



# Budget Friendly Family Meals

## Recipe Collection



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## Black Bean Burritos

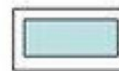
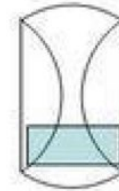
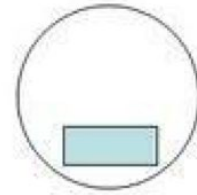
Burritos are a quick and easy family favorite. This recipe uses black beans instead of beef or chicken. Black beans are high in fiber and protein, which makes this dish a complete meal.

Ingredients	4 Servings	8 Servings	12 Servings
Canola oil	1 tsp	1 ½ tsp	2 tsp
Chopped bell pepper (any colour)	¾ cup	1 ½ cups	2 ¼ cups
Chopped onion	½ cup	1 cup	1 ½ cups
Garlic, minced	1 clove	2 cloves	3 cloves
Mushrooms, finely diced	½ cup	1 cup	1 ½ cup
Salsa	½ cup + ¼ cup for topping	1 cup + ½ cup for topping	1 ½ cups + ¾ cup for topping
Black beans (low sodium) drained and rinsed	1 can	2 cans	3 cans
Frozen corn kernels, thawed	¼ cup	½ cup	¾ cup
Chili powder	½ tsp	1 tsp	1 ½ tsp
Pepper	1/8 tsp	¼ tsp	½ tsp
8 inch whole wheat tortilla	4	8	12
Shredded cheese	½ cup	1 cup	1 ½ cup

1. Preheat oven to 400 degrees.
2. In a non-stick skillet, heat oil over medium heat. Sauté peppers and onion for 4-5 minutes or until softened. Add garlic and mushrooms, sauté for another 2 minutes.
3. Stir in salsa, chili powder, and black pepper. Stir in half of the black beans.
4. With the remaining reserved beans, mash with a fork or potato masher to form a paste, and add to the skillet mixture.
5. Allow to cook and stir occasionally until most of salsa has been absorbed, about 10 minutes.
6. Divide bean mixture evenly among tortillas. Roll up burrito style and place seam side down in greased baking dish.
7. Top burritos with additional salsa and shredded cheese.
8. Bake in oven for 15-20 minutes until cheese is melted.
9. Serve warm with sour cream, chopped tomatoes, shredded lettuce, chopped green onions or any other delicious toppings you can think of!

## How to fold a burrito

1. Lay tortilla on a flat surface.
2. Spoon burrito mixture onto bottom portion of tortilla (filling about  $\frac{1}{4}$ ).
3. Fold either sides of tortilla over mixture.
4. Roll burrito from the bottom up, making sure the sides stay tucked in.
5. Place rolled burrito, seam side down into the baking dish.



## If your family prefers tacos

Skip the burritos and use taco shells. Serve the bean mixture straight from the skillet, the same as you would with ground beef tacos!



## Chile Con Carne

This simple chili can come together quickly to make a comforting weeknight meal, and will make great leftovers heated up for lunch or as Sloppy Joe sandwiches.

Ingredients	Serves 4	Serves 8	Serves 12
Lean ground beef*	1 lb	2 lbs	3 lbs
White onion	1	2	3
Green pepper	1/2	1	1 1/2
Kidney beans**	2 cans (398 mL)	4 cans (398 mL)	6 cans (396 mL)
Stewed tomatoes	2 cans (540 mL)	4 cans (540 mL)	6 cans (540 mL)
Chili powder	1-2 tsp	2-4 tsp	1-2 tbsp
Garlic powder	1 tsp	2 tsp	1 tbsp
Salt and pepper	To taste		

1. Turn on stove to medium heat. Cook and stir ground beef until no longer pink. Drain off the fat.
2. Stir in onions, beans, tomatoes, chili powder, garlic powder and vinegar. Add salt and pepper to taste. Heat to a boil.
3. Turn heat down to a low and let the chili simmer uncovered for 30-40 minutes. Stir occasionally while simmering.

\*To make a meatless chili, add two extra cans of beans.

\*\*You can use any combination beans here that you like: black beans, navy beans, pinto beans or chickpeas.



## Farmer's Frittata

Frittatas are great for leftovers. Eggs are a source of protein, and go well with almost anything you like. Try the recipe below or use our *'Design your own Frittata'* chart and get creative!

