

Good but cheap  
recipes for a college  
student.



**Trinity Variant**- Chop up 1 green pepper, 1 tomato, and 1/2 a red onion. Put in a bowl and cover. This is your starting mix that will go towards making 3 days worth of recipes. some things you can make with the mix:

Greek salad- add some feta cheese and some greek dressing, add some lettuce to give it more bulk.

Spinach Salad- Put mix on a spinach salad, with a hard boiled egg thrown in there for protein, and some mushrooms.

Omelette- Add some of your mix to a few eggs. Mix it up, cook in a frying pan, and add a bit of your favourite cheese.

Baked fish or chicken. Take some fish or chicken and put it in a baking dish or pan. Drizzle a bit of oil or butter onto the meat, and add a handful of your mix ontop. Bake in the oven.

Pasta: Add your mix to tomato sauce or alfredo sauce, and toss with your favourite pasta.

Rice- Cook some of your mix in the microwave for a bit, then add some rice cooked in chicken stock.

Stir fry- Fry up your mix with some meat or tofu. Add some soya sauce and put over rice.

Wraps- Wrap up some of your mix in a pita or tortilla with some shredded cheese and optional meat.

Salsa-like object- Add a good dash of fresh cilantro, some fresh parsley and white vine vinegar/lime juice, jalapenos and garlic, for something very amazing.

Bratwurst- Take a pan, drizzle olive oil in the pan. High heat. Throw some bratwurst in there and sear it all all sides until its brown. Turn heat down to medium. Dump the green pepper, tomato and onion mix on to the pan and then pour a dark beer in with it all. The amount of beer depends on your pan size. Go just over halfway up your sausages. Cover the top and let those puppies steam for 30 minutes. Flip about halfway through. For the last couple of minutes you can remove the top and let the beer and veggie broth reduce to make a sauce. Serve on a toasted hot dog bun with a little deli mustard and some of your reduced sauce.

**Sweet potato fries:** Chop up a sweet potato into fry shapes. Drizzle with olive oil. Sprinkle Taco seasoning (you can buy a little package for like 99 cents at the store) and some paprika. Toss it up and bake until fries are crispy. These are super good. Dip them in some sour cream or ketchup mixed with a bit of curry powder, or a bit of mayo with a teensy bit of ketchup and horseradish sauce for the sweet potato fries.

Try butternut squash fries. Same idea, also delicious.

**Stuffed green peppers:** Take a green peppy, cut in half and clean out. Stuff with a mixture of rice and tomato sauce. Cover top with ground up crackers and shredded cheese. Cook in oven until cooked (lol I don't know cooking times well), and then broil a bit to get the cheese all bubbly.

**Home-made mac and cheese:** couple tbsp of butter, melt in frying pan. Add a tbs of flour and mix around really fast until flour is cooked (couple minutes). Add milk slowly while whisking, it should thicken up. Slowly add whatever your favourite cheese is (shredded). Mix in some cooked macaroni and put in a baking dish. Cover with more shredded cheese and broil until the cheese is bubbling.

### **Pasta Sauce:**

For pasta, you don't really even need the tomato sauce. Just throw in an extra tomato and cook it all in a pan until the tomatoes get nice and squishy. I also throw in some basil / oregano / kalamata olives

### **Chicken Pot Pie:**

If I had to add my own item to the list I'd say chicken pot pie is quite an easy item. Oh, and fucking delicious as well. You can just get canned mixed vegetables or mix and match whatever suits your fancy. Premade pie crusts and a pound of chicken and you're basically done. <http://allrecipes.com/Recipe/Chicken-Pot-Pie-IX/Detail.aspx> is a good recipe. Just follow the comments people made as well. Good luck!

### **Softboiled Egg:**

Make sure you master the art of cooking a perfect softboiled egg! Those are delicious on toast. It is not an art, it is a SCIENCE! <http://www.seriousseats.com/2009/10/the-food-lab-science-of-how-to-cook-perfect-boiled-eggs.html>

### **Stirfry:**

Anything stirfry is awesome. Just practice combining meats, veggies and spices until you get some meals that you love. One of my favs is chicken, potatoes, spinach and onions with basil, garlic, pepper, red pepper, and salt.

If you don't already, add flash frying to your stir fry routine. Just put oil in the wok, heat until it starts to smoke, toss garlic and ginger in, stir as fast as you can, then add the first

of your ingredients and proceed like normal. The sudden cooking adds a flavor to the oil that contributes to the whole dish.

Another trick is called passing through. Personally I think it's a bit wasteful, I wouldn't recommend it unless you're cooking for a group. Fill your wok with enough oil to submerge your meat entirely. This is a good time to use a small wok and thin cuts of meat. Heat this until the oil starts to shift around (yes, this is a bit scary), dump your meat in, and stir. Remove the meat after a minute, strain it, and dump out all the oil you don't need for the rest of the stir fry. Add the meat back in later on. This seals the flavor of the meat in, along with the flavor of any marination you used. It's very good, but that is a lot of wasted oil.

Cooked whole-wheat fettucini mixed with a stir fry made from - sliced onions, green beans, matchstick carrots, chopped ginger, teriyaki sauce.

### **Brown Rice and Beans:**

Brown rice (cook 1 cup) with a can of chili beans mixed in. Add a little oregano and chili powder and maybe some chopped cilantro and grated cheese. Eat with corn tortillas, chips, crackers, or as is.

**Soup** made from frozen mixed vegetables, and a can each of garbanzo beans, chopped tomatoes (not stewed), black beans. Add a couple of cups of water as you like. Add spices: oregano, garlic powder, onion salt, a dash of olive oil, thyme. This makes a lot of soup, so share or keep leftovers.

**Veggie enchilada casserole:** stir fry chopped zucchini/yellow squash, onion, corn, chopped bell pepper, black or kidney beans. Layer in a lasagne style: torn corn tortillas, enchilada sauce, veggies, grated cheese. Put grated cheese and sprinkle chili powder on the top layer. Bake at 350 covered for 15 min or so. If you don't have the ability to bake, then you can just mix the sauce in with the veggies, and serve with cheese and warmed corn tortillas.

**Chili:** 1 can each of chili beans, drained kidney beans, drained black beans, drained garbanzo beans, chopped tomatoes (not stewed). Add some water and a heap of chili powder, ground cumin, and garlic powder to taste. You can also add chopped onions, cilantro, corn, peas, chopped zucchini, or a small amount of chopped broccoli.

**Chicken and Rape-** you need to get: chicken, rape (it might be labeled as "yau choy"), quail eggs, chicken eggs

you probably already have:

-a clean-ish pot -a filthy bowl you've eaten out of a few times -a dirty saucepan that you made eggs in or something -rice, sugar, soy sauce

do these things:

1. start a pot of water boiling. never mind the tiny pieces of pasta stuck to it. those are good for you.

2. throw rice and water in the rice cooker
3. put some soy sauce and sugar in the saucepan. they blend will with the butter from when you made eggs this morning.
4. water is boiling, chop the chicken up and throw it in.
5. turn of heat to saucepan
6. go play games for as long as you like. rice maker shuts off automatically. you can't "over-boil" the chicken.
7. come back, take the chicken out, throw it into the sauce pan. ladle some of the boiling water into the filthy bowl
8. while the boiling water softens the filthy bowl contents, kinda stir the chicken around in the pan. wham, teriyaki chicken.
9. put chicken eggs in the still-boiling pot.
10. your bowl is now clean, like magic. wipe it a bit, put some rice in.
11. put quail eggs in the boiling water.
12. move teriyaki chicken to storage container and put some on your rice for the upcoming meal.
13. throw the rape in the pot, put the container in the fridge.
14. cut the flame, put the rape in the bowl with the chicken.
15. remove all eggs.

result: you end up with: teriyaki chicken with rice and rape and a clean bowl to eat them in, hard boiled chicken egg for dinner and some for later, hard boiled quail eggs for snacking, and a pot and pan that come clean with just a quick wiping down.

i have food for days. whole process, start to finish, took maybe 20 minutes, with 10 minutes of game in the middle.

i also threw like 20 filthy forks, knives, chopsticks, and spoons along with a ladle and spatula into the leftover almost-boiling water. they all came instantly clean when i washed them after eating. and the whole process only used one pot of water, so i am saving the planet.

**Cous cous** is one of the cheapest, healthiest, and tastiest carb sources on the market. Combine with a can of chickpeas, some frozen peas, some garlic, and some green onions, and you've got an amazingly tasty five minute meal.

Alternatively, microwave some canned chicken broth to a boil, pour it over the dried couscous, add sliced green onion, raisins (left over from your oatmeal at breakfast), chopped dried fruit (apricots are great) and some chopped nuts (slivered almonds or peanuts, maybe). Toss with a fork until the broth is absorbed.

**Chicken and Potato Casserole:** Get a package of frozen spinach, about a dozen of those tiny baby red potatoes (the 1 or two inch ones), some thin sliced chicken breast, and some montreal chicken seasoning. cut the potatoes in half. put the spinach at the bottom of a baking dish. Put the potatoes in. Put the chicken on top. sprinkle some seasoning on the top. Back at 350 for 45 minutes. **MAKE SURE YOU PUT FOIL OVER THE DISH!!**

It takes about 10 minutes to prepare and it is quite tasty. Also, it is far better for you than all the pasta/rice dishes suggested here. Living on pasta is a terrible idea unless you are running A LOT or trying to store copious layers of fat for winter.

**Dal:** there might be an initial investment in spices you may not have. Afterwards you're just working through fresh vegetables, garlic, ginger and onions.

2 tablesoons ghee (if you don't have clarified butter, you can probably use olive oil) 1 onion, finely chopped 2 cloves garlic, finely chopped 1 inch piece ginger, finely chopped 1 teaspoon salt 1 teaspoon turmeric powder .5 teaspoon paprika or chilli powder 1 teaspoon coriander powder (get a cheap mortar and pestle and grind the coriander freshly) 1 pound potatoes (washed and chopped) 1 pound spinach 1 teaspoon garam masala (In Canada, you can get this at places like Superstore, but as a bachelor it probably isn't required)

Heat ghee and lightly fry the onion, garlic and ginger

Add the salt and spices and fry for two minutes.

Add potatoes and fry till half cooked. (The longest part)

Meanwhile wash the spinach and chop finely.

Stir into the potatoes and continue frying till tender.

Sprinkle with garam masala before server

Also: Lentils are dirt cheap.

This is a tasty Dal, for vegetarians substitute vegetable stock, for the cheap substitute water.

<http://www.recipezaar.com/recipe/print?id=349834>

**Quesadillas** are a dietary staple.

Extra Sharp Cheddar, grated and two taco sized tortillas (or one burrito sized folded in half).

Butter one side of each tortilla, put one butter side down in pan over medium/low heat, layer with cheese, squeeze in a couple of packets of taco bell mild/hot sauce, cover with second tortilla butter side up. Cook until golden brown, flip. Cut into triangles to make eating easier.

Optional: layer inside of one tortilla with refried beans in a thin layer, place bean side down on cheese and then butter outside/top side so it browns when flipped.

## 96 hours of Chicken-

Night 1: Buy a whole chicken. Roast it, make gravy w/ the pan drippings and eat a thigh and leg w/ mashed potatoes and a vegetable. Reserve bones.

Night 2: Take meat off chicken make a curry or stir fry with some of the meat and some veggies. Serve with rice.

Night 3: Make tacos with left over meat

Night 4: Use the chicken stock that you should have made on day 2 to make a delicious chicken soup w/ left over meat and other stuff.

Bonus meal: take the wings off and split them so you have 4 pieces, heat up and toss in melted butter, garlic and hot sauce for yummy hot wings.

