sliced (\$.25)
- 1 clove garlic, minced (\$.08)
- 1 tbsp oil
- ½ c soy sauce
- 1 tbsp honey
- 1 tsp sesame oil
- 1 tsp red pepper flakes
- 1 package frozen spinach (\$1.69)
- 1 c rice (\$.40)



In a large bowl, toss chicken, onion and garlic with oil, soy sauce, honey sesame oil and red pepper flakes. Place in a slow cooker on low for 4 hours; 30 minutes before serving, prepare rice (boil 1 ½ c water, add 1 c rice, reduce heat to simmer and cover for about 30 minutes). Toss frozen spinach with hot chicken five minutes before serving.

Chicken Pot Pie \$5³⁴

- 2 balls of pastry dough (\$1.56)
- 1 lb chicken thighs, cubed (\$1.99)
- 1 tbsp oil
- ½ onion, thinly sliced (\$.25)
- 1 bag frozen peas (\$.99)
- ½ package onion soup mix (\$.43)
- 2 tbsp flour
- 1 tbsp Worcestershire sauce
- 1 c water
- Salt and pepper
- 1 egg (\$.12 – optional)



Preheat oven to 350F. Roll out one ball of pastry and fit into a deep pie plate. Heat oil in saucepan over medium heat. Add chicken and onion. Sprinkle with salt and pepper and brown meat, cooking until the onion is translucent. In a 1 cup measure, whisk flour into water and Worcestershire sauce. Deglaze pan with flour/water mixture. In a large bowl, toss peas and carrots and with contents of onion soup mix pouch. Combine with chicken mixture. Pour into pie crust. Roll out second ball of pastry and cover pie plate. Using a fork, poke a few holes in the top to let steam escape. Whisk egg with a fork and brush all over pastry (optional). Bake at 350F for 45 minutes.

Chicken Drumsticks in Plum Sauce \$5⁰⁶

- 2 lbs chicken drumsticks (\$1.98 – You can remove the skin)
- ½ package of onion soup mix (\$0.43)
- 1 can plums in sauce (\$1.05)
- Broccoli (\$1.20)
- Rice (\$.40)



Put rice on to cook. Preheat oven to 400F. Spread chicken out in a shallow, oven-proof dish. Sprinkle it with onion soup mix. Pour can of plums and sauce over top and cover with aluminum foil and place on the middle rack in hot oven for 40 minutes. Before the rice is completely cooked, remove lid and put frozen broccoli on top of rice. Replace the lid and let steam until tender (about five minutes).

Chickpea Zucchini Curry \$5⁵³

- 2 cans chickpeas (\$1.58)
- 1 tbsp oil
- 1 onion, thinly sliced (\$.50)
- 2 cloves garlic, minced (\$.15)
- 1 tbsp curry powder
- Salt and pepper
- 2 medium zucchinis, diced (\$1.65)
- 1 c water
- Rice (\$.40)
- Plain yogurt (\$1.25)



Put rice on to cook. Heat oil in a skillet over medium heat. Add onions and cook for about 3 minutes, add garlic. Add curry powder, salt and pepper. Toss in chickpeas and zucchini. Add cup of water and cover; reduce to simmer for ten minutes. Salt and pepper to taste. Serve with rice, plain yogurt, and a garnish of cilantro if desired.

Lazy Cabbage Rolls \$4³⁰

- 1 tbsp oil
- 1 onion, thinly sliced (\$.50)
- 2 cloves garlic, minced (\$.15)
- ½ package ground turkey (\$1.00)
- Salt and pepper
- ½ shredded cabbage (\$.35)
- 1 tbsp Paprika (optional)
- Rice (\$.40, pre-cook 1 c)
- 2 cans diced tomatoes (\$1.84)



Preheat oven to 350F. Heat oil in a skillet over medium heat. Add onions and cook for about three minutes. Add ground turkey and garlic then continue browning. Add salt and pepper, and paprika (if using). Before turkey is completely cooked through, add shredded cabbage. Depending on the size of the skillet, you may need to remove meat and onions and add a bit more oil to sauté the cabbage separately. Toss meat and cabbage mixture with cooked rice in a large bowl. Spray large, shallow oven-proof dish with Pam and fill with meat/cabbage/rice. Pour cans of tomatoes over top. Cover with foil and bake for about 30 minutes.

