I'm not a bot



Looking for budget meal ideas that are easy to make and delicious? Youre in the right place! Im sharing a variety of foods to help you with recipes and ideas to keep mealtime interesting and fun. You dont need special gadgets or appliances for any of the recipes. If you dont have an air fryer for the air fryer recipes, simply cook the same meal in the oven for about 1/3 longer. Ive added some side dishes to go with any of the main dishes listed below. Mix and match these dishes to make everyone around the table very happy. Youll also see a few desserts that wont break your budget. Although sweets arent essential to staying well fed, I cant imagine never having them after certain meals. One of the things I really love is a delicious but easy cheap dinner. The way I see it is that theres no reason to spend more money than you have to in order to feed your whole family something they love enough to ask for again. Chicken thighs are one of the least expensive cuts of chicken. I cook these in my air fryer, but you can also make them in your oven. Its an easy weeknight main dish that you can serve with any sides, salads or bread you like. Heres one of those dishes that you can serve with any sides, salads or bread you like. Heres one of those dishes that you can serve with any sides, salads or bread you like. Heres one of those dishes that you can serve with any sides, salads or bread you like. Heres one of those dishes that you can serve with any sides, salads or bread you like. Heres one of those dishes that you can serve with any sides, salads or bread you like. Heres one of those dishes that you can serve with any sides, salads or bread you like. Heres one of those dishes that you can serve with any sides, salads or bread you like. Heres one of those dishes that you can serve with any sides, salads or bread you like. Heres one of those dishes that you can serve with any sides, salads or bread you like. 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I like to serve this with either white rice or fried rice. Heres an easy main dish that you can put in the Crock Pota and leave for a few hours. Pork tenderloins are usually very inexpensive, yet they are extremely versatile. Pick up a few while theyre on sale. Serve them with your favorite potato or pasta dish. Reminiscent of those delicious sandwiches from our childhood, these sloppy joes from Julias Simply Southern will take you back to a time when life was simpler. And the kids will think youre the coolest parent ever! I like to keep several cans of salmon on my pantry shelf for those times when Im in the mood for these yummy salmon cakes (also called salmon patties or croquettes). I used to fry them on top of the stove, but cooking them in the oven is easier and uses less oil. This teriyaki chicken and broccoli dish is easy to cook but tastes like something youd get at a take-our restaurant. Actually, its even better because you control the amount of seasonings you add. Whether you use store-bought teriyaki sauce or make your own, itll be a huge hit. The version I have here is meatless, so you save the expense of meat. However, if you find some good ground beef or turkey on sale, by all means, add it. But I highly recommend you try it the way I have it in the recipe because it is absolutely delicious! This is another (almost) meatless dish that is so delicious you probably wont want to add a little flavor and texture. But you certainly dont have to. Either make your own meatballs or pick up a pack of frozen ones when they go on sale. Add the other ingredients that youll want to add to your budget-friendly dinner rotation. Theres nothing more comforting than having a delicious meal cooked at home with lots of love and just the right amount of seasonings. A lot of the comfort food most people like is cheap but warm and delicious. I like to keep the ingredients in my kitchen pantry for those times when we need something yummy in our tummies. These are some of our favorite comforting budget meal ideas. This casserole is so loaded that it can be your main dish. Or serve it as a side if you prefer. Its a delicious comfort food that will send your senses into orbit. I cook these in my Instant Pot, but you can make this recipe in a slow cooker or on the stovetop. Regardless of how you make this dish, its warm, delicious, and fills the tummy in such a comforting way. I like it over rice and with a slice of cornbread on the side. Theres a reason that macaroni and cheese is such a popular