Ingredients	Serves 4	Serves 8	Serves 12
Vegetable oil	3/4 tbsp	1 ½ tbsp	2 tbsp
Onion chopped	1/2 small	1 small	2 small
Garlic, minced	1 clove	2 cloves	2 cloves
Chopped pepper (any colour)	½ cup	1 cup	1 ½ cup
Potato, peeled cooked and diced	½ medium	1 medium	1 large
Tomato, seeded and chopped	1	2	3
Eggs	4	8	12
Milk	1/3 cup	2/3 cup	1 cup
Dried oregano	½ tsp	1 tsp	1 ½ tsp
Salt	½ tsp	½ tsp	1 tsp
Pepper	¼ tsp	½ tsp	½ tsp
Crushed red pepper flakes	Pinch	<sup>1</sup> / <sub>8</sub> tsp	¼ tsp
Shredded cheese	¾ cup	1 cup	1 ½ cups
<b>Tools</b>			
Skillet (oven proof)	9 inch	12 inch	*make in two batches

Tip: If you skillet has a handle that is not oven proof, wrap the handle in tin foil before putting it under the broiler.

1. Turn on oven on to broil.
2. Sauté the frittata ingredients: Heat fry pan with vegetable oil over medium-high heat; sauté onion, garlic, and peppers for 3 -5 minutes or until softened. Stir in potato and tomato.
3. Season the Vegetables: Add seasoning of choice, along with a pinch of salt. Let this cook for a minute, and then give it a taste. It should taste strong, but still good. Add more spices if needed.
4. Spread vegetables evenly in the bottom the pan. Whisk the eggs together with milk and pour over the vegetables. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook for a minute or two until you see the eggs at the edges of the pan beginning to set. Sprinkle cheese over the frittata.
5. Bake the Frittata: Put the entire pan in the oven and broil for 4-6 minutes until the eggs are set. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes; if the eggs are set, pull the frittata from the oven. Cool for five minutes, then slice into wedges and serve.

## Design your own Frittata

Don't have the suggested ingredients? Don't worry!

Frittatas are very versatile and allow you to use many different ingredient combinations. Use the chart below to design your own based on what's in the fridge, what your family likes, or try something new!

Vegetables (~2 cups)	Meat/Alternative (optional)	Cheese (choose one)	Herbs/Spices (choose 1-2)
Peppers (any colour)	Diced ham	Cheddar	Basil
Potato (white or sweet)	Diced turkey or chicken	Mozzarella	Chives/Green Onion
Spinach	Salmon	Feta	Parsley
Mushrooms	Tofu	Parmesan	Oregano
Onions (any variety)	Beans	Swiss	Crushed red pepper flakes
Zucchini			Lemon zest
Kale or spinach			Garlic
Asparagus			Dill

\*Adapted from: Healthy Pleasures; Great Tastes form Canadian Dietitians and Chefs





## Salmon & Sweet Potato Patties

These quick and tasty patties can be eaten by themselves, or on a bun as an alternative to beef burgers. Canada's Food Guide recommends one to two servings of fish per week. Left-overs can be wrapped, frozen, and reheated for a quick lunch or dinner another time.

Ingredients	4 Patties	8 Patties	12 Patties
Canned salmon	1	2	3
Sweet Potato	1	2	3
Bread crumbs	½ cup	1 cup	1 ½ cups
Egg	1	2	3
Onion, finely chopped	½ cup	1 cup	1 ½ cups
Dried dill	½ tsp	1 tsp	1 ½ tsp
Salt	¼ tsp	½ tsp	¾ tsp
Pepper	¼ tsp	½ tsp	¾ tsp
Vegetable Oil	1 tbsp (for frying)	1 tbsp (for frying)	2 tbsp (for frying)

1. Place sweet potato on plate and pierce with fork. Cook potato in the microwave on high for 10 minutes or until tender when poked with a fork. Carefully remove from the microwave and refrigerate until cooled.
2. Finely chop onion.
3. Crack eggs into bowl and whisk until blended.
4. Open and drain cans of salmon, remove bones and skin..
5. Peel cooled sweet potato. Place in a bowl with eggs. Mash sweet potato, stir in salmon, breadcrumbs, salt, pepper and chopped dill. Mix together.
6. If mixture is too wet, add more bread crumbs.
7. Form 4" patties and cook in non-stick pan with oil on medium high heat-approximately 4 minutes per side, or until golden brown.

### Yogurt Dill Dressing (Optional)

1/2 cup plain yogurt

1/4 tsp salt

1/4 cup freshly chopped dill

1/4 tsp black pepper

Juice from ½ lemon (or 1 tbsp)

Combine all ingredients and mix thoroughly. Once patties are fully cooked top with yogurt dressing and enjoy!



