

***Cooking
on a Dime
2017***



CHEAP EAT\$ EDITION

***Presented by:
Pensacola State College
Committee for Financial Literacy***

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Chicken and Rice

Joan Clayton

Ingredients

1 can Cream of Mushroom Soup

1 cup rice (uncooked)

1 pkt. Lipton Onion Soup Mix

2 large chicken breasts

1 1/2 soup can of water

Directions

Preheat oven to 350 degrees. In casserole dish, combine mushroom soup, onion soup mix, water, and rice. Mix well. Place chicken breasts skin side down on top of mixture. Cover and bake for approximately 1.5 hours. Stir half-way through to distribute liquid. Don't overcook, rice will become dry. I use chicken breasts with skin and bones for flavor. Discard skin and bones after cooked. Can also use 5-6 boneless, skinless chicken breasts.

Chicken Pot Pie

Joan Clayton

Ingredients

2 cans Cream of Chicken Soup
1 cup mayonnaise
4 cups frozen mixed vegetables, cooked
2 chicken breasts
1 cup milk
salt and pepper to taste
2 hard boiled eggs, chopped (optional)
1 pie crust

Directions

Preheat oven to 350 degrees. Combine cream of chicken soup, mixed vegetables, milk, mayonnaise, and chicken (broken into bite-sized pieces). Cut pie crust to fit rectangular casserole dish. Put extra crust pieces in bottom and top with mixture. Put pie crust on top, cut slit in center. Bake for 30-45 minutes until crust is light brown and mixture is bubbly. May also add lima beans or edemame.

Chili

Joan Clayton

Ingredients

2 lbs. ground turkey

2 tbsp. chili powder

½ onion, chopped

1 tbsp. fresh parsley, chopped

2 lg. cans diced tomatoes

¼ tsp. black pepper

2 cans chili beans (mild or hot)

¼ tsp. cayenne pepper

Directions

Brown ground turkey, add chopped onion. Drain turkey and onion. Add tomatoes, chili beans, and spices. Cover and simmer 1 hour.

Easy One Dish Jambalaya

Dusti Sluder

Serves 10-15

Ingredients

- 1 lb. sausage (sauté – cooked)
- 2 cups Uncle Ben's converted white rice (uncooked)
- 1 bell pepper (chopped) **or** 1 small can of green chilies (chopped)
- 1 bundle of green onions (chopped)
- 2 lbs. roasted chicken (chopped)
- 2 cans beef broth
- 1 pkg. Lipton's French onion soup mix
- 1 onion (chopped)
- 2 bay leaves
- Tony Chachere's Creole seasoning (to taste)
- 1 8 oz. can of tomato sauce
- ½ stick butter

Directions

Mix all ingredients together except the butter. Pour in baking dish; add melted butter or pads of butter to the top layer of the mixture. Cover with foil and bake at 350 for 1 hour or until all liquids have evaporated.

Macaroni Salad

Susan Robbins

Serves 6

Ingredients:

1 cup elbow macaroni
¾ cup cubed cheddar or American cheese
½ cup thinly sliced celery and/or carrots
½ cup frozen peas
½ cup mayonnaise or salad dressing
2 tablespoons milk
¼ teaspoon salt
Dash ground pepper
2 hard-boiled eggs, coarsely chopped

Instructions:

Cook pasta according to package directions, Drain. Rinse with cold water, Drain again. In large mixing bowl, combine cooked pasta, cheese, celery/carrots, and peas.

For dressing, in small bowl, stir together mayonnaise/salad dressing, milk, salt, and pepper.

Pour dressing over pasta mixture.

Add chopped eggs. Toss lightly to coat.

Cover and chill for 4 – 24 hours. If necessary before serving, stir in addition milk to moisten.