## **Enchilada casserole**

Ingredients:

- \* Package of 10-12 tortillas
- \* Large can of red enchilada sauce (hard to find in Canada, just in case you were wondering)
- \* 1/2 pound grated cheddar cheese
- \* 1/2 onion
- \* 1 small can of diced green Ortega chilies (if desired)
- \* Large can of sliced black olives
- \* Vegetable oil
- \* 1 to 1.5lb of lean ground beef (or ground turkey; if using ground turkey, season with lots of chili powder and black pepper for extra flavor)

Directions:

1. Dice onion, and sauté in small amount of vegetable oil
  2. Add ground beef, and cook until brown
  3. Drain olives, add to meat/onion mixture
  4. Add 1/2 can enchilada sauce
  5. Allow it all to simmer on low for a few minutes
  6. Add desired amount of diced chilies
  7. Lightly fry tortillas in corn oil until soft, and then drain on paper towels
  8. Heat oven to 350 degrees
  9. In ovenproof casserole dish begin layering meat mix, cheese, and tortillas, using 2-3 tortillas per layer
  10. Top with remaining cheese & enchilada sauce, and bake uncovered for 20-30 minutes
- Best served with taco sauce, sour cream, and guacamole/avocados on the side.

## **Chicken and Veggies**

Boneless, skinless chicken breast, some brown rice and a green vegetable (broccoli, asparagus, Brussels sprouts, green beans, whatever).

You can barbecue the chicken or broil. Throw some salt and pepper on or get more extravagant (teriyaki, garlic or lemon pepper, or chili sauce...)

Boil or steam the veggies (I like mine crispy).

Pro tip: Make a big batch of rice once a week and keep it in the fridge to microwave when you need it. This can really speed up the time it takes to make this meal.

You can always swap out the chicken for a fish (I like salmon with honey garlic dill sauce).

I eat this for dinner at least 3 times a week and think it is one of the healthiest meals around.

**Meatloaf.** Two pounds lean ground beef and a packet of McCormick's Meatloaf Seasoning. You can buy disposable meatloaf pans or just buy a normal one. Loaf pans have LOTS of uses.

Follow the directions on the seasoning packet. You will need eggs and milk. I don't use bread crumbs or tomato sauce/paste. Personal preference.

This cooks for one hour and you drain the meat at the 45 minute mark. At that time you can poke a few holes in the top and add a layer of tomato sauce so it will soak down into the meat or just spread a layer of tomato paste on the top.

When you put the meat in the pan you use your fingers to kind of mold it into the corners and make the top flat. Also, you can mold the meat on the bottom and sides leaving the middle empty and fill it with cooked rice, mashed potatoes or cheese for a 'stuffed' meatloaf and then use the rest of the meat to cover the filling. Make sense?

Leftover meatloaf sandwiches are quite tasty.

## **Sausage Bacon Pasta Stuff**

A couple strips of bacon, cooked and crumbled

2 links of italian sausage, cooked and crumbled

3 Tbsp butter

1 garlic clove

2 Tbsp chopped parsley, Pinch each dried basil and oregano (I use Italian seasoning instead)

6oz corkscrew noodles

4 eggs, beaten

1/4 cup grated parmesan cheese

salt, pepper

Cook the meats, set aside; melt the butter and saute the garlic. Add the bacon and sausage, as well as the seasonings. Meanwhile, cook the pasta until done and drain. Add the pasta to the meat mixture, stirring. Add the eggs and cheese, stirring until the eggs coat everything and have begun to set.

## **Poor man's stroganoff**

\* Cook up some onions and mushrooms in some butter on the stove until tender

\* Brown up a pack of ground turkey or beef with garlic, salt, and pepper (Cayenne if you like spicy)

\* Add a can of cream of mushroom soup and a half a cup milk

\* Let simmer, until it thickens

\* Add sour cream or eat as is.

\* Put over rice or noodles



## **My fool proof Chicken Enchilada/Tortilla Soup**

Makes enough to feed me for several days so you can scale it if you wish.

- \* 3 lbs-ish of chicken breast or chicken or whatever
- \* 2 cans cream of chicken - cheap stuff
- \* 2 cans original Rotel
- \* 2 cans red enchilada sauce. (I use Old El Paso but others might work)
- \* 2 cans black beans (optional)
- \* Anything else you think sounds good. Maybe hominy?
- \* Bag of mexican blend cheese
- \* Cheap bag of tortilla chips
- \* 1 chicken bullion cube

Cover the chicken with just enough water to boil it. Toss in the bullion cube to flavor the broth some.

Dice the chicken and remove some broth if there seems like a lot. You could keep it in a big bowl or cup and add it back if you don't have enough later. You don't want too much broth or it will dilute the flavor of everything else.

Add in all cans of stuff. Simmer for a while to combine everything.

Break up some tortilla chips in a bowl, add soup, add cheese, Om nom nom nom

**Cheap, easy, healthy stir-fry:** Chop up 1-2 cloves of garlic and throw in stir-fry pan. Add 1-2 tablespoons of oil to get the garlic cooking (cook on med-high heat for 1-2 minutes). Chop up one yellow onion to your desired choppiness, add to the garlic and oil. Let this cook over medium heat for a few minutes until the onions start looking slightly transparent. As you're cooking this, slowly add 1/4-1/2 cups of water to keep some moisture/juice in the bottom. Add a chopped red or green bell pepper. Let that cook for another minute or two. Add a chopped zucchini. Cook for another minute. Add a half block of tofu, cooked shrimp, chicken strips or whatever other meat you would like/prefer. In any combination as well. At any point during cooking, feel free to add pepper, salt, sriracha sauce, soy sauce, stir-fry sauce, etc.

**"Lancashire bacon and fried cheese".** (old but really simple recipe my dad taught me) Per person 2 or 3 oz cheddar 2 strips bacon cut into matchsticks 1/2 pint milk

Fry the bacon, drain the fat, reduce the heat, add the milk, wait a little, add the cheese, stir until the cheese has melted, don't allow to boil as it will curdle. Serve with crusty bread and black pepper.

## **Easy sandwich chicken.**

Needed: 1 slow cooker.

Ingredients: 1.5-2 lb chicken 1 pint lager Italian dressing dry mix

Dump it all in the slow cooker. Wander back by after about 4 hours and shred. Cook about an hour after you shred it. Eat on rolls.

**Pasta alla carbonara** is great and cheap. Just boil your pasta and cook it in a skillet with some eggs, bacon, and pepper. Tasty, simple, great.

## **Tuna casserole.**

Small sea-shell pasta, boiled al dente (about half a bag)

1 can cream-of-mushroom soup

1 can of tuna

whatever seasonings you want to toss in

handful of shredded cheese

handful of white corn

I love tuna casserole too, but learned when I was really up against the wall economically that replacing the can of mushroom soup with a white sauce (google the recipe) and fresh mushrooms is way cheaper than the Campbell can. Haven't tried the recipe with white corn, but any corn would no doubt be cheaper home grown.

Now that I'm better off economically, I like to make the white sauce with white wine, garlic, and freshly grated Parmesan or Gouda (or both) cheese with chunks of fresh fish, shrimp, or turkey breast ham. And add an aromatic herb like fresh sweet basil, turmeric, or oregano.

And there are lots of pastas that work well, some of which are kind of expensive. Maybe one of my next projects should be to learn how to make homemade pasta.

**Food Sludge-** about 13 ounces of ground beef, half a pound of generic high wheat cereal (cheapest bulk you can find), one pound cabbage, one pound celery, one pound onions, one pound carrots, grind up the vegetables, brown the ground beef, put all of it, including the cereal, into a big pot and cover it with what seems like too much water and let it boil down for about five hours, until you've got a disgusting, unappetizing brownish sludge. This should be able to feed you for about four days, one pound portions for lunch and dinner, half pound portions for breakfast. The best way to eat it is fry up the portions. Like I said, it's way more complicated, but can be more interesting and cheaper depending on sales and where you look for the ingredients.

**Beans and Rice** were my staple in college (and now, that I have a fresh baby) Saute an onion, a bunch of garlic, and a bunch of peppers. I like pasilla (poblano) pepper, a red bell, and a serrano. Start some rice, I like brown rice- it's better for you, and I like the flavor and texture more. Once the onion is brown and soft, put in a can of black beans. Put in the liquid, too, it's yum. You can throw in a can of tomatoes if you like. You can also throw in some cumin, some cayenne pepper, some black pepper, maybe some salt. Maybe a touch of cinnamon, but really only a pinch. Make a shit ton and eat it all week. You can also throw in a can of corn. Avocado, sausage, sour cream (or Mexican

Crema if you can find it), sriracha, salsa, my wife demands i say fried plantains, are all your friends. Ooh, jack cheese and cotija are good. And cillantro. It's a pretty versatile base, so you can change it up enough to not get sick of it, and it's a complete protein and gets you most of your minerals and stuff, eat some broccoli and corn and leafy greens to round out your minerals and vitamins.

I started eating this because I asked my dad, a physician, what one dish I should eat if I were going to eat the same thing every day for a month and still be nutritious; this is what he suggested. It's cheap, easy, and good for you, and I can seriously eat it every day for a good long while.

Have some beano on hand. Or matches, if you go for pyrotechnics.

**Beer grilled pork chops.** With pork chop prices down around \$1.99/lb, two 8oz chops are around \$1 a piece. Marinade a few of them and freeze the rest. Pair it with brown rice which is pretty damn cheap and you have a meal for about \$1.40.  
[http://www.ehow.com/how\\_4790135\\_beergrilled-pork-chops.html](http://www.ehow.com/how_4790135_beergrilled-pork-chops.html)

**Omelette.** Quick. 2 or 3 eggs, one greased frypan. Mix eggs in frypan with fork. Either top with nothing or with chopped parsley, chervil, dried herbs, grated parmesan cheese, lotsa grated cheddar, BACON, sliced mushrooms, truffles or linear combination thereof. Eat from pan, wipe frypan and put away.

**Potato Wedges.** These take some time. Scrub potatoes, cut into wedges, place in oiled pan curved side down, season with salt and cajun mix, bake at 200C/400F shaking pan occasionally until brown and appetising, eat from pan, wipe pan, put away.

**Croque Monsieur.** Fairly Quick. Artery clogging.  
<http://en.wikipedia.org/wiki/Croque-monsieur>

**Risotto.** Cook in and eat from same pan. <http://en.wikipedia.org/wiki/Risotto>

## **Pizza soup**

Cook a can of tomato soup, add a scoop of rice (i prefer brown), add some mozzarella cheese and cut up pepperoni pieces on top, enjoy.  
Simple, but amazing.

**Black Bean Loaf.** This is a classic vegetarian recipe that I love making, and usually turns out quite well.

1st step: cook some black beans. Do this however you want. Personally, slow cooker overnight with garlic. Also works fine to just grab a can of pre-cooked bean. You want about 2 cups worth (1 can)

2nd step: pour the beans into a skillet with some oil, garlic, random spices, whatever. I like mine spicy. Also pretty good with the "italian spice" shaker. Now you're going to be smashing the beans while you cook them down. Plastic spoon or spatula works pretty

well for squashing. Want to get it to the consistency of thick yogurt. This step can take 10-20 minutes.

3rd step: mix the bean goo with a cup(ish) of spaghetti sauce, two cups of breadcrumbs (stale bread that's been blendered), and two eggs. Add some more spices here if you feel like it. I usually chop up a clove or two of garlic and toss it in.

4th step: bake. 375 F for ~45 minutes, or until you don't feel like waiting anymore. It doesn't really need to be cooked 100% of the way through, just enough to cook the egg (160 F). Less time can be good, but more time can also be good. Changes the texture from more sauce-like to more meatloaf like.

All of the measurements are from memory and I've used it with a wide range.

Substitutions can be made to fit your taste.

Bonus round:

For the quick, easy snack: Microwave omlette pita. Fill a half pita with lightly beaten eggs, cheese, and hot sauce. Set it in a bowl so the pita doesn't spill. Microwave for ~1 minute. Enjoy.

**Cornbread Casserole** 1 can of creamed corn 1 can of regular cut corn 1 box of jiffy cornmeal (\$0.79!!) 1 8oz tub of sour cream 1 egg  
mix all together, put in greased dish (like a cake or casserole pan), cook at 350 for 45 minutes.