## Home-style Tomato Sauce with Herbs

This tomato sauce can be used for a variety of meals such as, casseroles, chili, pizza sauce, and lasagna. To make your next meal faster, double your recipes and freeze half for another recipe, then just defrost and it's ready to use! Store extra sauce in the fridge for up to one week or in the freezer for up to six months.

Ingredients	4 cups	8 cups	12 cups
Vegetable oil	1 tbsp	2 tbsp	3 tbsp
White onion, chopped	1	2	3
Canned tomatoes (low or no sodium added)	1	2	3
Tomato Paste	3 tbsp	6 tbsp	9 tbsp (or ~ one 6oz. can)
Sugar	2 tsp	4 tsp	2 tbsp
Basil (dried)	1 tsp	2 tsp	1 tbsp
Italian seasoning	1 tsp	2 tsp	1 tbsp
Dried oregano	1 tsp	2 tsp	1 tbsp
Garlic cloves, minced	2 (or ¼ tsp garlic powder)	4 (or ½ tsp garlic powder)	6 (or ¾ tsp garlic powder)
Salt	¼ tsp	½ tsp	¾ tsp
Pepper	¼ tsp	½ tsp	¾ tsp
Lentil Spaghetti Sauce			
Lentils	½ cup	1 cup	1 ½ cup
Water	¾ cup	1 ½ cups	2 ¼ cups

1. Turn on the stove to medium heat. Heat oil in a large sauce pan. Add chopped onion and cook until soft, about 5-7 minutes.
2. Stir in tomatoes, tomato paste, sugar, basil, Italian seasoning, oregano, garlic, salt and pepper.
3. **To make a lentil spaghetti sauce:** stir in lentils and water.
4. Heat to a boil. Then turn down heat, cover and let sauce simmer for 30 minutes, stirring occasionally.
5. Cook pasta according to package directions and serve with tomato sauce.

\*Adapted from: The Basic Shelf Cookbook, 2011 Edition



## Tuna Noodle Casserole

This casserole is sure to become a family favourite. The recipe uses an easy home-made sauce instead of canned soup, which means there is less salt and fat, but more flavour!

Ingredients	Serves 4	Serves 8	Serves 12
Whole wheat bread crumbs	½ cup	1 cup	1 ½ cups
Canola oil	1 tsp	2 tsp	1 tbsp
Onion, chopped	½	1	1 ½
Garlic, minced	1 clove	2 cloves	3 cloves
Mushrooms, sliced	1 cup	2 cups	3 cups
All-purpose flour	1/8 cup	¼ cup	1/3 cup
Milk	1 ½ cup	3 cups	4 ½ cups
Low sodium chicken stock	½ cup	1 cup	1 ½ cups
Salt	½ tsp	¾ tsp	1 tsp
Pepper	¼ tsp	½ tsp	¾ tsp
Whole wheat fusilli noodles (or pasta of your choice)	2 cups, dry	4 cups, dry	6 cups, dry
Frozen broccoli, thawed (or frozen peas)	1 cup	2 cups	3 cups
Tuna in water, drained	2 cans	4 cans	6 cans
Dried thyme	1 tsp	2 tsp	1 tbsp
Shredded cheese (½ for sauce and ½ for topping)	1 cup	2 cups	3 cups

1. Preheat oven to 400 F.
2. Cook pasta according to package directions for “*al dente*” or firm. Drain and set aside.
3. Grease a 13x9 casserole dish (for 8 servings).
4. Heat oil in large skillet over medium heat. Add onions and cook for 8 minutes or until soft. Add garlic, mushrooms and thyme. Continue to stir occasionally until mushrooms release their water, about 5-7 minutes. Sprinkle flour over cooking vegetables and stir with a wooden spoon until vegetables are coated.
5. Add milk and broth, stir to combine. Bring mixture to a boil, stirring frequently.
6. Reduce heat to a simmer and cook, stirring, until the liquid has thickened and reduced by about ½ cup, 5-7 minutes. Add salt and pepper.
7. Add broccoli, tuna, and half of the shredded cheese to liquid-vegetable mixture in the skillet and mix. Add cooked pasta and mix until coated.
8. Put mixture into greased casserole dish, sprinkle with bread crumbs and remaining shredded cheese.
9. Bake for 15-20 minutes until bread crumbs are golden brown and cheese is melted.

## One Pot Roast Chicken and Vegetables

Buying a whole chicken is more economical than purchasing individual pieces. A roast chicken makes a wonderful weekend meal. Leftover meat can be used throughout the week for sandwiches or stir-frys. The bones can be frozen to be used for soup stock later on.