Meat Loaf

Joan Clayton

Serves 6-8

Ingredients

2 eggs, beaten

1 can Del Monte Italian Recipe Stewed Tomatoes, drained

1¼ cup Progresso bread crumbs, Italian Style

1 lg. onion, chopped fine

½ bell pepper, chopped fine

¼ tsp. black pepper (heaping)

¼ tsp. garlic (heaping)

¼ tsp. dry mustard (heaping)

¼ tsp. sage (heaping)

1 tbsp. parsley

1 tbsp. worchestershire sauce

2 lbs. ground turkey

Directions

Heat oven to 350 degrees. Combine all ingredients in a large mixing bowl, except ground turkey. Mix well. Add ground turkey and mix well. Form lightly into a loaf and place in baking pan. Bake 1½ hours.

Mexican Crock Pot Chicken

Worawan White

Ingredients

1.5 to 2 lbs boneless, skinless chicken (thighs or breast meat)
4 cloves of garlic (or ½ teaspoon garlic powder)
½ tablespoon oregano
1 teaspoon cumin
1/8 teaspoon red pepper flakes
Black pepper (to taste)
1 medium yellow onion
1 medium green bell pepper
1 medium red bell pepper
1 15oz. can diced tomatoes
3 tablespoons tomato paste
Salt (to taste)

Directions

Place chicken pieces in bottom of slow cooker. Mince garlic, if using, and add to slow cooker. Sprinkle oregano, cumin, red pepper flakes and black pepper over chicken.

Slice onion and bell peppers into strips and place on top of chicken in slow cooker. Add can of diced tomato with juices and drop dollops of tomato paste over this.

Place lid over slow cooker and cook on high for 4 hours or low for 6-8 hours. (If cooking longer than this, thigh meat holds up better than breast meat.)

Before serving, remove lid and use tongs to stir contents, breaking chicken into shreds. You can thicken the sauce by allowing the pot to continue to simmer without the lid for 15 minutes.

Add salt to taste. (Around ½ teaspoon.)

Serve in a bowl, over rice or in a warm tortilla.

Salisbury Steak with Mushroom-Onion Gravy

Joan Clayton

Serves 4

Ingredients

1 envelope Lipton Onion Soup Mix

1/4 cup flour

2 cups water

½ tsp. vegetable oil

2 lbs. ground round

1 lg. onion, halved and sliced

1/4 cup parsley, chopped

2 beef bouillon cubes

Small can sliced mushrooms

Directions

Mix onion soup mix with 1/4 cup water. Add ground round and parsley, mix well. Shape into 5-6 oval patties about 5 inches long and 2/3 inch thick. Coat patties with flour. In large skillet, cook in oil about 10 minutes, turning once until crusty and no longer pink in the middle. Remove to a plate and cover to keep warm.

Add onion, mushrooms, and 1/4 cup water to drippings in skillet. Stir with a wooden spoon to scrape up any brown bits on bottom. Reduce heat to medium-low, cover and cook stirring occasionally until onions and mushrooms are soft, about 10 minutes.

Add 2 tbsp. flour to onion and mushroom mixture, stir. Slowly add 1½ cups water, stirring to avoid lumps. Add bouillon cubes, bring to a boil, reduce heat and stir often until thickened, about 3 minutes. Return patties to skillet, cover and cook on low for about 10 minutes.

Comfort Mac and Cheese

David Courington

Serves: 6-8

Ingredients

Butter for the baking dish

1 pound elbow macaroni

2 teaspoons sea salt

2 tablespoons extra virgin olive oil

1 cup Cheddar Cheese Sauce

10 strips bacon

2 cup freshly grated Parmesan cheese

1 1/2 cups panko breadcrumbs

1/2 cup minced fresh parsley

1 tablespoon minced fresh thyme

1 tablespoon minced fresh rosemary

1 teaspoon minced fresh sage

2 tablespoons freshly ground black pepper

Cooking Directions

Preheat the oven to 375 degrees F. Grease a 3-quart oven proof baking dish with butter, and set aside.