**Tortilla Pizza:** Package of tortillas 1 can of tomato sauce/paste 1 package of pepperoni slices 1 package of mozzarella cheese  
-layer like a pizza -heat oven to 400 degrees -put pizzas on cookie sheet, cook for 5 minutes -eat! :)

**Sunday morning frittata** 4 potatoes- quartered... microwave 3 mins. the flip each piece and mic another 3 mins  
cut the potatoes into bite sized pieces add to non stick skillet with olive oil on medium hot heat cook the taters season (salt and pepper) add chopped fresh broccoli , chopped red peppers, slices of cooked sausage or ham.... toss and cook  
add 6 or so beaten eggs... stir, flip... cook the mixture... one eggs look almost done turn off the heat add some grated cheese ( cheddar, mozzarella) a few splashes of tabasco sauce and you are in heaven

## **The world's best lentil soup**

Ingredients:

2 tsp cumin ground

1 onion (diced)

2 cups lentils (washed to remove starch and soaked overnight in water)

3 cloves fresh garlic (minced)

1 tsp basil

1 tsp oregano

1/4 - 1/2 tsp cayenne pepper  
2 carrots (diced)  
2 celery stalks (diced)  
6 cups of water  
1 can of crushed tomatoes/ 1/2 jar of spaghetti sauce (sauce tastes better sometimes)  
4 bouillon cubes (enough for 8 cups broth, use chicken or veggie)  
1 cup milk or cream (use cream)  
1/2 cup of olive oil

TODO:

- \* heat oil ( on 8 or 9)
- \* add cumin and toast for 1-2 minutes
- \* add onion and garlic
- \* cook until onion is brown
- \* add remaining spices and celery, tomatoes and carrots, stir to coat
- \* cook for 5 minutes or so
- \* add water, bouillon cubes and lentils
- \* cook 1/2 hour - 1 hour, add milk/cream and serve

Garnish with lemon rind and/or cilantro

Bottom of Form

Top of Form

## **Fish Sauce Vegetables**

1. Veggies from China town
2. Fish Sauce
3. brown rice
4. fry 'em up

Cheap, can be made in like 10 minutes, and healthy (throw some chicken in it every once and a while to celebrate)

## **Simple, cheap, white truffle risotto.**

Serves 4

2½ litres good chicken stock 50g butter 1 onion, chopped very, very finely 400g superfino carnaroli rice 125ml dry white wine salt and freshly ground black pepper for the mantecatura:

75g cold butter, cut into small dice about 100g parmesan, finely grated a white truffle 1 tsp truffle butter

Some tips: chop the onions as finely as you can (the size of grains of sea salt) - you don't want the onion to be obvious in the finished risotto, and if you have large pieces, they will not cook through properly. Grate the parmesan finely so that it is quickly absorbed. Make sure that your butter is very cold. Cut it into small, even-sized dice before you start cooking, and put it into the fridge until you are ready to use it. That way it won't melt too quickly and it will emulsify rather than split the risotto. Remember, the more rice you cook, the greater the heat it will retain, so it will take less time to cook.

To make the soffritto: put the stock into a pan, bring it to the boil and then reduce the heat so that it is barely simmering. Put a heavy-based pan on the heat next to the one containing the hot stock, and put in the butter to melt. The choice of pan for risotto is important, as a heavy base will distribute heat evenly, preventing burning. As the butter is melting, add the onion and cook very slowly for about 5 minutes, so that it softens and becomes translucent, losing the pungent onion flavour, but doesn't brown - otherwise it might add some burnt flavour to the risotto and spoil its appearance with brown flecks. I don't recommend that you add any salt at this point, because the stock that you will shortly be adding will reduce down, concentrating its flavour. You will also be adding some salty parmesan at the end, so it is best to wait until all these flavours have been absorbed and decide at the end whether you need any seasoning or not.

For the tostatura ("toasting" the rice), turn up the heat to medium, add the rice and stir, using a wooden spatula, until the grains are well covered in butter and onions, and heated through - again with no colour. It is important to get the grains up to a hot temperature before adding the wine. Add the wine and let it reduce and evaporate, continuing to stir until the wine has virtually disappeared and the mixture is almost dry - that way you will lose any taste of wine. From this point to the end of the cooking, for this quantity of risotto it should take about 17-18 minutes (a minute or so less if you are doubling the quantity). Start to add the stock a ladleful at a time (each addition should be just enough to cover but not drown the rice), stirring and scraping the base and sides of the pan with your spatula. Let each ladleful of stock be almost absorbed before adding the next one. The idea is to keep the consistency runny at all times, never letting it dry out, and to keep the rice moving so that it cooks evenly (the base of the pan will obviously be the hottest place, and the grains that are there will cook more quickly than the rest, unless you keep stirring them around). You will see the rice beginning to swell and become more shiny and translucent as the outer layer gradually releases its starch, beginning to bind the mixture together and make it creamy. Keep the risotto bubbling steadily all the while as you continue the process of adding stock, stirring and letting it absorb, then adding more stock.

After about 15 minutes of doing this, start to test the rice. A word of warning: let it cool before you taste or you will burn your mouth!

The rice is ready when it is plump and tender, but the centre of the grain still has a slight firmness to the bite. When you feel you are almost there, reduce the amount of stock you are adding, so that when the rice is ready the consistency is not too runny, but nice and moist, ready to absorb the butter and parmesan at the next stage and loosen up some more.

Take the pan off the heat and let the risotto rest for a minute without stirring. For the mantecatura, quickly beat in the cold butter, truffle butter, then beat in the parmesan. The result should be a risotto that is creamy, rich and emulsified. At this point, taste for seasoning and, if you like, add a grind of salt and pepper, then shave over the white truffle. Serve the risotto as quickly as you can, as it will carry on cooking for a few minutes even as you transfer it to your serving bowls (shallow ones are best), and you want to enjoy it while it is at its creamiest.

This should be a quick whip-up meal with a few substitutions (as the dorms will often limit your pantry) on the fly. If you can't buy truffle butter in the dining halls, just buy the

ingredients separately and make a compound butter yourself. Perhaps a finishing butter would also suffice?

Hope I helped, good eats to you!

**salmon baked rice.** i just made one for dinner, it's simple, cheap and delicious.

you would need: 1) rice 2) salmon fillet 3) cheese

for sauce: 1) butter 2) a can of mushroom soup 3) mushrooms 4) onion 5) broccoli and cauliflower 6) a dash of paprika, salt, pepper, any herbs would be nice too, for seasoning

--

\* cook rice

\* prepare sauce in a different pot, stick onion and butter first. then everything else, stirring occasionally, let it simmer for a while, and then season to taste

\* put rice in an oven-safe bowl, and then pour sauce on top of the rice

\* slice salmon fillet and arrange pieces on top of sauce

\* grate cheese above, covering everything

stick bowl in a pre-heated oven, wait for 15 minutes, until all the cheese has melted

**Pita Bread Pizza** (there like tortillas but shaped like ovals. toss in the oven for like 5 mins. take out and put pizza sauce, cheese, and toppings of choice) Combination are endless chicken and rice, mashed potatoes and chicken, chicken and pasta w/ sauce, etc.

**Easiest salsa ever** (and tastes totally awesome):

a large can of diced/crushed tomatoes (16oz or so) a smaller can of diced tomatoes with peppers (8 oz) 1/8 red (purple) onion (taper up, cause too much will spoil it) one bunch of cilantro Lawry's garlic salt (to taste - probably around a Tbsp) Lemon juice.

2 Tbsp splenda (or sugar, but I'm trying to keep it healthier)

Blend everything up in a food processor one thing at a time- not to a paste, but just to finer particles. Mix in a bowl. If you have all the ingredients and a basic food processor, the whole thing can be made in less than 5 minutes, is REALLY good, and will make you more attractive to a mate, and you will score higher on exams.

**Bean Salad.** Hit up the canned bean section of your grocery store and pick out 3-5 cans of beans or corn that you would like in your salad. Black beans, pinto beans, kidney beans, whole kernel corn, green beans, chick peas, all work. Mix all these up into a large bowl, and some salt, pepper, or some cumin. This will give you alot of bean salad so whatever you don't eat, cover and put in the fridge, lasts a good week. When ready to serve you can eat it plain or add your favorite salad dressing, hot sauce or whatever, be creative.

## **Stirfry-**

First, start boiling some rice.

Then put some olive oil in a wok on high fire and put this in it: - Assorted chicken bits (wings, fillet, anything goes) - cook until salmonella-safe. - Assorted vegetables (usually available bagged and precut). - A LITTLE soy sauce.

Turn down the heat, and stir a good amount of Boursin through it all.

Add the rice, enjoy your meal

**Facon.** Next time you make some bacon save the grease in your fridge. Get some tofu, and fry it in a little bit of the grease. The flavour of the tofu is so neutral it gets decimated by the awesomeness of the bacon. If you use half a cube of tofu for the recipe, this costs about 50 cents to make.

**Couscous.** this can be made in large batches - couscous - knorr chicken broth mix (the powder kind) - I always eyeball the broth to couscous. look at the water required for both to get a good idea

Mix these in a superware container. Add any or all of the following: - pistachios - cumin - apricots (cut up) - chili flakes - raisins - red lentils - thyme - whatever

Now all you have to do is take out the amount that you want and add water. This is good for a quick lunch to go and is super cheap. Couscous is better for you than ramen noodles. If making at home, drizzle with olive oil.

**Home made pizza.** Pizza dough is very easy to make, and if you buy flour in bulk it costs pennies. The dough will keep for a few days wrapped in plastic in the fridge. Toppings can be absolutely anything (my favourite is brie and cranberry sauce).

## **taco salad!!!!**

can of kidney beans cheese avocado (if you live where I live, they are dirt cheap) lettuce ranch dressing packet of italian dressing mix (powder, mix a bit into the ranch for extra flavor) taco seasoning ground meat bell peppers

I make a batch of the meat and then make up one serving with the ingredients above. I put everything in the fridge and plate up another dish the next day... I usually am happy eating this 4 or 5 days in one week. it is tasty and you can mix it up with different veggies, adding chips or tortillas, and it is easy to take with you, too.



## **Pruned Chicken-**

- \* 4 chicken fillets, diced
- \* 1 bag (250 grams) of dark dried prunes cut to bits
- \* 1 tin (250 grams) of black olives, sliced
- \* half a jar (50 grams) capres (drained)
- \* fresh green pepper grains to taste
- \* 100 ml olive oil
- \* 100 ml black balsamico vinegar

Let all this marinate several hours (or even better: overnight) in the fridge.

Put in an oven dish and cover loosely with aluminum foil. Cook in the oven for about 30 minutes at 180 degrees celcius.

In the meantime cook some pasta, light the candles and pour the wine. A strong, dark red wine probably suits best. Enjoy!

**chicken salad.** Super easy. Couple cans of chicken, add mayonaise, sage, onion/garlic powder, salt and pepper until it tastes right. I also add a little lime juice, onion, carrot, almond slices for extra flavor. There's probably more or less things you could add that sound good, it's pretty easy to experiment with. Put it on toast and it's good stuff.

## **operation B34n**

Purchase 5 - 7 different types of beans your choice even change it up for variety. Soak the beans for 12 or so hours they should be frothing. Now drain the water make 3 packages of beans with your content deep freeze 2 bags .

All instructions are done to rough estimations because well your a man cook like a man work things out then you can fine tune it however you like changing things up for variety. Add tomato sauce frozen vegetables any fresh vegetable you wish any meat of your choice or go vegetarian HERBS use herbs they are great for flavor and good for you I like to use a healthy portion of garlic and use some hot peppers cook on super low until its the consistency you like best, keeping in mind meat needs to be at certain temperatures for certain periods of time to cook sorry if this was ambiguous I only just started making these myself and I play it by ear every time.

**Cold soba!** Buy buckwheat noodles, soba sauce, and green onions. Cheap and filling :)

## **Thai Curry**

Thai red curry paste and thai green curry paste are the two best things you can put in your fridge. The second best is cock sauce (Sriracha hot pepper / chili sauce in a plastic bottle

with a rooster on it). Just make sure you buy the big jars of curry paste in chinatown, not the stuff you can find in tiny westernized jars in the grocery store which costs way too much money.

Quick and tasty curry: Heat up oil. Add chopped onion, some curry paste, and chili peppers if you want (dried ones work fine). Throw in a can of coconut milk (less than \$1), a drop or two of fish sauce (if you want, optional), some lime juice (have a big container of the packaged stuff in your fridge if you don't want to have to buy limes every time you make this, but limes are probably cheaper / better), and water. Stir it up, add more paste if you need to, maybe some oil if you want that, and then throw in chopped vegetables (bok choy, carrots, celery, bamboo shoots, peas, whatever) and cook until they're done. You can make the sauce watery with lots of coconut milk, water, and lime, and it's like a watery thai curry, or you can make it more like a thick sauce so you've got more of a stir-fry kind of thing. Serve on rice.

