

Easy Dinner Ideas

Chicken

- Breaded Chicken Tenders
- Grilled Chicken
- BBQ Chicken
- Italian Marinated Chicken
- Chicken Alfredo Pasta
- Chicken Parmesan Pasta
- Ranch Chicken Tacos
- Buffalo Chicken Sliders
- Chicken Ziti Pasta Bake
- Chicken Quesadillas
- Chicken Broccoli Fettucine
- Chicken & Veggie Stir Fry
- Chicken Fajitas
- Chicken Noodle Soup
- Chicken Sandwiches
- Chicken Nuggets
- Chicken Teriyaki
- Chicken Salad Croissants
- Fried Chicken Salad
- Chicken with Cheesy Rice
- Chicken Enchiladas
- Chicken Rice Casserole
- Slow Cooker Chicken Thighs

Beef

- Spaghetti with Meat Sauce
- Spaghetti with Meatballs
- Slow Cooker Chili
- Build Your Own Taco Bar
- Burgers
- Sliders
- Meatloaf
- Mini Meatloves
- Cheeseburger Pasta
- Baked Ziti with Meat
- Roast or Beef Stew with carrots and potatoes
- Vegetable Soup
- Steak
- Steak Tips & Potatoes
- Philly Cheese Steak
- Cubed Steak with Gravy
- Steak Kabobs
- Brisket
- Enchiladas
- Lasagna
- Hamburger Casserole
- Beef Stroganoff

Weekly Meal Plan

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GET AHEAD: Do as much as you can while making dinner to prepare for tomorrow like gather ingredients, get meat from freezer, make lunches, or set out the slow cooker to set yourself up for success the next day!