Bring water to a boil in a large saucepan over medium high heat. Add the macaroni and salt and stir to prevent sticking. Cook for 7 minutes, or until al dente. Drain and toss with the oil.

Heat the cheese sauce in a saucepan over medium heat.

In a skillet, cook the bacon over medium heat until crisp. Line a metal tray with paper towels. Drain the bacon. Chop the bacon into bits.

In a bowl, combine the bacon, parmesan, 1 cup of the breadcrumbs, the parsley, thyme, rosemary, sage, and pepper.

In a separate bowl, toss together the macaroni and heated cheese sauce, mixing well.

Stir the macaroni-cheese mixture into the breadcrumbs mixture. Spread evenly into the prepared baking dish, and sprinkle with the remaining 1/2 cup breadcrumbs.

Place the baking dish on top of a baking pan to catch spills if the cheese bubbles over. Bake for 40 minutes, or until crispy and brown on top.

Sour Cream Chicken

Joan Clayton

Ingredients

8 ½ breasts, boneless & skinless
1 tube Ritz crackers, crushed
1 can cream of chicken soup
1 stick butter or margarine
1 med. carton sour cream
Medium egg noodles

Directions

Cut chicken in 1" pieces. Saute in ½ stick butter until almost done, approximately 25 minutes. Cook egg noodles.

Blend soup, sour cream, and egg noodles. Add chicken, including any liquid. Mix well and pour into 8 x 12 casserole. Crush Ritz crackers and mix with ½ stick melted butter. Crumble on top of mixture. Bake at 350 degrees until bubbly, approximately 30 minutes.

Baked Teriyaki Chicken

David Courington

Ingredients:

1 tablespoon cornstarch
1 tablespoon cold water
1/2 cup white sugar
1/2 cup soy sauce
1/4 cup cider vinegar
1 clove garlic, minced
1/2 teaspoon ground ginger
1/4 teaspoon ground black pepper
12 skinless chicken thighs

Directions:

1. In a small saucepan over low heat, combine the cornstarch, cold water, sugar, soy sauce, vinegar, garlic, ginger and ground black pepper. Let simmer, stirring frequently, until sauce thickens and bubbles.
2. Preheat oven to 425 degrees F.
3. Place chicken pieces in a lightly greased 9x13 inch baking dish. Brush chicken with the sauce. Turn pieces over and brush the bottom side.
4. Bake in the preheated oven for 30 minutes. Turn pieces over, and bake for another 30 minutes, until no longer pink and juices run clear. Brush with sauce every 10 minutes during cooking.

Stuffed Green Peppers

(Microwave)

Joan Clayton

Ingredients

1.25 lb. ground turkey
1 cup instant rice (I use brown rice)
1 egg, beaten (optional)
1 small onion, chopped fine
1 lg. can tomato sauce (29 oz.)
4-5 medium-sized green peppers, halved
1 tbsp. parsley
1 tsp. basil
1 tsp. thyme
1 tsp. oregano
1 tsp. garlic powder
½ tsp. black pepper

Directions

Mix together rice, egg, onion, ½ cup tomato sauce, and spices. Add ground turkey and mix well. Fill pepper halves with mixture. Place stuffed peppers into a casserole dish. Pour remaining tomato sauce over peppers. Cover with lid or plastic wrap. Microwave on high for 20 minutes until meat is no longer pink and peppers are tender. Allow to stand 5 minutes before serving.

Chicken Enchiladas

David Courington

Serves: 6

INGREDIENTS:

1 tablespoon butter

1/2 cup chopped green onions

1/2 teaspoon garlic powder

1 (4 ounce) can diced green chiles

1 (10.75 ounce) can condensed cream of mushroom soup

1/2 cup sour cream

1 1/2 cups cubed cooked chicken breast meat (or you can use shredded rotisserie chicken)

1 cup shredded Cheddar cheese, divided

6 (12 inch) flour tortillas

1/4 cup milk

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.