Homemade Mac and Cheese \$5⁴⁹

- ½ box elbow macaroni (\$.50) (half pound)
- ¼ c butter or margarine
- ½ onion, diced (\$.25)
- 3 tbsp flour
- Salt and pepper
- 3 cups milk (\$1.00)
- Dash of Tabasco (optional)
- 2 cups cheese blend (\$2.19)
- 1 cup bread crumbs (\$.35)
- 3 tbsp melted butter
- 2 c broccoli (\$1.20)



Preheat oven to 350F. Boil macaroni in pot of salted water until just tender (5 minutes). In a separate pot, heat butter on medium-low heat, then add onion and sauté until translucent. Add flour and cook (stirring constantly) for about three minutes. Whisk in milk and cook on low until it begins to thicken. Stir in Tabasco, if using, and cheese. In a large bowl, toss macaroni with milk/cheese mixture and salt and pepper. Pour into oven-proof casserole sprayed with Pam. Mix bread crumbs with melted butter and spread over the top. Bake for about 30 minutes. Serve with steamed broccoli.

Curried Peas with Rice \$4⁹⁶

- 1 tbsp oil
- 1 onion thinly sliced (\$.50)
- 2 cloves garlic, minced (\$.15)
- 1 tbsp curry powder
- 1 can diced tomatoes (\$.92)
- 1 small bag frozen peas (\$.99)
- 1 c water
- Rice (\$.40)
- Plain yogurt (\$2.00)



Put desired amount of rice on to cook. Heat oil in a skillet on medium heat. Saute onion for about 3 minutes. Sprinkle with salt and pepper, then add minced garlic and curry powder. Add can of diced tomatoes and continue cooking for a few minutes. Add frozen peas and cook until warmed through. Add a bit of water to thin sauce. Serve with yogurt over rice.

Asian Cabbage and Ramen Salad with Glazed Drumsticks **\$5²⁶**

- 2 lbs chicken drumsticks (skin removed) (\$1.98)
- 1 tbsp ginger
- 1 tbsp honey
- 2 tbsp soy sauce
- 1 clove garlic, minced
- ½ cabbage, finely shredded (\$.34)
- 1 package Ramen noodles, crushed (\$.55)
- 1 sliced green onions (\$.10)
- 1 carrot, grated (\$.30)
- ¼ c soy sauce
- 1 tbsp sugar
- ¼ c vinegar
- ⅓ c oil
- 1 package slivered almonds, lightly toasted (\$1.99)



Mix ginger, honey, soy sauce and garlic in a large ziplock bag. Toss drumsticks to coat and marinate in the fridge for a few hours (or a few minutes, if that is all the time you have). Preheat oven to 350F. Spray baking sheet covered with foil with Pam and arrange chicken. Bake for 35 minutes, or until juice runs clear when poked with a fork. In a large bowl, toss shredded cabbage, sliced green onion, and carrot. Discard flavor packet from Ramen noodles and place noodles in another ziplock. Crush using the bottom of a cup. Toast almonds. In a measuring cup, mix soy, sugar, vinegar and oil. Adjust to taste. Just before serving with chicken, toss dressing with cabbage, Ramen noodles and almonds.

Egg Noodles with Green Beans in Mushroom Sauce **\$5²⁰**

- 1 package egg noodles (\$1.44)
- ½ onion, thinly sliced (\$.25)
- 1 tbsp oil
- 1 clove garlic, minced (\$.15)
- Salt and pepper
- 1 can mushroom soup (\$1.09)
- 1 c sour cream (\$.68)
- Bag of frozen green beans (\$1.59)



Boil egg noodles in salty water. Heat oil in a saucepan over medium heat. Add onion and cook for 3 minutes. Add garlic, salt and pepper. Add mushroom soup and sour cream. Add frozen green beans and heat until warmed through. Thin sauce to desired consistency using pasta water. Drain noodles and toss with mushroom sauce.

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