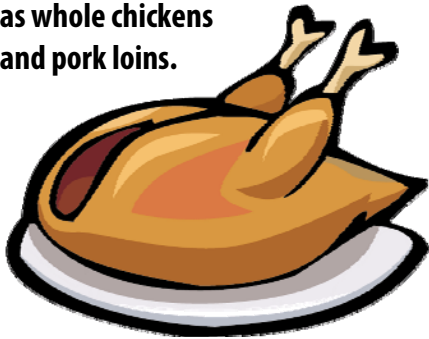


# Budget Booster Recipes

*Save money AND serve nutritious meals with these tips and recipes.*

**1 Buy larger pieces of meat, such as whole chickens and pork loins.**



## Tasty, Tangy Slow Cooker BBQ

1 medium onion, chopped  
 ½ cup ketchup  
 ¼ cup cider vinegar  
 ¼ cup packed brown sugar  
 ¼ cup tomato paste  
 2 tablespoons Worcestershire sauce or molasses  
 1 tablespoon yellow mustard  
 1 teaspoon each, salt and pepper  
 4 pounds uncooked pork, beef, or chicken\*

Stir together all ingredients except the meat in a 4 ½ to 6-quart slow cooker. Add meat, cutting into several large pieces to fit. Spoon sauce over meat. Cover and cook on low 8-10 hours or on high 4-5 hours. Transfer meat to serving dish. Skim and discard fat from cooking sauce, spooning remaining liquid over meat.

\*This also works well with browned, drained ground turkey.

## Slow Cooking “Budget Cuts”

An easy, healthy way to take advantage of great deals on larger pieces of meat is to use a slow cooker to prepare them. This method can tenderize larger cuts while aiding in fat removal.

**Pork Shoulder:** Put in slow cooker with small amount of liquid on low to medium setting for 8 to 10 hours. Refrigerate long enough for the fat to set. Skim the fat off the liquid and trim from the meat when cutting in chunks.

**Beef Chuck Roast:** Brown in small amount of oil, then put in slow cooker with water or beef broth. Cook on low to medium setting for 8 to 10 hours. Add liquid if necessary and stir once or twice while the meat is cooking. Refrigerate until fat is set. Skim the fat off the liquid.

**Chicken:** Put a whole chicken in the slow cooker. Add ½ cup water. Sprinkle chicken with salt and pepper. Cook on low for 6-8 hours or on high for 3-4 hours until the chicken is cooked, registering 165° F on a meat thermometer. Freeze or refrigerate the juices to use as stock in other recipes.

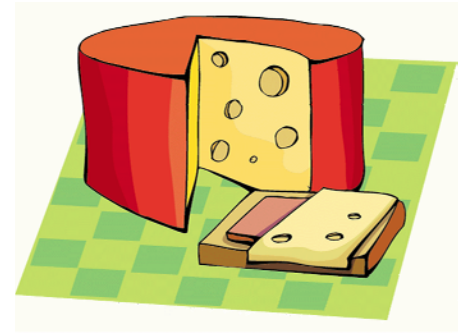
**2 Use homemade breads and muffins.** One 5-pound bag of flour costs about the same as a loaf of bread but will yield 3-4 loaves of homemade bread. Most would agree that fresh bread tastes better than store-bought, and after a day or two, it is excellent for French toast, bread pudding, and bread crumbs.

## Upside-Down French Toast

3 tablespoons margarine, melted  
 ½ cup brown sugar  
 6 slices canned pineapple, well drained  
 3 eggs  
 ¾ cup milk  
 ¼ teaspoon salt  
 6 slices oat or whole wheat bread

Pour margarine in a 9" x 13" pan. Sprinkle with brown sugar. Lay pineapple slices over brown sugar. Whisk eggs, milk, and salt until blended. Coat bread slices with egg mixture. Arrange on top of pineapple. Pour remaining egg mixture over top. Bake at 400° F for 30 minutes. Invert entire pan onto cookie sheet.

**3 Buy natural cheese in blocks instead of paying extra for slices, sticks, or strings.**



## Creamy Cheese Sauce

See notes below recipe for four pasta recipes using this sauce.

2 tablespoons butter or margarine  
 4 tablespoons flour  
 2 cups milk  
 1 cup grated sharp Cheddar cheese  
 ⅛ teaspoon ground pepper  
 ¼ teaspoon nutmeg (optional)

Melt butter over medium heat and stir in flour. Cook for two minutes, stirring to prevent burning. Remove from heat and gradually whisk in milk until well blended. Cook over low heat, whisking constantly, until thickened and smooth. Cook for 5 more minutes, stirring constantly to prevent burning. Add cheese and spices. Stir until smooth and

well blended. Serve with pasta and/or vegetables (see below).