In a medium saucepan over medium heat, melt the butter and saute the green onion until tender (about 3 to 4 minutes). Add the garlic powder, then stir in the green chiles, cream of mushroom soup and sour cream. Mix well. Reserve 3/4 of this sauce and set aside. To the remaining 1/4 of the sauce in the saucepan, add the chicken and 1/2 cup of shredded Cheddar cheese. Stir together.

Fill each flour tortilla with the chicken mixture and roll up. Place seam side down in the prepared baking dish.

In a small bowl combine the reserved 3/4 of the sauce with the milk. Spoon this mixture over the rolled tortillas and top with the remaining 1/2 cup of shredded Cheddar cheese. Bake in the preheated oven for 30 to 35 minutes, or until cheese is bubbly.

Indonesian Nasi Goreng (Fried Rice)

By Devi Barker

Ingredients:

2 cups uncooked long-grain white rice
2 eggs beaten
½ teaspoon salt
½ teaspoon fresh ground black pepper
8 ounce boneless skinless chicken thighs, cut into ½ strips (can use beef, shrimp, or pork)
2 tablespoons vegetable oil (or coconut oil or olive oil)
1 cup carrots, finely chopped
1 cup peas, frozen
1 medium onion, finely chopped
1 – 2 teaspoon sambal oelek (hot sauce)(optional)
1 tablespoon oyster sauce
1 tablespoon ketjap manis or 1 tablespoon dark soy sauce

Directions:

Cook rice in rice cooker.

Heat wok or large frying pan over heat until hot.

Add oil and wait until is very hot, add carrots, peas, onions, pepper, then add chicken, cook for 2 minutes, add rice and continue to stir fry for 3 minutes.

Now add sambal oelek, oyster sauce, and ketjap manis or dark soy sauce and continue to stir-fry for 2 minutes.

Finally add beaten eggs and continue to stir-fry for another minute.

Tuna Noodle Casserole

Joan Clayton

Makes 6 servings

Ingredients

8 oz. medium egg noodles
1 cup chopped celery (2 stalks)
½ cup chopped onion (½ onion)
1 can cream of celery soup
3 small cans tuna, drained
1 small can sliced mushrooms
1 jar (2 oz.) diced pimento, dr.
2 cups shredded sharp cheddar cheese
½ cup mayonnaise
1 cup milk
½ tsp. salt
1/8 cup slivered almonds

Directions

Cook noodles and drain. Combine all other ingredients except almonds and 1 cup cheese. Add noodles and mix well. Spoon mixture into 2-quart casserole. Sprinkle almonds and 1 cup cheese on top. Bake uncovered at 350 degrees for 45 minutes.

Collard Greens & Veggie Sushi Roll



Makes 4 adult servings (1 roll each)

Approximately \$3.00 per person to prepare

Ryoko Ohnishi, Adjunct Instructor, Continuing Education

Don't think sushi means eating raw fish and expensive! As a matter of fact, rolled sushi was developed in the 17th century in Japan to use small portion of ingredients and save money. If you make it at home, you just need a piece of leftover veggies and just roll them with rice! Be creative and have fun with it! I have been having fun with making sushi at Kid's College over the past years.

Ingredients:

2 cups of short-grain or middle grain rice (Nishiki Rice 32 oz. is affordable) \$2.50

2 cups of water

1 pack of nori seaweed sheet (Yamamotoyama Sushi Party is affordable) \$2.50

1 English cucumber, julienned \$2

1 handful of cooked collard greens (squeeze the liquid) \$1

1 ripened avocado, cut into ¼ inch thick slices \$2

1 carrot or beet Julienned \$1

1 tablespoon of mayonnaise (optional)

1 tablespoon of soy sauce (optional)

Equipment:

Sushi mat or wax paper (for rolling sushi)

Plastic wrap

Directions:

