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RECIPES FROM
THE FRUGAL
KITCHEN



Simple Life
of a Frugal Wife

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TIPS FOR SAVING MONEY IN THE KITCHEN:

- *Buy pork loin on sale. Put it in the freezer for an hour and then take it out and slice into pork chops, or cubed pork for stews.**
- *Use roast chicken for chicken recipes and divide one chicken into multiple meals as well as using the bones to make broth.**
- *Buy cheese when it is on sale and grate it to freeze. Do not freeze WITHOUT grating it or it will be a crumbly mess in the end.**
- *Meal plan according to what is on sale and buy produce in season.**
- *Use meat as a stretcher and not the main event. That means adding it to stir fries, soups, pot pies, chilis, and other things.**
- *Start a garden to save on produce. Be sure to preserve your harvest.**
- *Turn your crystallized honey into liquid again by warming it up. It's still good!**
- *Every year, do an “eat from your pantry” challenge for one month. Use this time to eat all those things that have been pushed to the back of the pantry that you keep avoiding but would save you money if you would eat it. :)**
- *Buy generic brands. It's amazing how much money you can save on food if you aren't brand loyal at the grocery store.**

CHICKEN PANCIT

(I use leftovers from a roasted whole chicken. The whole family loves this recipe!)

2 cups cooked chicken
1 bag coleslaw mix
1/2 cup soy sauce
half an onion, diced
1/2 cup sliced mushrooms
2 cloves of garlic, minced
1 package of rice noodles
Lemon slices

Cook chow mein noodles or rice noodles according to package. Set aside.

Saute the onions, garlic, and mushrooms for a few minutes, until softened.

Add the coleslaw mix, soy sauce, and cooked chicken. Once the coleslaw is softened and cooked add your noodles. Cook for a few minutes until all heated through.

Serve with a lemon slice squeezed over the dish.

MEATBALLS

Our family eats these meatballs with rice.

2 lbs medium ground beef
1 tsp garlic powder
1 tsp onion powder
1/2 tsp black pepper
1/2 tsp salt
1/2 tsp dried parsley

2 tsp Worcestershire sauce
2 eggs
1/2 cup bread crumbs

Preheat the oven to 400 F. Grease a cookie sheet or line with foil.
Form into 1 inch balls and put them on the pan.
Bake between 15-20 minutes, or until browned.

You can eat them just like that, but we like to mix them in a pot with about half a bottle of BBQ sauce before we toss the meatballs on some rice.

BBQ CHICKEN PIZZA

(This is another recipe that I use leftover roast chicken. One whole chicken can yield me 2-3 meals as well as broth for soup!)

This makes 2-3 pizzas, depending on how thick you like your crust. You want to be sure to roll out the crust pretty thin as it puffs up quite a bit from cooking.

For the dough:

3 cups warm water
5 tsp active dry yeast
1 tsp honey
7 1/4 cups flour
1 tsp salt
3/4 cup oil(I use canola)
1 cup cornmeal

For Toppings:

BBQ sauce
Marble cheese
Red Onions
Chicken
Pineapple (optional)

Preheat oven to 425F

Mix together your yeast, honey, and water. Let it sit for about 5-10 minutes to allow the yeast to "proof". You will know it is ready when it gets foamy.

In a separate bowl mix 5 cups of the flour, and the salt.

Add the yeast and oil to the flour mixture. Stir until all mixed. Add the rest of the flour a bit at a time until it is no longer runny or sticky. You don't want it too dry though. When the dough starts to pull away from the sides of the bowl is when you've added enough flour.

knead it on your counter top for a few minutes, then roll it into a nice ball, place it back in the bowl, and cover it with a tea towel. Let it rest for 10-20 minutes.

Spread some oil on 11 x 17 cookie sheets to grease them.

Pour the cornmeal on the pan. While holding the pan over your sink on an angle, tap the back of it gently to spread the cornmeal all over the pan.

Divide your dough into two balls.

Roll your dough out on the counter until it is close in size to your cookie sheet. Transfer the dough carefully to the cookie sheet.

Put sauce, cheese, and whatever toppings you want on the dough.

Stick it in the oven and cook at 425F for 14-16 minutes.

CHICKEN FAJITAS

(Again, another meal we use leftover roasted chicken for. See a pattern here? :))

Cooking oil (we use canola)

2 large peppers (we like red and yellow peppers but pick what color pepper you prefer)

1 large Onion

2 cups cooked chicken, sliced or shredded

1 tsp chili powder

1/2 tsp cumin

1/4 tsp salt

1/4 tsp pepper

Tortilla wraps

Optional toppings:

lettuce

cheese

sour cream

salsa

Slice and saute the red pepper and onion with a tbsp of oil. Once softened, add the cooked chicken. Add the spices, and cook for another 3 or so minutes.

Serve on tortillas with your favorite toppings.

*If using raw chicken that is not leftovers, just cook the chicken before adding it to the peppers and onions.

SQUASH SOUP

2 butternut squash
1 onion, diced
1 apple, cored and peeled, and diced
1 cup of half and half cream (or use milk for a cheaper option)
4 cups of chicken broth
3 cloves of garlic minced
1 tbsp dried rosemary
1/4 tsp salt
pepper to taste
bacon (optional)

Preheat the oven to 350F. Cut the squash in half, rub with olive oil, and place cut side down on a cookie sheet.

Cook until soft, about 45 minutes.

In a big soup pot saute diced onions and minced garlic in some olive oil on medium heat until onions are translucent. Add the broth, squash, apple, rosemary, salt, and pepper. Allow to simmer on medium-low heat for an hour. (You could get away with simmering it for less time, but I like my soups to cook longer for the flavors to mingle better.)

If you prefer a thinner soup, just add more water. If you prefer thicker, add less broth. Blend with an immersion blender. Add cream and bacon just before serving.