Another alternative, and cheaper:

Make rice. As the rice water is boiling, throw in some curry paste, peanut butter, lime juice, chopped onion, fish sauce (just a splash), and some brown sugar if you want. To this you can add vegetables, chopped pork (you can use about 1/3 to 1/2 pork chop, to get a bit of meat in your diet without having to spend a lot of money), or cooked fish (for awhile I used frozen salmon which I had found on sale, which I just microwaved - who cares if it's tough, it's going into sticky rice curry and it softens up and gets flavourful there), shrimp, whatever you feel like or have found for a good price. Cook until the rice is soft and the meat is done.

A cheap, but unspicy thing: Cook rice. In the final stages, throw on top a bunch of chopped peppers, onions, broccoli, and pork or whatever other meat you've found on sale and put in the freezer. Put the lid on and the food gets steamed on top of the rice.

Delicious and easy.

Finally, and this one is pretty damned good: cherry barbecue chicken. 1 can pitted black cherries, a cup of barbecue sauce, chopped chicken. A bit of hot sauce is a good idea here, if you like spice. Throw all three ingredients (including the juice from the cherry can) into a pot and cook until done on medium or so. Serve on bread or egg noodles. You can make the same dish with pork.

Make decent sized batches of any of these things and for only a few bucks you'll have at least three or four meals worth.

## **Homemade Falafel** Adapted from Washington Post

2 cups dried chickpeas 1 medium onion, minced 5 garlic cloves, smashed 1 cup fresh cilantro, chopped (you can use parsley if you're not a cilantro fan) 1 tsp baking powder 2 tsp freshly ground coriander 2 tsp ground cumin ½ tsp red pepper flakes 1 tbsp kosher salt ½ tsp black pepper Vegetable oil for frying

Cover the chickpeas with water and soak for 24 hours. Drain and set aside.

Using a food processor, pulse the chickpeas until they are finely chopped but not baby food. You want it to look like breadcrumbs. Add the onion, garlic, cilantro, baking powder, coriander, cumin, red pepper flakes, salt and pepper to the mixture. Process until the ingredients are incorporated and the mixture is a pale green. It should still be a very grainy texture. \*Note: If you have a small food processor, this might have to be done in batches.

Remove the mixture and carefully roll out 1" balls. These will feel like they will fall apart, but they won't...I promise! Do not overwork them, this isn't like making meatballs. Gently form them and place them on a sheet pan.

While the falafel is chilling, heat an electric fryer or a large saucepan with oil. The oil should be about an inch deep and about 350 degrees.

Gently drop the falafel into the hot oil and fry for about 3-5 minutes - they will be nice and golden brown. Remove and place on a paper towel lined plate to drain. Serve falafel on pita bread with lettuce, tomato, red onion, cucumber and your desired sauce(s).

## **Potatoes!**

Here's a good one:

Dice up and boil some potatoes, taking them out once they're softish. Then cook in butter or oil, searing all sides, and garnish with salt and pepper.

You can do other things with it; I like them browned with soy sauce and with green onions and chili powder.

Or mash them. Or put them in a stew.

**Hash browns.** All you need a good skillet or even a plug in grill like a George Foreman, some oil, and a grater with big holes.

Get a couple potatoes, wash them, grate them up into a large bowl, put the potatoes in a towel, squeeze the potatoes inside the towel to drain the water.

Now place them on top of the oiled pan or device and cook.

## **Pasta with Plain Yogurt.**

There are a few variations, including adding tomato paste and/or sauted onions, mint and/or thyme. I like red pepper on everything.

They can eat yogurt with just about anything out there, including meat and vegetables. As an American it sounded bizarre adding yogurt to these things, but you'd be surprised.

(Their yogurt is better for it unfortunately)

## **Baked Chicken Parmesan**

4 boneless skinless chicken breasts or equivalent chicken tenders 1/4 cup melted butter  
1/2 tsp garlic powder (or probably a couple of minced garlic cloves) 1 Tbs Dijon mustard  
1 tsp Worcestershire sauce 1/3 cup bread crumbs 1/3 cup grated Parmesan cheese 1/8 cup dried parsley

Mix together the butter, garlic powder, Dijon, and Worcestershire in a dish. (I typically use old pie pans for this.)

Mix the bread crumbs, Parmesan, and parsley together in another.

Dip the chicken in the butter, then in the bread crumbs, then place in a buttered or greased 9x9 or so pan. Bake at 350 for 50-60 minutes, until done through.

**Chili potatoes** buy the potatoes and buy a can of chili bake the potato at around 400-450 for an hour(read reddit while baking) take it out of the oven and throw on some chili. Add sour cream/ butter/ cheddar cheese as necessary. Any Veggie meat or Sauce can go on a potato. They are amazing.

**Baked Chicken with root veggies.** Get a Whole Chicken...Un-wrap it and dig inside to take the Giblets out-They usually come wrapped in paper and stuffed inside the raw bird. Rinse the bird with Water and then pat dry...as dry as possible. Use your finger to separate the skin from the breast...don't tear it off but separate it to make a pocket...and then stuff great things in the pocket. I usually throw in whatever fresh herbs I can grab at the market and some garlic. Thoroughly butter or oil the outside of the bird and salt and pepper it. Do a rough chop of all your veggies...anything just cut to roughly the same size - Potato, Baby Carrots, Onion, Parsnip. Put the Veggies in the baking dish put the chicken on top with the breast side up and put the dish in the oven at 500 for 20-30 mins. Turn the oven down to 425 and continue baking for an hour. The prep time for this should take about 15 mins and when it is done you will look like a golden god of cuisine. By sticking the patted dry and then oiled up bird in the searing hot oven, you sear the outside keeping all the moisture inside.

**IF YOU DO NOTHING ELSE...DO THIS**

Buy a mini pepper and salt grinder. They are not cheap, but that \$6 investment will last a year. You can buy versions of all your favorite herbs with the grinder built into the lid, in almost any grocery store these days. Mixed berry pepper freshly ground makes eating an egg an event - The red, green and black pepper combine into a party in my mouth. **DO IT.**

## **Greek Salad**

Ingredients: 1. 2 medium sized tomatoes 2. Half red onion 3. Half green pepper 4. 50-100 grams feta cheese, more if you like it:D 5. Half cucumber 6. Olives 7. Olive oil 8. A little Oregano (like half teaspoon)

Process: 1. Cut the tomatoes in 4 pieces each, put them on the plate

1. Cut the cucumbers in rolls and then each roll in 2 pieces
2. Cut the peppers and onions in stripes, rings are accepted, put them on top of the plate
3. Put the feta on the side, or cut it in smaller pieces and put on top of the plate
4. Top up with some olives
5. Add some salt if you want (if you do, its important to add it before step 6)
6. Add a little oregano

Serve with bread.

Anything else is NOT A GREEK SALAD. Variations exist and they are a subject of taste but this is the original. For a more student-friendly variation, I don't use cucumbers, I don't use olives and sometimes not even onion. For my taste the basic ingredients are tomato, feta and olive oil.

You can also add a can of tuna on top of the salad to make a very quick and nice and healthy full meal. Do not use oregano if you add tuna :P

Enjoy your salads :D

**Pesto "Pizza":** pesto sauce (very easy to make, or they sell jars for about \$3 bucks, and this lasts a long time) cheese (whatever's cheap, but mozzarella is best) bread  
Spread pesto on bread - thinly like butter. Slice cheese, put on top of pesto. Toast. Done in a minute and the ingredients last for weeks straight.  
Bottom of Form

**Jambalaya:** \$6 - just buy "Zataran's Jambalaya mix" and a hillshire farms beef smoked sausage. Cut the sausage into little slices and follow the directions on the Jambalaya box. This makes 4 meals, and is awesome as leftovers.

**Egg Fried Rice and Veggies:** \$3 - Cook up some white rice, I usually start with 1cup of dry rice. Once the rice is done set it aside, don't worry if it gets cold. Now cook 2cups of frozen veggies, I usually use the kind that comes in a big bag (corn, peas, and carrots). Once the veggies are done, drain them and set them aside. Now put a teaspoon of vegetable oil in a skillet and heat it med-high for 4mins. Add 3 eggs to the skillet and stir them around until they become nicely scrambled eggs. Now put all the rice you cooked into the skillet with the eggs, stir it around until they are mixed together nicely. Now add one teaspoon of minced garlic, and also add in all the veggies. Stir it all around for about 3 minutes. Done. This makes about 4 meals, and once again is great as a leftover.

### **Salsa Beef Mac and Cheese-**

ground beef jar of salsa (hot, hot, hot) box of mac and cheese.  
cook beef till all of it is brown, seriously. add salsa. cook down a bit.  
set aside. make mac and cheese.  
while hot. add beef and salsa mix.  
mix, add fork.

### **Mac and cheese pizza-**

What you'll need: Box of original craft mac and cheese (should be able to get it for something like 89 cents per box); Totinoz cheese pizza (Publix sells them 3 for \$5 and, for me at least, 1 pizza serves one easily and works perfectly for dinner); shredded cheese (which ever type you prefer).

Basically you boil up some water and make the macaroni as instructed on the box, while making the pizza in the oven, or microwave, as instructed on the box. Once both have are cooked, you take a good amount of the macaroni and put it on top of the pizza; enough to cover the top of the pizza without spilling over the edges. You then take the shredded

cheese and sprinkle it on top of the macaroni. This part is important as the cheese will melt and hold the macaroni together; you may also want to put a layer of cheese below the macaroni but this is not necessary so I will leave this to your discretion. Now for the task of melting the cheese on top; while the heat from the pizza and macaroni may be enough to do this by themselves, what I did was stick the entire pizza back in the oven. Although the oven should have been turned off after taking out the pizza, the remaining heat should be more than enough to melt the cheese and hold the macaroni in place. Leave it in there until the cheese has melted evenly at which point it should be ready to eat with no need for cooling. If you used a microwave, just be sure to heat it for something like 30 seconds so that the cheese has time to melt. you'll probably wind up with a enough macaroni left over to make another pizza should you like it, and you can easily just refrigerate it and use it again at another time.

## **Mix-mash with broccoli-**

Image: <http://imgur.com/LdgdI>

Ingredients

\* 2 Potatoes

\* 3 Carrots

\* A little bit of grated cheese, and a little milk (for the mash). Something like mild cheddar, your cheapest cheese, it's just adding flavour.

\* 1 Broccoli sprout

\* Salt

\* Olive oil (well you can go without but it's healthier, and adds very good flavour).

\* FRESH parsley, chives. You can go without this too, but it rocks to have it. :-)

\* Any type of sauce that goes well with mash. I like mushroom thick sauce, but you can also do something simple like a half boiled egg. If not, the meal may be too dry, but relax because it's still good.

Okay so preparation, easier than taking a dump (oops, hope I didn't ruin your meal there... hehe).

Preparation Okay, so I'll start with a summary of everything first: Boil potatoes and carrots. Mash the potatoes and carrots. Serve on plate with the broccoli and a condiment sauce.

Now the long version: Peel the potatoes and carrots and wash them. Cut them in tiny pieces, specially the carrots, because you want them to boil fast. You're going to mash them, so it doesn't matter how little, in fact, the thinner slices of carrots the better. You can boil carrots and potatoes together. Boil them until they're mushy, if the pieces are little it shouldn't take more than 15 minutes.

While you're boiling the potatoes, separate the broccoli sprout into little cells and put into boiling water. Broccoli needs to boil only for about 5 minutes, because it shouldn't be overdone, it should be a bit crunchy, like veggies are. Once the broccoli is done, drain it a little salty butter to give it flavour, or just salt. Another option is salt + olive oil. Anyway you get the gist.

