



7 Budget-Friendly
Recipes to Kick-Off
Your Real Food
Journey

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Cheapskate Cook



KICK
START
YOUR
JOURNEY



Lentil Casserole



8 servings



1 hour

INGREDIENTS

1 cup brown lentils
1 cup brown rice
5 cups water or broth
One 8-ounce can
tomato sauce
salt, (to taste)
1 cup cheddar cheese,
shredded

NOTES

I kept the flavors super simple in this recipe. However, I like to add paprika, chili powder, cumin, and garlic powder when I make it.

DIRECTIONS

1. Heat water or stock in a large saucepan over high heat. Bring it to a boil. Stir in lentils and rice. When it all comes to a boil again, decrease heat to simmer. Cover, and let cook 30-40 minutes, until lentils and rice are tender.
2. Meanwhile, preheat oven to 350 F.
3. Add tomato mixture and salt to rice and lentils. Stir to combine.
4. Pour the lentils and rice mixture into a 9x13-inch pan, smoothing the top with a rubber spatula. Sprinkle evenly with cheese.
5. Bake for 10 minutes, until cheese is melted, bubbly, and awesome.
6. Serve warm with salad or veggies.



Egg Muffins



12 servings



30 minutes

INGREDIENTS

12 eggs

2 cups cheddar cheese,
shredded

1 cup parmesan cheese,
shredded

1/4 tsp oregano

1/4 tsp basil

Salt, to taste

Pepper, to taste

NOTES

Add any or all of the following for a delicious flavor twist: bacon, sausage, chopped spinach, sautéed onions, diced peppers, diced tomatoes.

DIRECTIONS

1. Line a muffin pan with paper liners (I don't recommend skipping the liners – these babies stick to the pan) and grease the liners and the top of the pan to prevent the puffy muffin tops from sticking to the edges.
2. Combine all ingredients in a bowl and distribute the batter evenly between the 12 muffin liners.
3. Bake at 350 F for 20–25 minutes, until tops are golden brown and egg is cooked through.
4. Allow to cool for 10 minutes before removing from pan and enjoying.



Easy Tomato Soup



8 servings



15 minutes

INGREDIENTS

2 tbsp butter or oil
1 cup onion, chopped
Four 14-oz cans diced tomatoes
2 cups water or broth
2 cups heavy cream
1 tsp oregano
1/2 tsp paprika
1/4 tsp chili powder
Salt, to taste
Pepper, to taste

NOTES

Dairy-Free Version: Omit cream and add 2 cups diced carrots or sweet potatoes with the tomatoes. Simmer for 15-20 minutes, until they are easily pierced with a fork. Proceed with the blending, etc.

DIRECTIONS

1. Heat oil in a medium-size pot over medium heat. Saute onion until translucent. Stir in tomatoes, broth, paprika, chili powder, and oregano. Increase heat to medium-high. Bring to a boil, then cover and reduce heat to low.
2. Simmer for 5 minutes. Stir in cream.
3. Use an immersion blender to puree the soup, or blend it in batches in a countertop blender (only fill the blender halfway - hot liquids expand then explode and make a terrible mess. Ask me how I know). You can also leave the soup as is! Whatever works for you.
4. Serve warm with grilled cheese or a salad.



Picadillo



6-8 servings



1 hour

INGREDIENTS

1 lb. ground beef
4 large potatoes,
quartered and sliced
about 1/2-inch thick
2 tsp garlic, minced
1/2 onion, diced
4 tsp cumin, to taste
Two 8-oz cans tomato
sauce
3 cups water broth
Salt, to taste
Pepper, to taste

NOTES

You can serve this as is or with your favorite taco toppings - cilantro, sour cream, green onions, etc.

DIRECTIONS

1. In a large pot over medium heat, brown the ground beef until no longer pink.
2. Season it with salt, pepper, and cumin.
3. Add onions and garlic. Saute until onions are translucent.
4. Add potatoes, tomato sauce, and just enough water to cover the potatoes.
5. Give it a good stir and simmer, uncovered, on medium-low heat until potatoes are tender and liquid has reduced, approximately 30-45 minutes (depending on how reduced you want the liquid.)
6. Serve warm with salad.



WW Muffins



12 servings



1 hour

INGREDIENTS

1 cup milk
1 tbsp vinegar
2 cups whole wheat
flour
1/3 cup oats
1 tsp salt
1 tsp baking powder
1 tsp baking soda
1/2 cup honey or maple
syrup
1/4 cup oil or butter
1/4 cup apple sauce
1 egg

NOTES

For more variations, go to

<https://www.cheapskatecook.com/whole-wheat-muffins-recipe/>

DIRECTIONS

1. Preheat the oven to 400 F.
2. In a small bowl, stir together the milk and lemon juice. Set it aside to curdle.
3. In a large bowl, stir together the dry ingredients.
4. Add the liquids, including the milk mixture, and stir just until mixed.
5. Fold in any additional ingredients.
6. For the best results, let the batter sit for 10-30 minutes. This allows the whole wheat to absorb the liquid a little more.
7. Pour into greased or lined muffin tins and bake for 15-20 minutes.



Easy Frittata



6 servings



1 hour

INGREDIENTS

2 tbsp oil or butter

1/4 cup onion, chopped

1-2 cups vegetables,
chopped*

6 eggs

1/4 cup whole milk (or
cream, yogurt, or sour
cream)

Salt, to taste

Pepper, to taste

NOTES

*Leftover, fully cooked veggies work great!

Broccoli, tomatoes, peppers, mushrooms,
spinach, zucchini, potatoes, and even
sweet potatoes all work great in a frittata.

Just make sure the potatoes are soft by the
time you put them in the oven.

DIRECTIONS

1. Preheat oven to 400 F.
2. In a large skillet, heat oil over medium heat. Saute onion (If using potatoes or peppers, add these here too) until translucent.
3. Add any other vegetables and cook until soft and cooked through.
4. Meanwhile, crack eggs in a medium-sized bowl, add dairy (if using), a generous pinch of salt and pepper, and scramble them with a whisk or a fork.
5. Place sauteed vegetables in a greased pie dish or an 8x8-inch baking dish. Pour the egg mixture evenly over the vegetables.
6. Bake for 20-30 minutes until the top of the eggs is no longer wet.
7. Remove from oven, allow it to cool slightly, then slice and serve.



Baked Oatmeal



9 servings



1 hour*

INGREDIENTS

- 1 cup milk
- 2 cups rolled oats
- 1/4 cup maple syrup or honey
- 2 tbsp applesauce
- 2 eggs
- 1 1/2 tsp baking powder
- 1 1/2 tsp vanilla extract
- 1/2 tsp salt

NOTES

For dairy-free, egg-free, and more variations, go to:

<https://www.cheapskatecook.com/baked-oatmeal/>

DIRECTIONS

1. *Optional Overnight Step (highly recommend for best texture): Stir together the oats and milk in a container with a lid. Cover and refrigerate until the next morning (can refrigerate for 1-2 days if needed).
2. The Next Day: Preheat the oven to 350 F. Remove oats and milk from the refrigerator. Combine all ingredients in a large bowl and stir thoroughly to combine.
3. Grease one 8x8-inch baking dish and pour batter into pan.
4. Bake for 30 minutes.
5. Remove from oven, cool, then cut into squares.
6. Top with butter, maple syrup, milk, or vanilla yogurt.