Prepare Sushi rice

1. Take two cups of rice and rinse until water runs clear.
2. If you have a rice cooker, pour 2 cups of water and turn it on.
3. If you use a saucepan, put the same amount of sushi rice and water and bring them to a boil. Turn down the heat and continue to simmer with lid closed, until all the water evaporates. Two cups of rice will take about an hour to cook.
4. Place the sushi mat on a flat surface. Cover the sushi mat with a layer of plastic wrap as this prevents rice from sticking on your rolling mat or you can use a sheet of wax paper.
5. Put the nori seaweed sheet on top of the mat, spread the rice evenly and flip it over.
6. On top of the nori seaweed sheet, place the cucumber, carrot, collard greens and avocado in a horizontal line to follow the edge of the mat, on the side where the rolling will start.
7. Lift the edge of the mat close to you and form the rice into a tight cylinder by rolling the mat away from you. After you form a roll, take off the sushi mat.
8. Cut the roll into 8 sections on a cutting board.

Beans and Rice

David Courington

Ingredients

1 lb. Beans (your choice: Pinto, Black Beans, Navy, etc.)

7.5 cups water

1 small onion chopped fine

1 clove garlic chopped fine

Salt and Pepper to taste

1 Boullion Cube (Chicken)

1 lb. Smoked Meat (Pork Neckbones, Turkey Tails, Turkey Wings, Hog Jowls)

For Rice

2 cups long grain rice

4 cups water

Directions

Wash and look beans to remove dirt, possible bad beans and small stones.

Break up boullion cube into small pieces and add all ingredients to a slow cooker.

Turn on low and let it cook all day while you are away at school or work.

When you get home put rice and water in a pan and prepare according to package directions.

Serve Beans and smoked meat over rice.

*You can also use peas instead of beans if you wish.

Western Stew

Joan Clayton

Ingredients

1 1/2 lbs. ground round or turkey
1 can kidney beans, drained
1 medium onion, chopped
1 can corn, drained
1 bell pepper, chopped
1 tbsp. chili powder
1 lg. can diced tomatoes

Directions

Cook ground round, onion, and bell pepper until meat is fully cooked. Drain. Add tomatoes (do not drain), kidney beans, corn, and chili powder. Mix well. Cover and simmer for approximately 30 minutes, stirring occasionally. Serve over rice.

Cream Biscuits

David Courington

Ingredients

2 cups all purpose flour
1 teaspoon kosher salt
1 tablespoon baking powder
1 teaspoon sugar
1 to 1 1/2 cups heavy cream
Melted butter

Directions

Heat the oven to 425°F. Combine the flour, salt, baking powder and sugar in a mixing bowl, stirring with a fork to blend.

Slowly add the cream to the dry ingredients, stirring constantly, until the dough holds together. Knead gently on a lightly floured surface for about 1 minute. Pat it into 1/2-inch thick round and use a sharp knife to cut into 8 wedges.

Arrange the wedges 2 inches apart on an ungreased baking sheet and brush the tops of the biscuits with melted butter. Bake for 12-15 minutes, until lightly browned. Serve warm with plenty of butter and/or honey.

Cake Mix Cookies

Grace Wyatt

Ingredients

1 Box (ANY FLAVOR) Cake Mix

½ Cup Vegetable Oil

2 Eggs

Any Mix-ins you want: Chocolate Chips, Nuts, Raisins, etc.

Directions

Combine cake mix, oil and eggs in a bowl and stir. Once the ingredients are combined, fold in your favorite mix-in. Drop by teaspoons on a cookie sheet and bake at 350 degrees for 8-10 minutes. After you remove them from the oven, let the cookies stand on sheet for two minutes, then cool on racks or paper towels.

Orange Creamsicle Smoothie

PALS Students

1 small frozen banana

$\frac{3}{4}$ cup vanilla low fat yogurt

$\frac{1}{2}$ cup orange juice

Ice cubes (optional)

Blend frozen banana, ice (if desired), and orange juice on high until mixture thickens. Add yogurt and blend until well combined. Recipe yields 2 servings. Thanks