Ingredients	
Whole chicken	~ 8 lbs
Carrots	1 lb
Potatoes	1.5 lbs
Turnips	3 medium
Onions	1
Garlic	Whole bulb ( 6-8 cloves)
Lemon	2
Vegetable oil	5 tbsp
Dried thyme	2 tsp (divided)
Paprika	1 tsp
Salt and pepper	To taste

1. Preheat the oven to 375 degrees.
2. Allow chicken to thaw if frozen. Remove neck and gizzards from inside the body cavity.
3. Wash, peel, and chop vegetables into large chunks.
4. Quarter lemons and peel garlic (leave whole).
5. Place all of the vegetables, half of the garlic cloves and half the lemon pieces into a large roasting pan. Drizzle 3 tbsp of vegetable oil over the vegetables, along with 1 tsp of thyme, and some salt and pepper. Toss to coat.
6. Sprinkle ½ tsp of dried thyme in the cavity of the chicken and stuff with the remaining pieces of lemon and garlic.
7. Place the chicken down into the vegetable in the roasting pan. If the surface of chicken is wet, pat dry with a paper towel. Drizzle 2 tbsp of oil over the chicken. Sprinkle with remaining ½ tsp thyme, 1 tsp paprika, salt and pepper. Spread oil and spices together to coat the chicken.
8. Cover the roasting pan tightly with tin foil. Place roast pan in the oven and roast for 60 minutes at 375 degrees.
9. Take pan the out of the oven and remove the foil, stir vegetables. Increase the oven to 400 degrees. Leave chicken uncovered, and return to the oven and roast for another 30 minutes.
10. Remove the roasting pan from the oven. Check the temperature of the chicken by placing a meat thermometer in the chicken between the breast– the internal temperature should read 180 degrees. If the chicken is not up to 180 degrees, return to oven and roast for another 30 minutes – check temperature again.
11. Allow the chicken to rest for 10 minutes before carving.

## Vegetable (not) Fried Rice

Fried rice is a Chinese takeout favorite. Take out is expensive, so why not make a tasty alternative at home with the vegetables you already have in the fridge or freezer.

Ingredients	4 Servings	8 Servings	12 Servings
Cooked rice	~ 2 cups cooked (1 cup dry)	~ 4 cups cooked (2 cups dry)	~ 6 cups cooked (3 cups dry)
Vegetable oil	2 tbsp (divided)	4 tbsp (divided)	6 tbsp (divided)
Garlic, minced	2 cloves	4 cloves	6 cloves
Ginger, fresh minced	2 tsp (or ¼ tsp ginger powder)	1 tbsp (or ½ tsp ginger powder)	2 tbsp (or ¾ tsp ginger powder)
Onion	1	2	3
Mixed frozen vegetables (or your choice of chopped fresh vegetables)	1 ½ cups	3 cups	4 ½ cups
Green onions, sliced	2 stalks	4 stalks	1 bunch
Egg	2	4	6
Soy sauce	2 tbsp	4 tbsp	¼ cup
Salt and pepper	To taste		

1. Cook rice according to package directions.
2. Peel and mince the garlic and ginger.
3. Add half the oil to a large skillet or wok. Heat over medium/high heat until the oil is hot. Add the garlic, ginger and onion. Stir fry for 2-3 minutes.
4. Add the frozen mixed vegetables and stir fry until defrosted, but still crisp. Remove the vegetable mixture from the skillet or wok.
5. Add remaining oil to the skillet/wok, add the rice and stir fry 1-2 minutes. Make a well (hole) in the middle of the rice and add the egg. Season with salt and pepper. Slightly scramble the egg as it cooks.
6. Once the egg has cooked, add the cooked vegetables back into the mixture. Stir in the green onions and soy sauce. Heat through and serve.



## Homemade Pizza

Pizza makes for a family pleasing meal, but ordering from your local pizzeria can get expensive. Making your own at home will save money, and you and your family get to choose your own toppings!

Pizza Sauce		
Ingredients	Makes enough for 4 pizzas	
Tomato sauce	1 can (15 oz)	
Tomato paste	1 can (6 oz)	
Oregano	1 tbsp	
Garlic powder	1 tsp	
Pizza Dough		
Ingredients	For 1 pizza	For 2 pizzas
Whole wheat flour	1 cup	2 cups
All-purpose flour	1 cup	2 cups
Quick rise yeast	1 tbsp	2 tbsp
Salt	1 tsp	2 tsp
Sugar	½ tsp	1 tsp
Olive oil	1 tsp	2 tsp
Water, warm	¾ cup	1 ½ cups
Flour	For dusting working surface	For dusting working surface
Cheese, shredded	1 cup	2 cups