Four Week Menu Plan – Spring 2015

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--|--|--|--|--|----------|--------|
| Themes | | | | | | | |
| WEEK 1 | <p>B: Toast or bagels L: Leftover or sandwich S: Smoothie D: Leftovers or out</p> <p>B: Leftover Sunday breakfast L: Lunchable S: Apples or sauce, cheese D: Taco Tuesday</p> <p>B: French Toast, banana, cheese L: Lunchable – crackers, ham, cheese, cucumber, grapes D: Chicken taco bowls: beans, rice, lettuce, toppings</p> <p>To Do: make banana bread & applesauce, start yogurt</p> | <p>B: Yogurt L: Tortilla S: Cheese & crackers D: Soup, stew, curry</p> <p>B: Yogurt, oats, honey, fruit L: Quesadilla, sour cream, tomatoes, apples, granola bar D: Stew with leftover roast, mushrooms, veggies, bread.</p> <p>To Do: Make pizza dough, make vinaigrette dressing</p> | <p>B: Eggs L: Breakfast for lunch S: Granola bars W: Rotate: Roast or Asian</p> <p>B: Scrambled eggs, toast L: French toast, cream for dipping, cheese, berries, yogurt D: Pork roast, veggies, rice, salad</p> <p>To Do: Make bread, cut up veggies</p> | <p>B: Muffin, bread, or oatmeal L: Sandwich S: Popcorn D: Pizza</p> <p>B: Kid's choice – cereal, toast, etc. L: Sandwiches, fruit D: Sausage, pasta, tomato sauce, salad.</p> <p>To Do: Clean out fridge, organize leftovers</p> | <p>B: big cooked breakfast L: snack tray S: kids choice D: kid food</p> <p>B: Pancakes, sausage, eggs, fresh OJ L: Snack Tray - Cheese, veggies, fruit, nuts, crackers D: Hot dogs, peas. Leftovers for mom (Dad out)</p> <p>To do: Menu review, groceries</p> | | |
| WEEK 2 | <p>B: Bagel, fruit, cheese L: Weekend leftovers (or sandwich), celery, apples, sunbutter for dipping D: Left Mom & kids at Grandma's. Leftovers for dad.</p> <p>To Do: boil eggs, slice ham & cheese.</p> | <p>B: Pancakes, banana, cheese L: Lunchable nachos: chips, cheese, beans, chicken, sour cream. D: Fish tacos: fish sticks, cabbage, tomatoes, avocado, etc.</p> <p>To Do: Make granola bars, thaw meat for Wed & Thurs.</p> | <p>B: Scrambled eggs, toast L: Waffle or pancake sandwich or bites, cream cheese, berries, yogurt D: Asian rice bowl or lettuce wrap: ground meat, shredded veggies, etc.</p> <p>To Do: Make bread, cut up veggies</p> | <p>B: Yogurt, oats, honey, fruit L: Sandwich kit: bread, meat, cheese, cucumber, carrots, apples, cookie. D: Pizza, green salad with ranch dressing</p> <p>To Do: Make pizza, thaw meat for Saturday</p> | <p>B: Waffles, bacon, eggs, fresh OJ L: Snack Tray - Cheese, veggies, fruit, nuts, crackers D: Mac & cheese, peas. Leftovers for mom (Dad out)</p> <p>To do: menu review, groceries</p> | | |
| WEEK 3 | <p>B: Toast, avocado, cheese L: Weekend leftovers (or sandwich), celery, apples, sunbutter for dipping D: Mom & kids at Grandma's. Leftovers for dad.</p> <p>To Do: Thaw meat for Tues & Weds.</p> | <p>B: Pancakes, banana, cheese L: Lunchable – crackers, salami, cheese, cucumber, grapes D: Tacos: ground beef or turkey, tortillas, lettuce, toppings</p> <p>To Do: make muffins & applesauce</p> | <p>B: Scrambled eggs, toast L: Muffins, cheese, berries, yogurt D: Whole roast chicken & veggies, rice, green salad</p> <p>To Do: Make bread & chick broth, cut up veggies.</p> | <p>B: Muffins, smoothie. L: Toasted cheese sandwich, carrots, applesauce, cookie D: Pizza (cauliflower crust option), chop salad with basil vinaigrette</p> <p>To Do: Make pizza, thaw fish for Sat.</p> | <p>B: Pancakes, sausage, eggs, fresh OJ L: Snack Tray - Cheese, veggies, fruit, nuts, crackers D: Pigs in a blanket, peas. Leftovers for mom (Dad out)</p> <p>To do: menu review, groceries</p> | | |
| WEEK 4 | <p>B: Bagel, fruit, cheese L: Weekend leftovers (or sandwich), celery, apples, sunbutter for dipping D: Mom & kids at Grandma's. Leftovers for dad.</p> <p>To Do: boil eggs, slice ham & cheese.</p> | <p>B: Pancakes, banana, cheese L: Lunchable – crackers, tuna salad, egg, cheese, cucumber, grapes D: Nachos – chips, chicken, beans, salsa, avocado, cheese, etc.</p> <p>To Do: make granola bars</p> | <p>B: Scrambled eggs, toast L: Oatmeal or yogurt (with granola, raisins, nuts), cheese, egg, berries D: Asian noodle bowl, miso broth, meat or tofu, veggies</p> <p>To Do: Make bread, cut up veggies.</p> | <p>B: Oatmeal, smoothie L: Sandwich kit: bread, meat, cheese, cucumber, carrots, apples, cookie. D: Pizza, green salad with ranch dressing.</p> <p>To Do: Make pizza</p> | <p>B: French Toast, bacon, eggs, fresh OJ L: Snack Tray - Cheese, veggies, fruit, nuts, crackers D: Chicken thighs. Recipe & sides TBD (use what's left). Cook extra for Tuesday dinner.</p> <p>To do: Menu review, groceries</p> | | |
| | <p>Kids Beverages: Weekdays: milk, water, diluted apple juice for kids. Weekend: milk, fresh squeezed orange juice.</p> <p>Adult weekday breakfast: Mom: scrambled or boiled eggs. Dad: Single yogurt or frozen breakfast sandwich Adult weekday lunch: Leftovers</p> | | | | | | |