comfort food. Its deliciously creamy and delivers tasty little bites of cheese with every single bite. Sometimes we serve it as a side dish, but its good enough to stand on its own as the main attraction. Trust me when I say it wont take long for everyone to gather around the table when they know youre serving this. Be sure to make enough to enjoy leftovers for another day or two! Heres one of the easiest and tastiest comfort foods in my recipe file. But those arent the only reason we like it. This chicken noodle casserole is the perfect meal when we need to tighten our budget without feeling like were sacrificing. Its so good on so many levels! Imagine this! Mashed potatoes covered in shredded chicken cooked with a smooth, creamy gravy thats packed with flavor. Mmm! Absolutely delicious yet easy to make! Made in the slow cooker for convenience, this dish has lots of good things to keep you healthy when youre sticking to a tight budget. If you need to feed a lot of people, this is the perfect dish. Flavorful, fast, and fabulous! Those are the best 3 words you can use to describe this delightful budget-friendly dish. Sausage is inexpensive, and you can use whatever potatoes you have on hand. Add a few seasonings, and you have a meal the family will love! Yes, its inexpensive, but it tastes like a million bucks! One of the things I like about this delicious casserole is that any cut of pork chops when they go on sale. The unexpected flavors of this will light up any meal and make the taste buds very happy. My mother used to make this on items she had stocked in her pantry. All of the ingredients, including the chicken are shelf stable that is, if you use canned chicken. Chicken drumsticks are also very inexpensive, so take advantage of that and stock up. There are so many different dishes you can make with them, starting with this delightful main dish. I cook them in my air fryer, but you can use the same basic recipe and cook them on the grill instead. This super easy one-pot meal has quickly become a family favorite. You cook the entire meal in one skillet (at least, that's what I do), and it only takes a few minutes from start to finish. Everyone will love how the flavors come together in this delicious dish, so make sure you have enough for seconds. And then at the end of the meal, cleanup is a breeze since theres only one pan! Take a pound of ground beef and add it to pantry items you already have. You can use cans of mixed vegetables, potatoes, rice, and other foods sitting on the shelves. This recipe is so flexible that you can create a variety of dishes to keep your family happily fed. All you need are a few ingredients to season this delicious and oh-so satisfying dish. You can actually feed a family of 4 for less than some meals cost for one. And its just as good! Some people wait until the temperature drops to make soup. In my home, we enjoy it year-round. After all, its so good. So why wait? When looking for budget meal ideas, consider any of these soups or chilis. I make this in my Instant Pot, but you can certainly make it in your slow cooker or on the stovetop. Lentils are packed with protein. So with a few more ingredients, this delicious soup makes a complete meal. You can make the traditional chicken noodle soup, or you can use those packages of ramen noodles in your tummy without stressing your budget. Check out this recipe to see how you can add more substance and nutrition to this age-old popular soup. If you like mushrooms in a delicious soup made with lots of flavor! This super inexpensive soup is a wonderful meal to cook when you have a lot of hungry people. Its delicious, satisfying, and oh-so filling. Serve it with a side of your favorite bread or all by itself. Hearty and flavorful, homemade bean soup is one youll want to make often. And you can because its budget-friendly, easy to make, and comforting. Its really good when served with a side of these dinner rolls from Back to My Southern Roots. This yummy chili gets its name from the types of beans youll add. When were in the mood for chili but want something a little different, this is the one I make. Soothing to the soul and easy on the budget, you can make this soup and serve it with a grilled cheese sandwich for a family-pleasing dinner. Potato soup is packed with a lot of creamy goodness that gives you a lot of flavor for very low cost. You can use whatever bacon you have in the fridge. Or try some ready-made bacon bits for just a hint of bacon flavor. Ive made this yummy