Okay by now the potatoes and carrots are mushy, so drain them, add some butter, 1 teaspoon olive oil, and a little grated cheese, and begin with a fork to mash the tiny bits together. If you boiled them enough, it should be really simple. The potato is the mash,

the carrots are not going to mash as well as the potatoes but that is really normal, it's just giving texture to the mash (think of it as mash with chopped carrots inside). You should chop the parsley and chives very finely and add them there. Okay, while mashing, you can switch to a spoon once you see that it's already mash, and continue mixing, until it's smooth.

Serve the mash with the broccoli and the sauce of your choice. You'll love it. Specially the mash.

PD: You can experiment with the mash. Make it colourful. Potatoes, chopped carrots, grated cheese, garlic, etc. Sometimes you can take a bit of the boiled broccoli and add it to the mash (you may need to boil more) so it's yellow-orange-green... Tasty and much more interesting than plain mash.

## **Mediterranean Salad**

Basically, a lot of tomatoes, maybe three. Cut them into your perfect sized pieces. Oh, and they should be juicy tomatoes, and crunchy. ñum ñummy... Did I say a lot? Okay even more because that's basically it.

Now some olives, black, brown, green... add a handful of those.

Now dress this salad this way (and in this particular order): Salt first, olive oil second, vinegar last (if you like, not really necessary). The reason is that the salt goes very well with the tomatoes, but if you put the oil first, then the salt won't get to the tomatoes as they'll be shielded. At least this is the real Spanish way.

If you like, you can chop garlic and parsley to add flavor, but not too much.

Okay, that's about it. :-) Hope you like the easy summer mediterranean salad hehe...

## **Pasta al pesto-**

Simply buy your favorite pasta (mine is fusili, penne or tagliatelle), boil it al dente, and add a spoonful of pesto sauce. Stir it all together so it looks more or less like this pesto dish or better. Serve on a plate and eat just like that, accompanied by a simple tomato + rocket and parsley salad. Of course, use olive oil. :-)

## **Tuna rice-**

cook rice, fry some tuna (one can per two portions) and then , when it's done, add some cream and sour cream ( as much as you think is enough, but about the same amount of both). done.

you can ad some salt and spices if you want, but shouldn't be necessary.

**Cheeseburger Mac and Cheese:** Cook 1lb of ground beef and boil 4 cups of macaroni noodles. Flavor ground beef with a packet of taco seasoning, and drain noodles. Mix in a huge pan together and add in 1/4 tomato sauce and 3 cups of any cheese. Mix well until cheese melts. Enjoy. Serves alot of people and keeps well in a freezer. This usually only costs about \$10 at a grocery store.

## **Fried Rice:** [check this recipe out]

(<http://www.youtube.com/watch?v=2CjQ9DOq0wY>) Really good and cheap. Use Spam for better results.

## **My Ever Evolving Vegetarian Chili Risotto**

Start with a can of Diced Tomatoes

Add any combination of Bean, Lentil, Chickpea

Add any type of Rice

Any any Spices you might like

Add more vegetables. Beets, potatoes, carrots, onions, spinach, lettuce (pretty much anything)

Add some meat like thing. I've been using tofu recently. You could also use meat, though make sure you figure out how to cook it right before mixing it in.

Add whatever other interesting foods you might want in it: Raisins, Nuts, Balsamic Vinegar, More Spices, Boullions Cubes.

You cook and stir until it all seems cooked, roughly 20 minutes. I'm generally adding ingredients the whole time that I am making it, except maybe the last 5 minutes.

Serve it with grated cheese on top, or cottage cheese right next to it. You can put it on toast if you like.

I have also tried putting grated chocolate on it, which was quite delicious.

The key to this recipe is not to follow a recipe, just go with your gut.

I generally have enough for 4 or 5 meals after making one batch.

**Gordon Ramsay Eggs.** Once you try it this way, you will wonder what you were doing your whole life without it. [http://www.youtube.com/watch?v=dU\\_B3QNu\\_Ks](http://www.youtube.com/watch?v=dU_B3QNu_Ks)

## **Pizzarrito-**

Saute tortilla flip it over and add small amt pasta sauce add cheese broil. then fold = DONE also may add cold ingr. before fold ( cold ingr=lettuce;tomatoes,etc.). Try it once and your life will be easier.

## **My super secret pancakes recipe:**

\* 1 cup self raising flour

\* 1 cup milk

\* 1 egg

\* A pinch of cinamon (if you're feeling adventurous)

Step 1: sift the milk and cinamon into a bowl

Step 2: add the milk and egg, whisk until all ingredients are sufficiently combined

Step 3: if you want thin pancakes, mix in a bit more milk until the mix is thinner. If you want thick pancakes add a bit more flour and mix.



Step 4: wait a few minutes until the mixture rises.

Step 5: pour some mixture onto a buttered frypan at a medium heat. Make it whatever size you want. If you want super thin pancakes, move the frypan around such that the mixture while still uncooked spreads out across the frypan.

Step 6: flip the pancake with a spatula once bubbles start appearing. cook until you can see the underside is cooked.

Step 7: top with your favourite toppings, lemon juice and sugar, or jam and cream are good.

Step 8: repeat with the rest of the mix. The mix will also keep well in the fridge for a day, so you can use it the next morning, but will require some more mixing.

## **Stew-like Object**

Chop one onion (\$.99/lb), and a couple cloves of garlic, cook in oil (preferably olive oil) until soft (in a perfect world you would start the onion first) then add one can of white beans w/ their canny beany liquid (\$.69). When it boils add 1 bunch of spinach (2.99 at mos or you could use any other cooking green... like escrole, or kale, or turnip/radish/beet greens) wait until greens wilt, salt pepper maybe a little more oil and some parm (if you are rich) and then eat in a bowl. This will be thick like a stew, its really very good and incredibly cheap. this will feed 2 or maybe 3 people and the total cost is less than \$7.

## **Cheese-Scrambled Eggs on Toast:**

Mix together two eggs (the innards, obviously), a dash of milk, and some salt and pepper. Place mix in microwave for ten second intervals, beating with a fork, when the eggs start clumping, add grated cheese at each new interval until scrambled. Toast two slices of bread, place egg between and add HP sauce liberally.

## **Lentil Stuff-**

One of my favorites for quick, easy and cheap: 1 c dried brown lentils (washed and picked over for rocks and bad beans), 1.5 c chopped tomatoes and juices (canned is fine), 1 c water or stock, 1 onion, chopped, 2 tsp minced garlic, 2 T olive oil, 1 tsp each ground cinnamon, tumeric, and cumin, 1 bay leaf

Heat oil in a pot, add onion and cook for 5 minutes, stirring. Add garlic and spices and cook for another minute. Add lentils, tomatoes, bay leaf, and water or stock, partially cover and cook, stirring occasionally, until lentils are tender (25-30 minutes), adding additional liquid if necessary to prevent burning (should be saucy rather than soupy).

You can double this recipe and make lunch for a whole week for about 5 dollars!

Leftovers freeze pretty well, too.

## **Beef Soup-**

Butcher scraps or 'stewing beef' in a pot with broth, carrots, onion, potato. you can get a 'soup mix' of beans and lentals... it's delicious and got nutrition and cheap as fuck. I usually get a 'stew pack' of veggies, which is a cabbage, carrots, and some turnip looking thing... salt pepper... everything in a pot for like 2 hours...

I make a huge pot and then freeze it in plastic bags. This way anytime you need it, bam stew. It's like chunky's soup but on your terms.

## **Curried veggies for one;**

Heat olive oil in a pan. Slice up a squash and a small bell pepper, start cooking @ medium heat. Let cook two minutes.

Add 1/2 small diced onion and a small can of diced black olives.

Add a sprinkle of parsley and a sprinkle of basil.

Stir. Add garlic salt, pepper and 1/4 teaspoon curry (more if you want).

Add one table spoon water, or chicken broth. Cover and simmer five minutes.

Great with pasta.

## **Pork Roast-**

Get a nice tenderloin, brown it a little bit in some olive oil. Throw it in a covered oven safe pot with some thick chunks of potatoes, carrots, onions and garlic. Put it in the oven at 350 for a few hours; use a meat thermometer to tell when it's done.

Prep time should take about 10 minutes, makes really good leftovers. Save the drippings to make gravy or for cooking later. If you do this with pork shoulder you'll get something more like pulled pork.

## **Eggplant Strips-**

1 or 2 Eggplant (This is your "meat") -slice the long way into strips.

1 white onion. (Dice)

1 red onion (Cut off the ends and cut into 'rings', then slice down the middle so that they are "C" shaped.)

1 or 2 stocks of cilantro. (Dice)

4 to 6 Roma tomatoes. (Dice)

Lawry's Garlic Salt (mix in as cooking, not too much) and

Lawry's Seasoning Salt (Or Johnson's, if you want to kick in an extra dollar or two)

Get a reasonably sized frying pan and pour in some vegetable oil. Add all of these ingredients and stir.

You can also add other veggies that suit your fancy (Bell peppers, Jalepenoes) but this is the cheapest and easiest version.

If you want to double the costs, you can drop the eggplant and pick up a pound and a half of chicken or skirt steak. Cut into long strips and add to the pan thawed. Maybe let the meat cook for about 5 minutes before you put veggies in.

Hope you like it. It fed me many budget tight nights, and gave me some cool points with the vegetarian girls who were impressed that I could make veggies taste so nummy. :)

## **Creamless cream of whatever soup:**

- \* 1 onion, chopped
- \* 2ish potatoes, chopped
- \* about the potato's volume in some kind of vegetable, chopped, broccoli is good.
- \* bouillion cubes or goo

In a big pot, sautee the onion in oil until translucent. Add the potato, vegetables, water to cover, and two or three bouillion cubes or spoonfuls. Simmer until the potato is cooked.

Once bouillon is dissolved, taste for if it needs more flavah, add more bouillion if so.

Allow to cool, then blend to smoothness.

Optimizations for taste: chopped garlic, various herbs n' spices, some added cream or yogurt before serving. Butter or bacon grease instead of oil, shallots instead of onion.

Optimizations for cost-effectiveness: frozen vegetables are generally cheaper than fresh.

Or for fresh, keep an eye out for what's on sale. This soup freezes great, so keep some tupperware around and save a bunch for when you don't have time or inclination to cook.

Get in the habit of looking in the freezer when you are hungry.

## **Thai Tofu-**

fry bitesize squares of tofu in a little oil. toss in minced garlic. add any vegetables. move everything to the side of the skillet. now, in the empty section of said skillet, throw in a big scoop of peanut butter, a bunch of hoisin sauce, and a little soy sauce.

once it had gotten a little melty, mix it into the tofu and vegetables. tastes like a sit down thai restaurant (with leftovers!) for \$1.50.

**Antipasto with tuna fish.** It's like \$5 for the jar of antipasto, \$2 for 4 cans on tunafish and this stuff will usually last you a few days depending on how many servings you have.

## **Baked Chicken-**

Just get some breadcrumbs, olive oil, and some chicken breasts (and, perhaps, anything additional you might like - chili powder, parmesan cheese ... it's up to you.). Plus a a

tasty veggie - ie Asparagus or green beans (sugar snap peas are acceptable, but not as tasty - they prefer pan-frying for a shorter period of time).

Find a pan with decently high sides. Wash the chicken breasts, and then rub down with some olive oil. Spoon some of the breadcrumbs onto both sides of chicken, then place on (oiled) pan. Coat veggies in olive oil, and then sprinkle salt and pepper to taste - arrange around the chicken. In pan, cook this for approximately 45 minutes at 200 (345 F) degrees celsius.

After this, eat your tasty, tasty veggies and chicken. Seriously, this shit is tasty as hell.

**Swabian Potato Salad** (my favorite) 4 large, boiled potatoes, When cooled, peel and slice them thin (If possible prefer waxy potatoes for making a salad. Mealy potatoes may break while cooking.) 200 ml hot beef broth (or vegetable stock) 1 tsp mustard 1 small onion, finely chopped 1 tbsp wine vinegar 1 tsp sunflower oil salt, white pepper according to your taste

Mix together: vinegar, oil, mustard, onion, salt and pepper 1 tbsp. of beef base with 1 cup hot water. Pour the liquid mixture over the potatoes and mix thoroughly.

Enjoy your salad! The potato salad tastes best when it is still slightly warm.

**Chili:** can of kidney beans, cooked ground beef, can of tomatoes, packet of chili seasoning. Add rice to make it last for days.