14 Insta Rox

Grocery list

| | Every Week | Week 1 | Week 2 | Week 3 | Week 4 | |
|---------------------------|---|--|---|---|---|---|
| Produce | <ul style="list-style-type: none"> ◦ Lettuce ◦ Tomatoes – big & cherry ◦ Cucumber ◦ Apples ◦ Bananas ◦ Grapes ◦ Berries ◦ Oranges | <ul style="list-style-type: none"> ◦ Basil ◦ Shallot ◦ Cauliflower ◦ Mushrooms ◦ Onions ◦ Avocado ◦ Garlic ◦ Carrots | <ul style="list-style-type: none"> ◦ Cabbage ◦ Green onions ◦ Onion ◦ Greens (kale, spinach) ◦ Lemons ◦ Celery ◦ Greens | <ul style="list-style-type: none"> ◦ Mushrooms ◦ Cauliflower ◦ Onion ◦ Avocado ◦ Garlic ◦ Carrots | <ul style="list-style-type: none"> ◦ Green onions ◦ Lemons ◦ Celery ◦ Greens | |
| Meat | <ul style="list-style-type: none"> ◦ Pork shoulder roasts ◦ Sausage or meat for meatballs ◦ Breakfast sausage ◦ Hot dogs | <ul style="list-style-type: none"> ◦ Fish ◦ Ground beef – for rice bowls & burgers ◦ Bacon ◦ Ham | <ul style="list-style-type: none"> ◦ Breakfast sausage ◦ Salami ◦ Ground beef or turkey ◦ Whole chickens ◦ Fish ◦ Mimi hot dogs | <ul style="list-style-type: none"> ◦ Chicken thighs ◦ Bacon ◦ Ham ◦ | <ul style="list-style-type: none"> ◦ | |
| Dairy | <ul style="list-style-type: none"> ◦ Milk ◦ Butter ◦ Cheese: cheddar, jack, mozzarella ◦ Sour cream ◦ Eggs ◦ Plain yogurt (or homemade) ◦ Flavored yogurts | <ul style="list-style-type: none"> ◦ Whipping cream | <ul style="list-style-type: none"> ◦ Cream Cheese ◦ Half & half | <ul style="list-style-type: none"> ◦ Cream Cheese ◦ Half & half | <ul style="list-style-type: none"> ◦ | |
| Dry | <ul style="list-style-type: none"> ◦ Bread (or homemade) | <ul style="list-style-type: none"> ◦ Hot dog buns ◦ Flour Tortillas ◦ Rice ◦ Cheerios ◦ Sunbutter | <ul style="list-style-type: none"> ◦ Hamburger buns ◦ Corn Tortillas ◦ Oatmeal ◦ Pasta ◦ Bagels ◦ Lentils | <ul style="list-style-type: none"> ◦ Crackers ◦ Flour tortillas ◦ Asian noodles / ramen ◦ Cookies (or make homemade) | <ul style="list-style-type: none"> ◦ Tortilla chips ◦ Bagels ◦ Nuts ◦ raisins | |
| Canned | <ul style="list-style-type: none"> ◦ Tomato sauce | <ul style="list-style-type: none"> ◦ Refried beans | <ul style="list-style-type: none"> ◦ Black beans ◦ Canned tomatoes ◦ Coconut milk | <ul style="list-style-type: none"> ◦ Tuna ◦ Black beans ◦ Refried beans ◦ Coconut milk | <ul style="list-style-type: none"> ◦ | |
| Frozen | <ul style="list-style-type: none"> ◦ Peas ◦ Strawberries | <ul style="list-style-type: none"> ◦ Breakfast sandwiches | <ul style="list-style-type: none"> ◦ French fries | <ul style="list-style-type: none"> ◦ Breakfast Sandwiches | <ul style="list-style-type: none"> ◦ Corn | |
| Condi-ments | <ul style="list-style-type: none"> ◦ Salsa ◦ Honey ◦ Mayonnaise | <ul style="list-style-type: none"> ◦ Guacamole ◦ Ketchup | <ul style="list-style-type: none"> ◦ Salsa ◦ Soy sauce ◦ Syrup | <ul style="list-style-type: none"> ◦ Guacamole ◦ Olive oil | <ul style="list-style-type: none"> ◦ | |
| Other | <ul style="list-style-type: none"> ◦ | <ul style="list-style-type: none"> ◦ Pickles | <ul style="list-style-type: none"> ◦ Crescent roll dough | <ul style="list-style-type: none"> ◦ Crescent roll dough | <ul style="list-style-type: none"> ◦ Tofu ◦ Crescent roll dough | |
| Baking Ingredients | <ul style="list-style-type: none"> ◦ Bread: <ul style="list-style-type: none"> ◦ Bread flour ◦ Yeast | <ul style="list-style-type: none"> ◦ Sugar Cookies: <ul style="list-style-type: none"> ◦ AP Flour ◦ Butter ◦ White sugar ◦ Vanilla | <ul style="list-style-type: none"> ◦ Granola Bars: <ul style="list-style-type: none"> ◦ Quick Oats ◦ Nut butter ◦ Ground flax ◦ honey | <ul style="list-style-type: none"> ◦ Banana Bread / Muffins: <ul style="list-style-type: none"> ◦ Bananas ◦ AP Flour ◦ Baking powder ◦ Eggs ◦ Salt | <ul style="list-style-type: none"> ◦ Instant Oatmeal <ul style="list-style-type: none"> ◦ Quick oats ◦ Brown sugar ◦ Cinnamon ◦ Powdered milk | <ul style="list-style-type: none"> ◦ Pancakes / Waffles <ul style="list-style-type: none"> ◦ Wheat flour ◦ Eggs ◦ Cinnamon ◦ Baking powder ◦ Vanilla |

Recipes:

Pancakes & Waffles: <http://www.whatliscakes.com/blog/2013/11/10/homemade-pancakes-are-easy>