soup with rotisserie chicken, leftover chicken from another meal, and canned chicken. It really doesn't matter what form of chicken you use because its wonderful with any kind. Add a few vegetables and some rice, and you have a delicious meal. What do you make when youre in the mood for chili, but you dont have much time? Try this fabulously easy, budget-friendly, and delicious 3ingredient version. You can add more seasonings, but theres really no need to. All of the flavor you need is in these 3 simple ingredients! Lots of shelf-stable veggies make this soup a favorite meal at our house. Its a great way to clean out your pantry and deliver a meal that the whole family will love. You dont need much meat to make this delicious chilijust enough for flavor. The beans add fiber, flavor, and so much satisfaction youll want to make this often. Serve it with chips or cornbread, and youll have a happy family! A staple in my childhood home, red beans and rice is on of my favorite comfort foods. Beans are very inexpensive, and they provide the bulk of the soup. I add just a little bit of sausage for flavor. Toss in some savory spices to make it even better than you can imagine. Salads are wonderful stand-alone lunches or dinners. Add a couple of them to your dinner rotation to add nutrition and save a few bucks! Easy to make, packed with deliciousness, and super affordable, a little bit of Catalina dressing adds an extra spark to this taco salad. It gives a whole new meaning to South of the Border flavor! Heres another delicious meal you can make with canned salmon. Its an easy meal to throw together quickly, and its so good for you! Eggs are a great source of protein, so make a batch of egg salad. Its good on sandwiches, with crackers, and even placed on a bed of lettuce! This is a staple at our house because its so good any time of day. Make it with leftover chicken, rotisserie you choose any of these tasty budget meal ideas, surprise the family with a yummy dessert. All of them are delicious, and none of them will break your grocery budget. Here are some we enjoy: 3-Ingredient Lemon Bars Pineapple Dump Cake Oatmeal Strawberry Jam Bars Mini Skillet Chocolate Chip Cookie 2-Ingredient Peanut Butter Fudge Food that tastes good doesnt have to cost a fortune. In fact, some of our favorite meals are on this list. When Im trying to save a few dollars, I feel good about serving any of these meals to my family. Feeding a family doesnt have to drain your wallet. Delicious meals can come from affordable ingredients youll find at any local supermarket. So Ive compiled my best ideas for cheap meals for families. Skip the expensive cuts of meat and fancy ingredients. Our budget-friendly recipes focus on simple meals that stretch your grocery dollars without sacrificing flavor. Weve gathered favorite recipes from home cooks who know how to make the most of every ingredients. From hearty casseroles to creative pasta dishes, these affordable recipes will keep your family satisfied and your budget intact. Many of these easy weeknight meals use less meat or replace it entirely with cheaper proteins. Smart substitutions and seasonal ingredients help you create filling dinners without breaking the bank. Get ready to discover new family favorites that save money and time. These cheap meal ideas prove that dinner time can be both delicious and budget-conscious, even when feeding a crowd.79 Cheap Meals for Families1. Simple Chicken Noodle SoupThis dish uses pantry staples like chicken broth and egg noodles. Its an easy way to make a filling meal without spending a lot of money.2. Slow Cooker Taco SoupWith ground beef, tomato sauce, and black beans, this hearty soup is a great way to feed a large family on a tight budget. Easy Tamale PieThis cheap recipe combines pre-made tamales, cheese, and enchilada sauce in a simple casserole. The whole family will love it.4. Quick and Easy Sloppy Joe RecipeA pound of ground beef, tomato sauce, and brown sugar come together to make this budget-friendly classic. Serve on buns or over rice.5. Crispy Baked Chicken ThighsCheaper cuts of meat like chicken thighs are perfect for budget meals. Bake them with garlic powder and brown sugar for a delicious meal.6. Cheesy Ham & Potato CasseroleHam, cheddar cheese, and potatoes make this an affordable comfort meal. Its a great way to use up leftover veggies. 