Combine this sauce with cooked linguini, chicken, and broccoli for **Broccoli Chicken Alfredo**. Mix it with cooked penne pasta and spinach for **Penne Pasta Florentine**. Add cooked elbow pasta, diced ham, and peas for a **One-Dish Macaroni Special**. To make colorful **Confetti Pasta**, stir in diced, sautéed bell peppers of two or more colors along with your favorite cooked pasta. For all of these pasta recipes, reserve a cup of hot pasta water to stretch the cheese sauce, if needed.

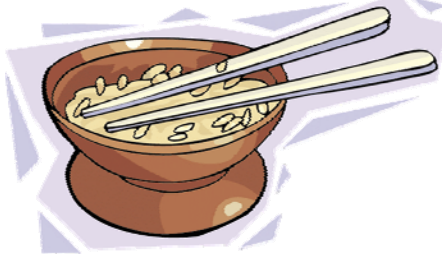
**🔑 Use regular or quick-cooking rolled oats instead of instant oatmeal packets.** It costs much less per serving, and per pound, this way.

### Baked Oatmeal

3 cups quick-cooking oats  
2/3 cup packed brown sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
2 eggs, lightly beaten  
1 cup milk  
1 teaspoon canola oil  
3/4 cup raisins\* or other dried fruit\*  
1/2 cup chopped walnuts\* (optional)

Preheat oven to 350° F. Mist an 8" square pan with cooking spray. In a large bowl, combine the oats, brown sugar, baking powder, salt and cinnamon. Combine the eggs, milk and oil, and add to the dry ingredients. Stir in the dried fruit. Pour into prepared pan. Bake uncovered for 35-40 minutes or until a knife inserted near the center comes out clean. Cool slightly. Cut into squares. Serve topped with milk or vanilla yogurt and fresh fruit, if desired.

### 5 Choose enriched white or brown rice over quick-cooking, pre-cooked, or seasoned rice mixes.



Buying longer-cooking varieties instead of convenience options can save more than \$1 per pound. Try to master a fool-proof cooking method for brown rice and use this nutritious staple on a regular basis.

### Fool-Proof Brown Rice

1 1/2 cups brown rice  
1/2 teaspoon salt  
2 1/3 cups water

1 tablespoon olive oil  
Preheat oven to 375° F. Put the rice in an 8" square baking dish—preferably one with a lid. Sprinkle with salt. Boil the water and oil in a stovetop pan. Immediately upon boiling, pour over the rice. Cover the dish tightly and bake until the rice is done, about 60 minutes. Remove from oven and fluff rice with a fork. Let stand for 10 minutes before serving, covering it with a clean kitchen towel for the first 5 minutes.

### Confetti Rice

1 (14.5 ounce) can reduced-sodium chicken broth  
1 cup uncooked long grain rice  
1/4 cup water  
1/4 teaspoon salt  
1/4 teaspoon dried oregano  
1/8 teaspoon pepper  
1/2 cup diced sweet red pepper  
1/2 cup frozen green peas, thawed

1/2 cup frozen corn, thawed  
2 teaspoons dried parsley

In a large saucepan, combine the first six ingredients. Bring to a boil. Stir in sweet peppers. Reduce heat; cover and simmer for 15-20 minutes or until rice is tender. Remove from the heat. Stir in peas. Cover and let stand for about 5 minutes or until heated through and liquid is absorbed. Stir in parsley.

**6 Instead of buying crackers, use toast, tortillas, or pita bread.** Not only do many commercially-available crackers cost more than \$3 a box, but they also contain excess sodium and the “wrong” kinds of fat. Instead of relying on crackers at snack time, use oven-toasted pita, bread, or tortilla triangles for dips and mini-sandwiches. Alternatively, try making crackers.

### Oatmeal Crackers

3 cups oatmeal  
2 cups enriched flour  
1 teaspoon salt  
1 cup water  
1 cup wheat germ  
3 tablespoons sugar  
3/4 cup vegetable oil

Preheat oven to 300° F. Mist two cookie sheets with cooking spray. Combine oatmeal, flour, salt, water, wheat germ, sugar, and oil in a large bowl. Roll thinly on baking sheets. Cut into squares. Bake for 30 minutes or until crisp.

\*This food is a choking hazard for children under 4 years of age.

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*The Association for Child Development is a nonprofit organization that educates parents and caregivers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.*

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