**Pizza dip for a party:** In a ceramic pie pan, layer 8oz. cream cheese, 8oz. pizza sauce, shredded cheese, pepperoni and olives. Cook in an oven (350F) or microwave 10 minutes. Eat with tortilla chips.

**Pasta Salad:** I experiment with mixing lots of different stuff with pasta. With italian or ranch dressing, try different cheeses, seasonings, and vegetables.

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## **Glorified pork chops-**

Brown pork chops and onions in skillet with olive oil. Add 1 can of cream of celery soup + 1/4-1/2 can of water. Cook on low until pork is tender and soup looks less like cream of celery soup and more like gravy. Serve with instant mashed potatoes or white rice.

City Chicken Season cubed pork with salt and pepper, dredge in flour and brown in skillet with olive oil. Transfer to oven proof dish, add 1 can of french onion soup and bake at 475 for 35 minutes, then broil for 10. Alternatively you could just add the french onion soup to the skillet and reduce heat until done.

## **Orzo Pasta**

1 can small whole black olives 1 pkg frozen spinach (thaw and drain) 1pkg feta cheese  
Boil Orzo pasta as per directions on box Strain Add feta in crumbles, Olives and Spinach  
Stir well  
Enjoy hot or cold  
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## **Potato Hobo Pack-**

Buy frozen, diced potatoes with chopped peppers already included in the bag. Pour some of the potatoes onto a piece of tin foil. Add half a stick of butter, desired seasonings, and (this is important) about half a cup of beer on top. Close up the tin foil so it is a self-contained steamer. Set oven to broil, cooking time varies with load, but usually about 25 minutes. They taste fucking outstanding, and since potatoes are very high on the satiety index, they fill you up. Also, you can get a bag of diced potatoes for like \$2, and one bag will make at least three meals. Addition of vegetables and other stuff is optional - I like to think that's what the beer is for, but that's just me.

## **Microwaved egg sandwich-**

I prefer to eat this with whole wheat bread, but any bread will do. Usually, for an egg sandwich, you would fry it, but it is much easier (and healthier) to pop an egg into a ceramic bowl, pop the bowl in the microwave, and cook for one minute. The egg comes out steaming and fluffy, and is easy to remove from the bowl with a utensil. Drop the egg onto your mayonnaised-to-taste bread, and enjoy.

## **Awesome nachos-**

Deposit enough tortilla chips on a plate to cover the plate. Sprinkle cheese onto the tortilla chips. Add salsa, jalapenos, onions, green peppers, hot sauce, etc to taste. Cook in microwave on high for about a minute, or until the cheese is melted. That shit is delicious, I promise.

## **Sausage and Bean Stuff-**

1 clove garlic  
1/2 cup chopped onion  
1 lb smoked sausage  
2 cans butter beans (giant lima will do) NOT DRAINED  
beer  
optional: celery, bell pepper, smoked paprika, black pepper, ground chipotle  
some cooked rice

Slice the smoked sausage thinly, and put into a skillet on med-low heat. Chop the onion, add it to the pan. Here, if you want you might add a couple tablespoons worth of thin-sliced celery and bell pepper, but they aren't necessary, so I didn't list them in the ingredients.

Throw a lid on it, and let it go for 5 or so minutes, then stir. Repeat. Now add the garlic. You should slice it thin, then cut it the other way to make slivers. It works better to do this way in this dish than to use a press.

Give it a stir, put the lid back on for five minutes. Repeat.

When the sausage looks nice and dark on the outside and everything is tender and done, crank the heat up to high. Let it heat up for a minute, but don't let it burn.

Pour in the beer, about 2/3 of a 12 oz beer is good. Scrape, scrape, scrape all the crusty stuff from the bottom of the pan, and stir it as it cooks down. When it boils almost down to nothing, add the butter beans(undrained. Don't let it get to the point where things are starting to stick.

As soon as the beans starts to boil, turn down the heat to med-low. Cover, simmer, stirring often. In about 5 minutes, the butter beans will begin to break down and thicken the sauce.

Slop it over the rice. You will be amazed.

Tips and advice:

Use a brand of butter beans that is NOT "seasoned". Lucks or Bush's Best(hate the name) are good in my area. Check the ingredients: no need for anything but butter beans, water and salt.

Quality of the sausage definitely has dramatic impact on the quality of the dish. Notice that no salt was listed, you don't need any. Though, it is sometimes nice to add black pepper, or smoked paprika, or both. I sometimes use a little ground chipotle.

If the sausage is very lean, use a tablespoon or two of bacon grease or olive oil. I actually often use a tablespoon of each.

You can start the rice before you do anything else. It will usually be done a little before the sausage and beans, which is fine. Really, 15-25 minutes early is fine, so long as you keep a lid on it.

This isn't my normal style of cooking. I pulled it out of my butt once when I was in the mood for Southern. I'm sure I'm not the first guy who ever did something like this. I was quite surprised how really good it was, and I eventually told my daughter about it. It became an immediate family favorite at her house. Then she told some people... Long story short: everyone who tries this recipe incorporates it into their short list of regular items. It is very easy, cheap, satisfying, nutritious and YUMMY.

For a real redneck party, do it with some stewed fresh collards and serve the whole thing with cornbread and sweet tea.

**-Potato soup.** Cube up 2 - 4 potatoes (depending how much left overs you want) to what ever size you want, and then do the same for any veggies you want, I like to use onion and carrots mostly. Add to a pot that has about 1 cup of milk and 1 table spoon of butter per potato, or whatever seems good, add salt, pepper, basil, sage (just whatever spices/herbs sound good) and put onto medium - medium high heat for about 30 - 45min (you'll want to check how soft the veggies are around 30min, and then cook as needed.)

**-Scalloped potatoes.** Just slice up 2 - 4 potatoes (the thinner the better, usually, they'll be cooked through easier and in a shorter amount of time) and add whatever veggies you feel like, cut in any way. I like whole asparagus, sliced onion, coarsely shredded carrot, etc. Some people like to lay down a layer of potatoes in a baking dish, and then a layer of veggies, then potatoes, but I just usually just mix them up and throw them in the dish. You'll want to cut up maybe 6 pads of butter, depending on how deep your dish is, and then space these equally on top of everything. If you have it, I encourage you to put cheese on top. Bake on 350 for 45min - 1hr, or until cheese is pretty browned. My wife and I like these dishes anyways =]

## **Pasta Sauce-**

1 can of tomato. Some fresh parsley. A little bit of onion. A quarter carrot. A small piece of celery if you have it. Salt and butter.

Fry the diced onion for 1-2 minutes in butter.

Add canned tomato (italian if you can find it, with nothing added - so no garlic, basil, etc) + salt

Put in piece of carrot and celery (and a clove of garlic if you wish, whole - this is just there for flavor and you take all of it out before serving)

Cook for 30-45 minutes, add parsley 5-10 minutes before done.

Serve with pasta. Great way to impress friends and potential girlfriends, because it's really that good, and almost no work.

## **Easy, cheap and amazing curry recipe.**

You need: red curry paste (\$3.99, will last for about four meals); 1 red onion (\$0.89); 4-6 red potatoes (\$1.50); 1 can chickpeas (\$0.79); sugar; oil. Other vegetables you can add are mushrooms, peppers, carrots, or, if you're feeling adventurous, apples. Serve with rice, rice noodles, cous-cous, or for dipping with French or Calabrese bread.

1. Chop potatoes into edible-sized pieces and boil until almost eating-consistency. Add curry powder/paste or sugar if you're feeling adventurous.
2. Chop onions roughly and fry, along with 1/2tbsp curry paste, in 1tbsp oil until they are translucent and have filled your kitchen with an aroma that will attract people for yards and yards.
3. Once onions are where you want them, add chickpeas, potatoes once properly boiled as per #1, and other optional vegetables. Add one more 1/2tbsp curry paste, and fry for about 15/20 minutes.
4. After frying for 5-10 minutes, add 1 tbsp sugar and stir in while continuing to fry.
5. Add 1/2-cup water or so, and bring to a low, soft boil. Boil off the extra liquid until the curry is at a desirable consistency. Not too runny, but not so thick it turns into mush.
6. Let cool for about 20 minutes on very low temperature; then serve! This is an important step, as the curry cools the flavours and spices will infuse and will make the meal taste far better.

Again, this meal goes best served with rice, rice noodles, cous-cous or French bread. All of these things are cheap and delicious. \$20 of decent basmati rice will last you months. A loaf of French bread is \$1.00. Cous-cous is \$1.00 per box. Rice noodles are \$2.99 per package.

Other things you can add to this recipe are coconut milk (gives a wonderful richness to the taste of the curry), mustard seed, a small amount of cumin and turmeric, fresh garlic or ginger. If you want more protein, serve with a hard-boiled egg quartered and placed on top of curry/rice. Delicious. All of these are optional but are worth it if you have the time/money.

Lastly, be adventurous! This is one of those meals that you can perfect to your own tastes. It will become second-nature to cook this meal and you will be able to easily impress friends, family and significant others with ease and style.

## **Satay lamb/Beef/Chicken with Rice**

- Rice - 1 can of Campbells chicken soup - 1 packet of Onion Soup - Milk - Onions - Meat (Steak, schnitzel, is best, otherwise Lamb, Chicken) - Peanut Butter - Seeded mustard (optional)

First put rice onto cook

In another pan, - Cut meat and onions, fry in a pan until cooked - Pour in can of soup - Put onion soup packet into can and fill with milk, mix - Add in 1 tablespoon of peanut butter and Mustard if you are using it - Pour Soup/Milk mix into pan, stir - Cook for another 1 minute

Turn off the meat/satay dish and wait for rice to cook.

Serves at least 4, depending on the amount of rice/Cous Cous

## **To use leftover rice:**

Stir fry some meat (ham or chicken) until almost done, add minced garlic and grated ginger for about 30 seconds, add the cold, clumpy rice from the fridge, then when it's heated through, toss in a couple of whisked eggs and toss until the eggs are set.

## **Crockpot Roast**

Put a small cheap roast or half roast cut into small pieces in slow cooker. Add a chopped onion, a sliced carrots, a handful of pearl barley, chopped celery, sliced tomato, salt and pepper (coarse pepper if you have it).

For beef, add a half beer or half a cup of water, a bay leaf and some thyme. For pork, add chopped fresh or some powder ginger and a sliced apple or two, half a cup of water. Stir then cook on low for 6 to 8 hours.

If you don't have or like pearl barley, put diced potatoes in a couple of hours before eating.



## **Crockpot chicken with cream cheese-**

Put two bone-in chicken breasts into a crockpot with salt, pepper and a whole, whole bunch of oregano, so much oregano you really can't tell what's underneath. Add about 1/2" of water and turn the crock on low and leave for 6-8 hours.

When you get home from school, start a pot of rice. Remove then chicken from the pot and with two forks shred the chicken off the bone, then return it to the crock with about a block of cream cheese and a can of cream of something soup (mushroom, celery, whatever) and turn the crock to high. Stir until it's nice and creamy, serve over the rice with a nice chianti and some fava beans.