Instant Oatmeal: <http://www.whatliscakes.com/blog/2014/09/24/homemade-instant-oatmeal>

Bread & pizza dough: <http://www.whatliscakes.com/blog/2013/03/05/daily-bread?rq=bread>

Banana bread: <http://www.marthastewart.com/312772/banana-bread>

Granola bars: <http://www.runningwithspoons.com/2014/01/07/soft-and-chewy-protein-granola-bars/>

Ranch dressing: <http://www.whatliscakes.com/blog/2015/2/1/homemade-ranch-dip-dressing?rq=ranch>

Basil Vinaigrette: http://whatsgabycooking.com/basil-vinaigrette/#.VKhhUivF_Ko

Meatballs: <http://www.whatliscakes.com/blog/2014/11/5/3zmk2p4u02ypo9brcvbw96dtvm694?rq=meatballs>

Lentil soup: <http://www.whatliscakes.com/blog/2014/11/13/easy-weeknight-lentil-meatball-soup?rq=meatballs>

Cauliflower pizza crust: <http://www.theluckypennyblog.com/2013/02/the-best-cauliflower-crust-pizza.html>

Tacos, Bowls, Nachos:

- Tortillas or chips
- Cooked meat or fish (browned ground beef or turkey; grilled fish, or fish sticks)
- Refried or black beans
- Shredded cheese
- Sour cream
- Lettuce or cabbage
- Tomatoes
- Avocado or Guacamole
- Salsa
- Green onion
- Cilantro
- Limes
- Other Mexican style toppings

Stew:

- Cooked meat (beef, chicken, pork)
- Onion
- Carrots
- Mushrooms
- Potatoes
- Broth (chicken or beef)
- Garlic
- Herbs (thyme, rosemary, parsley)
- A little flour to thicken

Roast Chicken:

- Whole chickens
- Veggies (onion, cauliflower, root veggies)
- Salt, pepper

Stroganoff:

- Meat (browned ground beef, or leftover roast beef)
- Onions
- Mushrooms
- Sour cream
- Broth
- Egg noodles

Asian Rice Bowl or Lettuce Wrap:

- Ground meat – beef or turkey
- Onion
- Mushrooms
- Soy sauce
- Hoisin or fish sauce
- Coconut rice (rice + coconut milk)
- Shredded cucumbers, carrots, radishes
- Iceberg lettuce
- Brown meat, onions & mushrooms. Season with soy, hoisin, fish sauce, garlic, ginger.

Roast Beef or Pork:

- Meat
- Onion
- Mushrooms
- Salt & Pepper

Curry:

- Meat
- Onions
- Squash, Eggplant, etc.
- Curry sauce mix
- Coconut milk
- Coconut rice

Lentil soup:

- Lentils
- Broth
- Canned tomatoes
- Greens
- Onions
- Sausage or meatballs

Asian noodle bowl:

- Chinese noodles
- Tofu
- Miso
- Chicken broth
- Carrots
- Other veggies

Tortilla Soup / Posole:

- Chicken or beef broth
- Cooked chicken, pork or beef
- Salsa / Enchilada sauce
- Black beans / Hominy
- Corn
- Tortilla chips
- Sour cream
- Cheese
- Avocado

Cauliflower Pizza Crust:

- Diced or shredded cauliflower, cook until soft, squeeze water out
- Shredded mozz cheese
- eggs

The \$30 Weekly Meal Plan - Shopping List & Menu

The Little Frugal House

Aldi Shopping List:

This plan is based on current Aldi prices. Prices may differ in your area, but just check out your local discount grocery store to compare.

Make adjustments as needed, like if you see a great deal on ground turkey or the ingredients to a favorite meal of yours.

- Can of biscuits \$0.49
- Dozen eggs \$1.23 (These fluctuate a lot, and used to be \$0.49 often.)
- Bag of oranges (4 lbs) - \$2.49
- Bag of apples (2 lbs) - \$1.69 (If these fruits are higher, substitute for what's on sale at the time.)
- Flour tortillas (10 ct) - \$0.99
- Bag of frozen chicken breasts (48 oz) - \$5.99
- 1 package of frozen ground beef (1 lb) - \$3.19
- Bag of shredded cheese (cheddar or taco style) - \$1.89
- 1 taco seasoning packet - \$0.35
- Yogurt (your favorite flavor - 32 oz) - \$1.49
- Ready rice (your favorite flavor) - \$1.49
- 1 can of vegetables (whatever kind you like best - peas, beans, corn) - \$0.49
- Garden salad mix - \$0.89
- Salad dressing (your favorite flavor) - \$0.89
- Spaghetti sauce - \$0.99
- Spaghetti noodles - \$1.49
- Chunky salsa - \$1.29

Total = \$27.33 (+tax \$2.52 in my area) = \$29.85

Menu Plan Tips:

To get ahead and make sure you have enough food to last you throughout the week, go ahead and portion a few things out.