Your favorite toppings: \*\*see suggestions below

1. In a large bowl, combine 1 cup whole wheat flour, 1 cup all-purpose flour, yeast, salt, and sugar.
2. Mix together oil and warm water in liquid measuring cup.
3. With a wooden spoon gradually pour oil and water into flour mixture and mix until dough begins to form a ball. Add more warm water (1tbsp at a time) if too dry.
4. Continue to mix for 1 min.
5. Turn onto a lightly floured surface and knead 5 minutes or until smooth and elastic, adding more flour if necessary. If doubled recipes divide into two balls of dough.
6. Cover with a clean towel and let rest for 10 minutes.
7. On a lightly floured surface, roll out dough into 12" circles. Dough will rise considerably when baking; make sure to knead it out thinly. Pinch edges between thumb fore-finger to make a crust.
8. Transfer dough to a pan and place in a warm oven on the lowest setting for 15 minutes before putting on toppings.
9. Mix together **Pizza Sauce** ingredients. Spread sauce on the base of pizza crust. Scatter with toppings and cheese.
10. Bake 12 to 15 minutes in a 425°F oven until the crust has browned and cheese is bubbly.

## Pizza Topping Suggestions

The wonderful thing about pizzas is that you can get creative with your toppings. Slice up your favorite vegetables. Or use left-over chicken or turkey from the night before. The following are some tasty suggestions to top your pizza, but feel free to add anything you and your family likes! Get the whole family involved, let everyone top their own pizzas.

### Hawaiian

Ingredients	For 1 pizza
Pizza sauce	½ cup
Pizza dough	1 ball
Pineapple tidbits (unsweetened)	1 can
Ham, diced (low sodium)	½ cup
Tomato sliced	1 tomato
Green onion	2 green onions
Mozzarella cheese, shredded	1 cup

1. Stretch pizza dough on a pizza pan or baking sheet.
2. Place in warm oven (on lowest setting for 15 minutes) before putting on toppings.
3. Spoon pizza sauce over crust.
4. Layer sliced tomatoes, pineapple tidbits, diced ham, and sliced green onion.
5. Top with shredded mozzarella cheese.
6. Bake 12-15 minutes @ 425°F.

### BBQ Chicken

Ingredients	For 1 pizza
Pizza sauce	½ cup
Pizza dough (or premade base)	1 ball or base
BBQ Sauce	2 tbsp
Diced chicken	½ cup
Mushroom sliced	½ cup
Red pepper chopped	½ pepper
Red onion	¼ onion
Cheddar cheese, shredded	1 cup

1. Stretch pizza dough on a pizza pan or baking sheet.
2. Place in warm oven (on lowest setting for 15 minutes) before putting on toppings.
3. Mix BBQ sauce with pizza sauce. Spread sauce mixture over prepared crust.
4. Sprinkle chicken, mushrooms, red pepper, and red onion evenly over pizza.
5. Top with shredded cheddar cheese.
6. Bake 12-15 minutes @ 425°F.

## Veggie Delight

Ingredients	For 1 pizza
Pizza sauce	½ cup
Pizza dough (or premade base)	1 ball
Green pepper chopped	½ pepper
Mushrooms, sliced	½ cup
Red onion	¼ onion
Black olives	To taste
Italian seasoning	1 tsp
Mozzarella cheese, shredded	1 cup

1. Stretch pizza dough on a pizza pan or baking sheet.
2. Place in warm oven (on lowest setting for 15 minutes) before putting on toppings.
3. Spoon pizza sauce over crust.
4. Sprinkle green pepper, mushrooms, red onion, and black olives over pizza.
5. Top with shredded mozzarella cheese and sprinkle with Italian seasoning.
6. Bake 12-15 minutes @ 425°F.

## Pizza Florentine

Ingredients	For 1 pizza
Homemade pizza sauce	½ cup
Pizza dough (or premade base)	1 ball
Package of frozen chopped spinach, thawed	1 package
Vegetable oil	1 tbsp
Onion chopped	1 onion
Garlic, minced	1 clove
Sliced mushrooms	1 cup
Parmesan cheese	2 tbsp
Mozzarella cheese, shredded	1 cup

1. Stretch pizza dough on a pizza pan or baking sheet.
2. Place in warm oven (on lowest setting for 15 minutes) before putting on toppings.
3. Spoon pizza sauce over crust.
4. Drain spinach well, pressing with paper towel to extract extra water. Place spinach over sauce.
5. Sauté onion and garlic in oil until softened. About 5 minutes. Add mushrooms and continue to sauté until soft.
6. Scatter vegetables over pizza and top with parmesan and mozzarella cheese.
7. Bake 12-15 minutes @ 425°F.