## **Chinese Chicken Drumsticks:** Ingredients

- \* 1.5kg Chicken wings
- \* 1/4 Cup soy sauce
- \* 4 Cloves of Garlic
- \* 2-3 Tablespoon of Ginger grated (=about a single snapped off bulb)
- \* 1 Teaspoon each of salt, pepper and sugar
- \* 2 Tablespoons mirin/ rice wine/ Sherry, if you have nothing good, brandy/rum works alright
- \* 2 Tablespoons canola/sunflower oil
- \* 1 Tablespoon Honey

### Instructions

- \* Cut each chicken wing into three pieces, the wing tip, and the upper/fore arm (Save wing tips for the soup as stock)
- \* Optional: This is really labor intensive but very worth it, For the fore arms with two bones, cut around the smaller bone and pull it out. For both the fore arm and upper arm, grab the smaller end of the bone and cut around it but only 3/4 of the way down the bone. After this turn the meat inside out to form a 'drumstick' with the wing. Pictures of another recipe, but same method of how to turn inside out
- \* Mix all ingredients above except for chicken, for the marinade.
- \* Put chicken wings in marinade overnight (or 8+ hours)
- \* Bake at a moderate temp (200°C), or if you only have the stove, add some water and put the mix on a low heat in a saucepan with a lid. Both for ~40 mins

### Ginger chicken soup: Ingredients

- \* 4 Tablespoons of Oil
- \* 4-6 Tablespoon of Ginger grated (=about 2 snapped off bulbs)
- \* 1 White + 1 Red Onion
- \* 5 Cloves of Garlic
- \* 4 Celery Stalks
- \* About a handful of finely chopped corriander leaves
- \* 1 Tablespoon each of Salt, Black Pepper, White Pepper
- \* 6 Cups of Veggie Stock
- \* 6 Cups of Chicken Stock
- \* Wing Tips from before
- \* 1 Kilo of chicken wings cut into 3 pieces

### Instructions

- \* Crush garlic and finely chop along with corriander
- \* Chop onions and celery as you wish
- \* In a large saucepan, chuck oil in and fry garlic and onions for 3 mins
- \* Chuck in everything else and cook for 40 mins on a medium heat (shouldnt be boiling) in a large saucepan
- \* You now have a weeks worth of food, i hope you like chicken wings

**Broccoli Rice:** Bring 2 cups of water to a boil, add one can of cream of broccoli soup, and one cup of rice, cover and simmer. Add salt to taste. It's delicious and fucking cheap.

**Potato Soup:** Buy a big bag of yukon gold potatoes, a bag of onions, olive oil, fresh garlic (if you don't buy fresh, don't bother), cayenne pepper, salt, pepper, milk, flour, and chicken broth. Cook your potatoes well in the microwave and take off or keep the skin and cube or squish depending on how much you like chunky soup, cook your julienne (sp?) and minced onions and garlic in the skillet, adding the spices after the heat is off, then dump in your potatoes and onion shit in a big pot with your milk, chicken broth and about two or three tablespoons of flour to make it thick. Amounts of everything should vary according to how much you like it. Measurements are for people that don't know what they like.

**Arizona Skillet:** Buy a can of kidney beans, a can of black beans, a box of macaroni noodles, cayenne pepper, salt, a can of diced tomatoes, garlic cloves, a yellow onion or two, and a bag of cheese (preferably sharp cheddar but pepper jack and mozzarella aren't bad) to go on top (also, if you want, you can add some cooked chicken, steak, or think ground beef with taco seasoning in it). Cook your noodles, add all your shit in a large skillet, cook till hot, then top your cooked noodles with the veggies, beans, and spices, and add cheese. It's really good and a packet of taco seasoning instead of pricey spices would probably work just as fine.

**Amazing Burgers:** Buy ground beef, an onion, one or two fresh, red mild peppers, cayenne pepper, pepper, salt, fresh garlic, frozen spinach, and either allegro steak sauce or a similar type depending on your tastes. Cook and drain spinach, chop all your shit to your preference, then add it all in to the meat to your tastes. Remember, too much allegro means your burgers will be too salty. Grill to perfection, then eat. All of these things can be very inexpensive. At first when you're buying your spice collection, it WILL be pricey (\$3/spice but salt and pepper are cheap), but think of them as investments. They'll last many meals and you can tune things to your tastes. Also, the basics are noodles, canned beans, canned tomatoes, potatoes, flour, onions, frozen spinach, and meat. Most of them are less than \$2 each except meat so while they have many ingredients, they are fairly inexpensive.

**Rice and Beans.** Make yourself a big pot of rice and beans on the weekend. Use the dried kind of beans and just cook them in with the rice to make it a bit easier. You can throw a little salt in to make the water boil faster and give it a little more flavor. And then throughout the week you can add anything to it... veggies, chicken, tofu... And spices! (chili powder, cayenne pepper... anything goes)

### **Chicken Piccata.**

Cook chicken, onion, garlic, mushroom, capers, lemon, and tomato in a pan with some oil, salt, and pepper. I use 1 lemon per 1 or 2 people served usually. Half the lemon goes in while its cooking, half towards the end.

When your average chicken dish gets boring, this usually satisfies my search for more flavor. Serve with a side dish, broccoli, rice, or pasta.

Rice is also a great cheap way to eat. White rice is easy to make and lasts forever. Just take some (preferably after being refrigerated for at least a night) and throw it in a pan to fry. Add anything you'd like, garlic, onion, peas, corn, broccoli, chopped mushroom, even some cheese if you like, and scramble up an egg to throw in while its cooking.

Voilà, dinner.

### **Black bean burger -**

They are really easy to make and are impressively delicious. It makes about 8 patties and costs around \$12 to put together. I like muenster cheese, ketchup, and pineapple on mine. They cook really well on a Foreman Grill.

1 can black beans 1 can pinto beans (both drained) 1 egg ~2t cumin ~2t chili powder ~1/4 t ground white pepper Half of a jar of Kikkoman Thai chili paste 1-2 t sri-racha hot chili paste Chopped cilantro 1 1/4 cup Bread crumbs

Mash beans with fist until about 2/3 of them are smashed up. Mix in all other ingredients, adding bread crumbs last. You may need a little more or less bread crumbs. The mix should be stiff. Refrigerate for a couple hours before using.

I listed those brands for reference because they're common to find, I don't mean for a subtle ad. What's important is that the Thai chili paste be the kind that has lots of sugar, and the other is red peppers in vinegar for heat.

### **Simple goulash-**

Buy some elbow noodles, some sauce, and a pound (obviously this part adjusts to your tastes) of ground beef. Cook each separately and throw it in a bigass pot. Put in whatever spices you like, I tend to like to put a little chili powder and montreal steak seasoning on the beef for a little extra kick. A \$10 pot of goulash will last you a week. At least it's about \$10 where I am for the ingredients. Best part is that goulash is very, very, filling so even a small bowl will hit the spot. Something about carbs and meat just takes away any hunger :P.

## **SHEPHERD'S PIE!!!**

There are many recipes available, but even this very simple one is delicious:

1.5lb ground beef (I used 93/7, 90/10 is good but don't get 80/20 imo) 1.5 packets of instant gravy (the powder kind where you mix in water to make it yourself) 1 bag of mixed veggies (I used peas/corn) 1 box of instant mashed potatoes (100% natural, taste good, lasts like 3 of these pies)

Drop the beef in a pan, you don't need any butter or oil, the fat melts and the beef cooks in it (this is why you don't get 80/20, it becomes a soggy mess). Once the beef is THOROUGHLY cooked (beef carries lots of germs and crap, take your time and cook for a while over low heat even if you think it's done, cooking over low heat won't dry it out like high heat).

While you're waiting for that to finish, defrost the peas/corn. I just put them in a bowl with warm water, and put 'em through a colander when they weren't frozen anymore. Also make the mashed potatoes.

Get a pan. I used something like a 13" by 8" and it made pretty good pie. Spread the beef along the bottom. Pour in gravy, spread it. My girlfriend and I added a little bit of asiago cheese, expensive but fucking good. Then put a layer of your peas/corn. Then spread your mashed potatoes over the top, and maybe sprinkle some cheese over them. Put it in a 400 degree oven for like half an hour.

\* It's delicious

\* It lasts many meals... the above makes at least six solid servings for about \$15, and some of these ingredients (like the box of mashed potatoes) are reusable.

But the BEST part is: - You CANNOT fuck this up. Seriously. You have other veggies? Throw them in. Chicken instead of beef? Cook it up, throw it in. Chicken gravy with ground turkey? No problem. Got a different kind of cheese? Put it in. You can make this stuff in any order, it doesn't matter. The recipe is EXTREMELY flexible with adding different things, modifying it, cooking things for different amount of time, you seriously CANNOT fuck this up. I hate cooking and can't cook worth a damn, but I made delicious shepherd's pies. They're incredible.

Don't eat them too many meals in a row or shepherd's pie loses its magic.

**Spicy Asian Peanut Butter Sauce for pasta.** Cheap, nutritious, easy, fast and fancy enough to impress a chick with the addition of a little side salad and white wine or Asian beer.

1. Use your blender to thin 2/3 cup of peanut butter (chunky or not, your choice) with 3/4 water until it's the consistency of a thin sauce. You want it thick enough to cling, but thin enough to pour easily - adjust pb or water as needed, keeping in mind that it will thin a wee bit when it hits the hot pasta, then thicken significantly when it gets cold.

2. To this, add 3 Tbsp soy sauce, 2 Tbsp white or rice wine vinegar, 1 Tbsp honey, 1/2 tsp ginger, and your capsaicin delivery vehicle of choice to taste (ground chili powder, rooster sauce, fresh peppers, etc) until it's spicy enough to feel it, but not too hot. You just want a nice kick in the back of the throat and some warmth in the mouth, not a "sweat and swear" Asian dish. Also the heat will grow as it sits, so the leftovers are always somewhat hotter.

3. Blend until smooth and everything is incorporated. Let it meld while you cook the pasta. Spirals, raddiatore or some other shape with sauce-grabbing nooks and crannies are best, but you can use whatever you've got.
4. If you have any frozen peas, broccoli or some other veg you love, toss it in with pasta when it's about done, just long enough to cook through. This adds some texture, color and nutrition, but isn't necessary.
5. Put drained pasta (and veg) into a big bowl, pour sauce over the top and mix well.

## **Latkes**

- \* 1 egg
- \* 1 tbsp flour
- \* 2 or 3 potatos (grated finely, like with a cheese grater)
- \* 1/2 onion, chopped well

Mix it all together, then fry in oil or butter. I use about 2-3 spoonfuls of batter per potato pancake. Eat em with ketchup, chutney, jam, whatever. Remember to grate those potatoes well or they won't cook right through!

## **Chicken with red peppers-**

Dead simple and amazingly good. You need chicken, red peppers and soy sauce (I also chopped up a mushroom and threw it in) preset oven to 350 degrees. Put chicken in glass baking dish, cut up red pepper (or whatever color pepper is your preference) and put it in the dish on top of and beside the chicken breast. Then pour lots of soy sauce all over everything. Then stick it in the oven for 30 minutes. Amazingly good served over rice. Not to mention dead simple. Enjoy.

(Also really good snack - take a rice cake and put slices of cheese on top and microwave it for 20 seconds. Eat warm. AMAZING!)

**Lentil loaf!** Boil brown lentils. Saute diced carrots, onion, celery and herbs. Mix the lot with bread crumbs and one or two eggs and bake in a greased loaf tin. Serve with tomato sauce (home made) and veg. Then you can have the left overs sliced cold on sandwiches. So cheap, so good! Even carnivores love it.

## **pizza casserole:**

- 1 8oz box of elbow macaroni
- 2 cups shredded mozzarella cheese
- 8oz cottage cheese
- 1 12oz jar pizza sauce
- 1/2 -3/4 package pepperoni sliced in half. 1/2 tsp of basil

Cook pasta based on directions on box. Drain. Mix pasta with the rest of the ingredients in 2 quart casserole dish. Sprinkle parmesan cheese on top if desired.

Cover and Bake at 350 degrees for thirty minutes.

### Microwave Directions

Prepare as above, but cover with plastic wrap and stick it in the microwave for 7-9 1/2 minutes, rotating halfway. I've never tried to microwave it

Note One you can sub or add to all kinds of things in place of the pepperoni. adding italian sausage (brown it first) has been pretty popular.

## **Awesome and easy taco soup:**

- \* 1lb of ground turkey (I use 1.25 because that's the quantity it's sold in)
- \* 1 large yellow onion
- \* 1 can kernel corn
- \* 1 can pinto beans
- \* 1 can black beans
- \* 1 can diced tomato with green chilis
- \* 1 can santa-fe beans
- \* 1 packet of taco seasonings.

cut the onions up into little pieces, and cook them with a bit of oil. Add the turkey and cook that too. Then toss everything in a pot and heat it up till it's warm. Makes about 6 really filling meals. You can put cheese on it too if you want.

I usually make it on sunday, and freeze what I don't eat into little serving sized bowls and then microwave some for dinner each night. If your pot happens to be huge, you can make a double batch.

**Thai Green Curry** Cook with a cup of Jasmine Rice (I still have a 20lb bag I got for 13 bucks, American Long Grain sucks) Should be enough for 3 meals with a 13.5oz can.