- Divide yogurt into 5 containers. This will make it easy to grab on your way out the door!
- Cut, grill, and divide your chicken. You will need 3 whole chicken breasts. The rest needs to be diced, grilled with whatever seasoning you prefer, and divided up for 7 lunches. I would just put these in individual bags so you can grab them easily for lunches.
- Salad mix needs to last 4 lunches, go ahead and divide it up into 4 containers on Tuesday so it stays fresh.
- You can make all of your taco meat at once if you prefer. Brown 2/3 lb. ground beef, mix with taco seasoning packet, and divide into 2 portions. Heat in microwave or on skillet when ready for dinner.
- For the salsa chicken, if you only have a large crockpot, I would go ahead and place 2 chicken breasts in the crockpot on Thursday morning with almost the whole jar of salsa (save some for your breakfast burrito), and split into two portions.

The \$30 Weekly Meal Plan

Sunday

Breakfast: 1 can of biscuits, 2 scrambled eggs, 1 orange

Lunch: Quesadilla: 1 tortilla, diced grilled chicken, shredded cheese, 1 apple

Dinner: Tacos: 1/3 lb ground beef, 1/2 taco seasoning packet, 2 tortillas, shredded cheese

Monday

Breakfast: 1/5 yogurt, 1 apple

Lunch: Diced grilled chicken and 1/2 package of rice

Dinner: 1 grilled chicken breast, can of vegetables

Tuesday

Breakfast: 1/5 yogurt, 1 orange

Lunch: 1/4 salad, diced grilled chicken, shredded cheese, dressing, 1 apple

Dinner: Tacos: 1/3 lb ground beef, 1/2 taco seasoning packet, 2 tortillas, shredded cheese

Wednesday

Breakfast: 1/5 yogurt, 1 apple

Lunch: 1/4 salad, diced grilled chicken, shredded cheese, dressing, 1 orange

Dinner: Spaghetti: 1/3 lb ground beef, spaghetti sauce, noodles (split the sauce into 2 portions and save one for Friday's dinner)

Thursday

Breakfast: 1/5 yogurt, 1 orange

Lunch: 1/4 salad, diced grilled chicken, shredded cheese, dressing, 1 apple

Dinner: Crockpot Salsa Chicken: Place 1 chicken breast and 1/2 salsa in crockpot on low for 6-8 hours. Serve with 1 tortilla and shredded cheese.

Friday

Breakfast: 1/5 yogurt, 1 apple

Lunch: 1/4 salad, diced grilled chicken, shredded cheese, 1 orange

Dinner: Leftover spaghetti sauce with noodles

Saturday

Breakfast: Breakfast Burrito: 1 tortilla, 2 scrambled eggs, shredded cheese, salsa, 1 orange

Lunch: Diced grilled chicken with 1/2 package of rice

Dinner: Crockpot Salsa Chicken: Place 1 chicken breast and 1/2 salsa in crockpot on low for 6-8 hours. Serve with 1 tortilla and shredded cheese.

Cost per serving of foods on September 4, 2023, in Columbus, OH

GRAINS

| | Description and notes | Cost | # of servings and serving size | Cost per Serving |
|--------------------|--|------------------|--|-------------------------------------|
| Whole grain bread | 20 oz "Seedtastic" | 3.99 | 1 slice (19 thin slices, plus 2 ends, per loaf) | \$.21 per slice |
| Buns/ baguette | 8 buns for 4=\$1.09 Baguette= \$1.65 | 1.09 1.65 | 1 bun 1/10 of the baguette | 0.14 per bun 0.16 per piece |
| Quinoa | 1 lb. | 3.19 | 11 – ¼ cup (dry) svgs. | 0.29 |
| Tortillas | Medium, flour 10 per package | 1.79 | 1 tortilla | 0.18 each |
| Pasta | Spaghetti Penne, rotini | 1.99 .98 | 16 – 2 oz. servings 8 – ¾ cup servings | 0.12 0.12 |
| Rice | Jasmine rice 5 lbs. Basmati rice 2 lbs. | 5.59 3.49 | 50 – ¼ cup (dry) svgs. 18 – ¼ cup (dry) svgs. | 0.11 0.19 |
| Whole grain cereal | Raisin bran Vitality (Spec K) | 2.15 2.39 | 8 – 1½ cup servings | 0.27 0.30 |
| Corn muffin mix | Add 1 egg & 1/3 cup milk, makes 7 | 0.60 | 1 muffin | 0.09 each (+ approx. 0.10 and 0.05) |
| Oats / Granola | Old Fashioned Oats Granola (3/4 cup) | 3.95 estimate | 30 – ½ cup svgs/42 oz Homemade granola* | 0.13 0.42 |

*most store-bought granola > \$1.20/ ¾ cup serving

PROTEINS

| | | | | |
|-----------------|----------------------------------|--------------|---|--------------|
| Chicken breast | Boneless 4.52 lbs @ \$2.29/lb. | 10.35 | 0.15 per ounce | 0.60/4 oz. |
| Eggs | dozen | 1.18 | 1 egg | 0.10/egg |
| Tuna | Solid white albacore in water | 1.59 | 2 -2½ oz. servings | 0.80 |
| Beans (canned) | Black , kidney or pinto | 0.77 | 3.5 – ½ cup servings | 0.22 |
| Baked beans | Baked beans, large can (___ oz) | 1.85 | 6 – ½ cup | 0.31 |
| Ham | "Breakfast ham" slices | 3.49 | 6 – 2 oz servings | 0.51 |
| Brats | Pork, 12 count | 6.99 | 1 brat | 0.58 |
| Peanut butter | Organic, 1 lb | 3.99 | 14 – 2 Tbsp servings | 0.29 |
| Hummus | Organic 8 oz. Various 10 oz. | 2.75 2.49 | About 8 – 2 Tbsp svgs About 10 - 2 Tbsp svgs | 0.34 0.25 |
| Nuts | Peanuts Cashews | 2.29 6.45 | 16 – 1 oz. 16 – 1 oz. | 0.14 0.40 |
| Bacon | "Premium sliced" | 3.99 | 15 slices/package | 0.27 |
| Pepperoni Pizza | (We add more veggies & cheese) | 3.49 | 4 servings ¼ of the pizza | 0.87 |

Cost per serving of foods on September 4, 2023, in Columbus, OH

DAIRY

| | Description and notes | Cost | # of servings and serving size | Cost per Serving |
|----------------|-----------------------------|------|--------------------------------|------------------|
| Milk | gallon | 2.56 | 16 – 1 cup (8 oz) svgs. | 0.16 |
| Cheddar Cheese | Extra Sharp 10 oz. | 2.75 | 5 – 2 oz. servings | 0.55 |
| | Irish 7 oz. | 3.79 | 3.5 - 2 oz. servings | 1.08 |
| Cottage Cheese | 24 oz. 4% milkfat | 3.69 | 6 – ½ cup servings | 0.62 |
| Feta | Solid 8 oz. | 1.79 | 1 oz. | 0.22 |
| | Crumbles 4 oz. | 2.99 | | 0.75 |
| Parmesan | Shredded 5 oz. | 2.45 | 1 oz. | 0.49 |
| | Solid 8 oz. | 4.39 | | 0.55 |
| Mozzarella | Shredded 1 lb. | 2.99 | 16 - ¼ cup | 0.19 |
| Yogurt | 6 oz. low-fat with fruit | 0.58 | 1 container | 0.58 |
| Cheeses | 8 oz solid | 1.99 | 4 - 2 oz. | 0.50 |

Mild cheddar, Sharp cheddar, Monterey jack, Colby, Colby jack, Pepper jack, Swiss, Mozzarella

FRUITS

| | | | | |
|-------------------|--------|----------------|--|-------------------|
| Apples (gala) | Fresh | 3.29 | 10 single apples | 0.33 |
| Bananas | Fresh | 0.62 | 5 medium bananas | 0.12 |
| Cantaloupe | Fresh | 1.99 | Approx 9 - ½ cup svgs. | 0.22 |
| Blueberries | Fresh | 2.39 | Approx. 4 - ½ cup svgs. | 0.60 |
| Strawberries | Fresh | 2.39 | 1 lb = 6 - ½ cup svgs. | 0.40 |
| Grapes | Fresh | red 1.49/lb. | 3 oz. per serving (~ 17 small grapes) | 0.28 |
| | | green .99/ lb. | | 0.19 |
| Oranges/mandarins | Fresh | 2.99 | 8 navel oranges | 0.37 |
| | | 3.29 | Approx. 24 mandarins | 0.27 (2 pcs) |
| Pineapple | Fresh | 1.89 | 8 - ½ cup servings | 0.24 |
| Watermelon | Fresh | 3.99 | Approx. 10 servings | 0.40 |
| Mango | Fresh | 0.79 | Approx. 2 servings | 0.40 |
| Mango | Frozen | 4.49 | 6 – 4 oz. servings | 0.75 |
| Limes/lemons | Fresh | Limes 1.99 | ~8/bag | 0.12 (half lime) |
| | | Lemon 3.79 | ~10/bag | 0.19 (half lemon) |