The bucket of curry paste lasts a long time and costs 2 bucks, get coconut cream, get Chaokoh (This seems to be the best common brand of coconut milk imho, and often have a single serving sized can, just would need to recalculate with that volume) if you don't have a 99 Ranch near you, (Their in store brand coconut cream is really good and 60-70 cents a can)

The fish sauce make sure you get one with a good lid above all else, a lot of the plastic ones just keep opening up and you don't want your room to smell bad, but fish sauce is used in a lot of thai dishes. Also cook with thigh meat if you're poor. I know I often get boneless for 1.50-1.79 when it's on sale here a pound

But it may cost a few bucks to get every thing (around 6-7) but will be cheaper later because you got the paste and fish sauce. It's really tasty especially with a rich coconut milk. The red curry on allrecipes isn't as good, so if I want a milder curry, I just change out green curry paste for red curry paste. But it's just as good as restaurants and VASTLY different from what you'd get in the cafeteria.

## **Broccoli side dish:**

- \* Chop some broccoli into manageable sizes, put it into a larger bowl.

- \* Drizzle a little bit of olive oil over it and toss to coat.
  - \* Add a bit of salt, a lot of pepper, and a little bit of sugar, toss again to coat.
  - \* Original recipe calls for ~10 mins cooking in an oven at ~400F, but I usually make a little 'plate' out of aluminum foil and toss it on the BBQ for ~10 mins.
- Good and good for you, go easy on the salt and sugar.

## **Smother down your food!**

Onions are cheap and last a long time. Green bell peppers will add to the flavor but aren't totally necessary. They are time consuming only because it takes at least an hour to cook down onions to smother something with.

Chop two onions (and one bell pepper if you have it), fist size or larger, as finely as possible. Take a 10" - 12" skillet with 3 Tbs of oil (veg, canola, olive) on medium heat. Throw your onions (and bell pepper) in and let them cook. Stir them every few minutes to make sure they don't burn. It takes about an hour to cook down two onions, don't be tempted to turn up the heat though. Once they are cooked down thoroughly, add in your meat. It could be swiss steak (super cheap) or chicken or even hilshire farm sausage, any meat will do. Cook the meat in the onions for 30 minutes, season with garlic powder and salt to taste. Serve over rice.

## **Student cugel:**

- \* grate a potato
- \* bake on a pan stirring constantly with some oil
- \* add lots of black pepper and some salt
- \* stop baking when it starts to taste good ;)

## **Quesadilla.**

Can be simple and just cheese, or you can make it amazing and add rice, chicken (or turkey if you got some of that lying around...) with cheese and jalpeno's... it's amazing tbh... i used to make a batch of these then freeze them and just cook them whenever i wanted... worked so great (separate them with wax paper if you freeze, otherwise they tend to stick)

## **Chicken pasta sauce-**

put 3 frozen chicken breasts, some frozen vegetables, and 2 or 3 cans of pasta sauce into a 5 quart slow cooker and cook on low for 8 hours. Tear the chicken apart with forks and freeze.

## **Egg drop soup-**

1. Heat chicken broth (or beef if you like);

2. scramble an egg;
3. While stirring the broth, slowly pour in the egg.
4. Eat

## **Green Bean Casserole:**

1 can condensed cream of mushroom soup (cream of chicken works too)  
1 can french-cut green beans, drained  
(optional) can of frenches fried onion rings  
mix soup (don't add water) and beans in pan and warm. Would probably microwave fine too. sprinkle onion rings or anything else crunchy & savory on top as you eat it. Croutons work well, as would most flavors of tortilla chips.

## **Salsa Chicken-**

This is one of the easiest, cheapest, healthiest ways of cooking chicken: bake it in salsa. Put a chicken breast in a pyrex dish, add a drop of olive oil, and then cover that thing in salsa. Let it bake at 350 until it smells good and the center of the chicken isn't pink anymore. Delicious.

You can toss a sweet potato in there on the rack above the chicken rack, and it'll cook and drip onto the baking sheet below it, and be seriously tasty.

## **Miso Bowl-**

My all time favorite, though this requires an oven:

Make some miso broth (protip - big jar of miso paste is cheap, makes great quantities of delicious soup). Line a bowl with aluminum foil, place half a brick of ramen noodles in the center. Add some pieces of fish, shrimp, other seafood, whatever, along with some mushrooms, some chili flakes... basically, anything you think would go good with the rest of your ingredients. Pour in the miso broth, add a bit of rice wine vinegar, wrap up the package, take out of the bowl, and place in the oven for a bit. You'll end up steaming all your ingredients so they cook really nicely.

Put the packet back in your bowl, unwrap, eat.

It sounds like a lot, but it really isn't. I keep a cosco bag of frozen tilapia in my freezer, and it's a great way to make food a bit more interesting. The other advantage is that it doesn't require any washing. Rinse the broth pot, wipe off chopsticks, throw out foil.

**FRITO PIE** Ingredients: 1 can of diced tomatoes 1 can of "chili starter" chili beans or chili beans and chili mix/sauce/whatever 1 lb of ground beef bag o fritos bag o sharp cheddar cheese

-Brown and drain beef -Place beef beans and tomatoes into pot. Cover/simmer for 7-10 minutes. -Put chili in a bowl with fritos and shredded cheddar cheese. mix it up a bit iwth your spoon and then enjoy. good with a glass of milk.



## Tuna Patties-

Crash two eggs into a bowl, whisk well. Add in an entire can of tuna, and three crumbled saltine crackers. Mix until roughly homogenous. Fry to a golden brown. Serves 1 - 2 (depending on WoW consumption).

It's really, really good. Surprisingly so.

**Noodles with peanut sauce.** Pasta is hella cheap and you can add any meat you like. I substitute whichever meat is on sale at Vons in the half off rack.

Peanut Sauce: 1 cup of peanut butter. 1-2 tablespoon of rice vinegar, though other vinegar works, 1 tablespoon of sesame oil, though other oils work, 2 tablespoons of soy sauce, 1-2 tablespoon sugar. Adjust things based on your preferences.

Just mix these all together and pour onto the noodles after they've been strained. I like to add shrimp so I just toss them in with the boiling noodles for 5 minutes and they are cooked.

## LINKS

[www.foodwishes.com](http://www.foodwishes.com)

<http://www.shibboleth.org/mrs.chiangs/>

[http://www.reddit.com/r/AskReddit/comments/8mggt/reddit\\_what\\_are\\_your\\_favorite\\_quick\\_andCheap/](http://www.reddit.com/r/AskReddit/comments/8mggt/reddit_what_are_your_favorite_quick_andCheap/)

<http://www.onlinecollege.org/2009/10/13/100-delicious-dirt-cheap-recipes-for-the-starving-student/comment-page-1/>

<http://contests.apartmenttherapy.com/2009/thekitchn-quick-meals/>

<http://www.youtube.com/watch?v=7sXGevfaFh0>

<http://www.recipezaar.com/>

<http://www.cookingbynumbers.com/frames.html>

<http://aveceric.com/>

<http://miniandmicro.blogspot.com/>

<http://www.cooklocal.com/>

<http://www.farmandafryingpan.com/>

<http://www.youtube.com/show?p=xqr9T35ybYU&feature=fvsp>

<http://www.kuro5hin.org/story/2002/4/29/22137/6511>

<http://poormet101.blogspot.com/>

[cooktobang.com](http://cooktobang.com)

<http://www.nytimes.com/2006/11/08/dining/081mrex.html>

<http://www.brokeassgourmet.com/>

[bbc.co.uk/food](http://bbc.co.uk/food)

<http://thepauperedchef.com/>

<http://forums.moneysavingexpert.com/index.html>

[budgetbytes.blogspot.com](http://budgetbytes.blogspot.com)

## **PROTIPS**

Of course the big elephant everyone misses is where and how you buy your food. Here are my top tips (work in the UK anyway.)

- . Buy food going out of date. Best before and sell by dates do not mean eat by.
- . Learn when your local super market reduces meat going out of date. For me its 8pm on a Friday or thereabouts.
- . Get a freezer if you can to freeze the out of date meat. We've saved literally thousands by taking the opportunities when they arrive. Up to 80% off not uncommon.
- . Go to Aldi or Lidl - they do really cheap fruit and Veg. Aldi do their Super-6. As an Example 1/2 Kilo of Grapes are sometimes £0.69 - Tesco price £2.49 The offers vary so...
- . Be flexible. If you go out to eat something specific then you have not choice but to buy it. Go to the supermarket and look for the offers (But one get one free are normally not worth having)
- . Be prepared to go to your local market at the end of the trading day, you can pick up some real bargains there BUT beware.....
- . Check prices and know what you should expect to pay for an item. My local Tescos were doing a buy one get one free on Fish Fingers - people were flocking for them but didn't realise they were actually more expensive than buying the single packs!
- . Meat is more expensive than Veg. Eat less meat.
- . A Chicken is great, Meal 1 - Roast. Meal 2 - Cold chicken salad. Meal 3 - Chicken soup/Risotto etc.
- . Do not buy pre-prepared meals - these are more expensive.
- . Pasta and rice are very cheap and with leftover chicken can make a fine meal.

. Learn to love curry. Almost anything can be made more interesting with a little curry added. Potato curry is a fav. and is very cheap.

Young college student? I am old truck driver. This is not so much a recipe as it is a "way of food" for small space (like a truck's sleeper or a dorm) & busy life style: GET A CROCK-POT! then all you need is onions,potatoes,cloves of garlic,celery,carrots,mushrooms and the internet.

All these ingredients are dirt cheap. EXample:

[http://www.walmart.com/catalog/product.do?product\\_id=3957091](http://www.walmart.com/catalog/product.do?product_id=3957091) (no need to buy yours from the great satan,though.)

And you do what you gotta do with your busy,chaotic schedule. When you need a break at night from your studies/drinking/sex/studies/sex/drinking and drinking slice up some or all of the above mentioned ingredients in proportions dictated by whatever recipe you just got off the internet. Say,at:

[http://southernfood.about.com/od/crockpotrecipes/a/top\\_crockpot.htm](http://southernfood.about.com/od/crockpotrecipes/a/top_crockpot.htm)You throw it in the crock pot and stick it in the fridge. When you start your day throw the crockpot into it's base and turn it up on HIGH if you're coming home for lunch or LOW if you're coming home for dinner...or the next day.

That's it. After a long day you come home, you don't prepare a damn thing. You dish up dinner and eat. Later, when you're chill, you repeat the process. Cheap. Delicious.

Nutritious

If you have roomates they will learn to love you. They will bring the odd spud/onion/dead chicken home in hopes of you "working your magic." And as you will find out, not much magic/skill/time/work involved. But folks don't need to know that.

If you like alfalfa sprouts and bean sprouts, you can try sprouting your own - it's about 5-10% of the price of buying them already sprouted and chilled, they keep longer, and they taste so much better. You can find alfalfa seeds or mung bean seeds in health food stores or big supermarkets, and you can also sprout green lentils and pretty much any kind of dried whole bean. All you need is a big jar (old mayonaise jar works well) some mesh-like fabric (old tights work well - beg from a female friend if you're male), a rubber band and a bowl. Cover the bottom of the jar with seeds to a depth of 1/4 inch or less, rinse a few times, soak overnight, then put a square of the mesh over the top and secure with the rubber band. Rinse again, and this time turn the jar upside-down in the bowl to drain, and leave in a dark corner of the kitchen, or a cupboard. Rinse morning and evening until the sprouts look edible (anywhere from 2-6 days, depending on what you're sprouting).

Remove from the jar and keep in the fridge. Great on their own, on sandwiches, in salads, on top of soups, in stir-fries, etc, etc. And really really healthy. And cheap. Loads of videos etc. online for help. Enjoy!!

Go to a bulk food store, and buy some premixed cookie dough that you just need to add water to. Add water, and all the things that make you happy (for me it is white chocolate and milk chocolate chunks, but it could be anything, perhaps even bacon). Stir it up, and form a log of dough. Wrap up in plastic wrap and freeze. Whenever you want a couple warm homemade cookies, slice off some and bake it.

PS You can save onion and carrot tops in your freezer in a plastic bag, and then when you have enough built up, use them to make vegetable stock (just boil it in water with some salt and pepper for a while, basically).