Cost per serving of foods on September 4, 2023, in Columbus, OH

VEGETABLES

| | Description and notes | Cost | # of servings and serving size | Cost per Serving |
|----------------|-----------------------|--------------------------|--|--|
| Tomatoes | Fresh On the vine | 2.89 | 5 tomatoes | 0.58 / tomato |
| Tomatoes | Canned | .87 | 3.5 - ½ cup servings | 0.25 / svg. |
| Onions | Fresh | Yellow 2.19 Red 2.19 | Approx. 8 Approx. 6 | 0.14 per half onion 0.18 per half onion |
| Carrots | Fresh | Whole 1.89 Baby 1.19 | 2 lbs. (about 10 whole) 1 lb. (30-40 per lb.) | 0.19/whole carrot 0.40/~10 baby carrots |
| Celery | Fresh | 1.79 | ~10 stalks in 1 bunch | 0.18 / stalk |
| Spinach | Fresh | 1.29 | 2.5 servings / 8 oz. bag | 0.52 |
| Avocado | Fresh | 0.49 | 3 servings/avocado | 0.16 |
| Cucumber | Fresh | .65 | 3 servings/cucumber | 0.22 |
| Cabbage | Fresh | 3.37 | 4.5 lbs @ 0.75/lb. Approx 16 - ½ cup svgs | 0.21 |
| Sweet potatoes | Fresh | 2.49 | ~ 9 per bag | 0.28 |
| Zucchini | Fresh | 1.68 | 1.16 lb. @ 1.45/lb. | 0.45/ 5-oz svg |
| Peppers | Fresh | 2.09 | 3-pack | 0.35/ half |
| Salad greens | Fresh | 5 oz 1.99 16 oz. 4.89 | Salad mix organic | 0.80 per 2 oz. 0.61 per 2 oz. |
| Cilantro | Fresh | .85 / bunch | 1/8 bunch | 0.10 |
| Broccoli | Fresh | 1.97 | 1.04 lb. @ 1.89/lb. ~ 4 servings | 0.47 |
| Broccoli | Frozen | 1.09 | 12 oz. - 4 servings | 0.27 |
| Green beans | Frozen | 0.95 | 12 oz. - 4 servings | 0.24 |
| Corn | Frozen | 0.95 | 12 oz. - 4 servings | 0.24 |
| Corn | Canned | 0.72 | 3.5 servings | 0.21 |
| Corn | On the cob | 2.89 | 4 cobs | 0.72/ cob |
| Veggie blend | Frozen | 1.09 | 12 oz. - 4 servings | 0.27 |
| Peas | Frozen | 0.95 | 12 oz. - 4 servings | 0.24 |

Cost per serving of foods on September 4, 2023, in Columbus, OH

COFFEE, SAUCES, SPICES, CONDIMENTS, AND TREATS

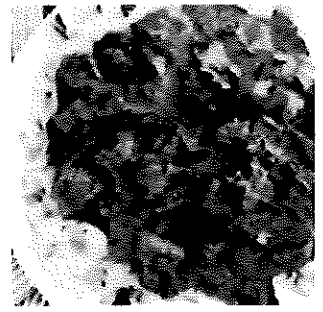
| | Description and notes | Cost | # of servings and serving size | Cost per Serving |
|--|-------------------------------------|--------------|--------------------------------|----------------------------|
| Coffee | 12 oz. | 3.95 | As brewed | 0.053/cup |
| Marinara | Organic, no sugar added | 1.99 | 6 - ½ cup | 0.33 |
| General Tso sauce | 24 – 1 Tbsp | 2.39 | 8 - 3 Tbsp | 0.29 |
| Tikka Masala sauce | Heat and serve! | 2.79 | 6 - ¼ cup | 0.46 |
| Ketchup/ Mustard | condiments | | | 0.02-0.08 |
| Oil | EVOO | 5.09 | 34 oz. | 0.15/oz. |
| Butter | 1 lb. | 3.69 | 32 – 1 Tbsp svgs | 0.11 / Tbsp |
| Mayonnaise | Generic Brand name | 3.15 5.48 | 60 - 1 Tbsp servings | 0.05 / Tbsp 0.09 / Tbsp |
| Salad dressing | Similar to Olive Garden | 1.79 | 16 / bottle | 0.11 |
| Red wine vinegar | 16.9 oz. | 2.49 | 33 servings | 0.08 |
| Vanilla | | 4.99 | 6 tsp | 0.83/tsp |
| Common Spices | Approx 2.5 oz per bottle =~ 15 tsp. | .95 | 30 - ½ tsp servings | 0.03/serving |
| Cinnamon, cumin, garlic, Italian seasoning, paprika, oregano | | | | |
| Curry, coriander, etc | Approx 2.5 oz per bottle =~ 15 tsp. | 3.95 | 30 - ½ tsp servings | 0.13/serving |
| Chili seasoning | Enough for 4 svgs | 0.42 | packet | 0.42 |
| Taco seasoning | Enough for 4 svgs | 0.48 | packet | 0.48 |
| Honey | Honey Bear | 3.89 | | 0.32 / oz. |
| Chips | Multi-grain tortilla | 2.29 | 8 servings/8 oz.bag | 0.29 |
| Chips | potato chips Kettle Chip style | 1.95 | 8 servings/8 oz.bag | 0.24 |
| Chocolate | 5 small bars pkg. | 1.99 | Small bar, dark choc. | 0.40 |
| Ice Cream | 16 oz. | 2.99 | 3 servings/container | 1.00 |
| | 48 oz. | 5.99 | 9 servings/container | 0.66 |
| Cookies | Sandwich | 2.35 | 27 - 2 cookies servings | 0.09 / 2 pcs |
| | Chips Ahoy | 4.99 | 22 servings (3 ea) | 0.23 / 3 pcs |

Easy Instant Pot Beef Stroganoff

Servings: 6 Prep Time: 10 mins Cook Time: 40 mins Total Time: 50 mins

Description

This is hands down the BEST Instant Pot Beef Stroganoff. It's so easy to make and comes together in under an hour. (Includes slow cooker instructions too!).



Ingredients

- 1/3 Cup All-Purpose Flour
- 1/2 Teaspoon Paprika
- 1/2 Teaspoon Garlic Powder
- 2 Pounds Stew Meat
- 2 Tablespoons Olive Oil
- 1/2 Cup Chopped Onion
- 1 1/4 Cups Beef Broth
- 2 Teaspoons Salt
- 1 Teaspoon Pepper
- 1 Teaspoon Onion Powder
- 1 Teaspoon Dried Parsley Flakes
- 1 Teaspoon Fresh Thyme , or 1/2 Teaspoon Dried Thyme
- 2 Tablespoons Worcestershire Sauce
- 8 Ounces Crimini Mushrooms, sliced
- 1/2 Cup Sour Cream
- Fresh Parsley for Garnish
- Fettucini Pasta or Egg Noodles, , for serving

Instructions

1. In a large ziploc bag, add the flour, paprika, and garlic powder.
2. Add the stew meat and seal the bag, then shake to evenly coat.
3. Set the instant pot to browning and add the olive oil. Once hot, add the meat and onions, turning the meat occasionally until browned, about 3-4 minutes.
4. Turn the instant pot to high heat and add the remaining ingredients except the sour cream. Add the lid, making sure it's set to seal and set the time for 20 minutes.
5. Either quick release the pressure or wait 15 minutes until the pressure has released and stir in the sour cream.
6. Serve over noodles with fresh parsley.

Equipment

- Instant Pot

Notes

To make this recipe in a slow cooker:

1. Heat a pan to medium heat and add the oil. Once hot, add the meat and onions and brown for 3-4 minutes, turning the meat as it browns.
2. Turn off the stove and transfer the meat and onions to a slow cooker. Add the remaining ingredients except the sour cream and stir to combine.
3. Cook on low for 5-6 hours, during the last hour of cooking add the mushrooms.
4. Once finished, add the sour cream and stir everything together. Serve over noodles.

Beef stroganoff will keep for 3-4 days in the refrigerator.

Nutrition

Serving: 1cup **Calories:** 340kcal **Carbohydrates:** 11g **Protein:** 37g **Fat:** 16g **Saturated Fat:** 6g
Polyunsaturated Fat: 1g **Monounsaturated Fat:** 8g **Cholesterol:** 104mg **Sodium:** 1120mg **Potassium:** 828mg
Fiber: 1g **Sugar:** 2g **Vitamin A:** 224IU **Vitamin C:** 3mg **Calcium:** 75mg **Iron:** 4mg

Author: Sweet Basil **Course:** 100 + BEST Easy Beef Recipes for Dinner **Cuisine:** American

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