7. Black Beans and RiceCheap, filling, and packed with flavor, this dish uses simple ingredients like garlic powder and canned black beans. But I also help you take it up a few notches too if you have a little more time! This recipes allows for both. 8. Chicken Burrito SkilletA one-pan dish made with ground chicken, refried beans, and tortilla chips. Its one of the best cheap dinner ideas for busy nights.9. Million Dollar Spaghetti for a budget-friendly meal that feels indulgent.10. Cheesy Beef and Cabbage Bake (keto-friendly)Budget-friendly ingredients like cabbage and a pound of ground beef make this an easy dinner for large families.11. Hamburger Potato CasseroleThis dish stretches a pound of ground beef make this an easy dinner for large families.11. Hamburger Potato CasseroleThis dish stretches a pound of ground beef make this an easy dinner for large families.11. soup, and egg noodles for an easy weeknight meal. 13. Salisbury SteakPound of ground beef, brown gravy, and pantry staples come together in this delicious budget meal served over mashed potatoes. 14. Winter Lentil Vegetable SoupSimple ingredients like red beans, fresh herbs, and tomato sauce make this soup a budget-friendly meal that feeds a large family.15. Italian Wedding SoupA hearty soup made with small meatballs (using ground pork and beef mix), spinach, and tiny pasta like orzo or acini de pepa. While it sounds fancy, its actually very budget-friendly since it uses minimal meat and lots of broth and vegetables.16. White Bean and Sausage SoupSlow cooker meals like this one make cheap family meals easy. White beans, sausage, and fresh food combine for a hearty dish.17. Gnocchi with parmesan cheese and a creamy white sauce.18. Sweet Potatoes with Black BeansRoasted sweet potatoes topped with seasoned black beans make a great vegetarian meal plan option that fits any grocery budget.19. Easy Taco CasserolePinto beans, ground beef, and cheddar cheese come together in this cheap recipe that the entire family will love.20. Slow Cooker Pork ChopsUsing cheaper cuts of meat like pork chops is a great way to save on grocery prices. Cook them with brown sugar and garlic powder for extra flavor.21. Kentucky Hot BrownThis southern meal is made with turkey, bacon bits, and parmesan cheese served on garlic bread with tomato soup.22. Quick Tortellini SoupTomato sauce, frozen tortellini, and mozzarella cheese make this one of the easiest budget-friendly meals for a cold night.23. Peanut Butter Chicken Stir FryThis cheap meal uses simple ingredients like peanut butter, soy sauce, and chicken breasts for a fast, protein-packed dish.24. Cheeseburger CupsGround beef, crescent rolls, and cheede mozzarella cheese make these bite-sized budget meals that little kids will love.25. Corn QuesadillasMelted mozzarella cheese, sour cream, and corn tortillas come together for a cheap recipe that makes a great easy lunch.26. Meat and Potato PattiesStretch your grocery list by mixing hamburger meat with mashed potatoes. Fry them up and serve with your own sauce.27. Chicken and Spanish RiceThis easy recipe uses chicken tenders, canned tomato sauce, and a bit of garlic powder for a flavorful meal plan option.28. One-Pot Enchiladary recipe uses chicken tenders, canned tomato sauce, and a bit of garlic powder for a flavorful meal plan option.28. One-Pot Enchiladary recipe uses chicken tenders, canned tomato sauce, and a bit of garlic powder for a flavorful meal plan option.28. One-Pot Enchiladary recipe uses chicken tenders, canned tomato sauce, and a bit of garlic powder for a flavorful meal plan option.28. One-Pot Enchiladary recipe uses chicken tenders, canned tomato sauce, and a bit of garlic powder for a flavorful meal plan option.28. One-Pot Enchiladary recipe uses chicken tenders, canned tomato sauce, and a bit of garlic powder for a flavorful meal plan option.28. One-Pot Enchiladary recipe uses chicken tenders, canned tomato sauce, and a bit of garlic powder for a flavorful meal plan option.28. One-Pot Enchiladary recipe uses chicken tenders, canned tomato sauce, and a bit of garlic powder for a flavorful meal plan option.28. One-Pot Enchiladary recipe uses chicken tenders, and a bit of garlic powder for a flavorful meal plan option. PastaA mix of pasta sauce, enchilada sauce, ground beef, and cheese makes this one of the best cheap easy meals.29. Crescent Roll Pigs in a BlanketHot dogs wrapped in crescent rolls make a great way to serve a cheap dinner when grocery prices are high.30. Grilled Basil Chicken and TomatoesFresh herbs, chicken breasts, and parmesan cheese make this an affordable meal thats full of flavor.31. Easy Chicken Fried RiceLeftover noodles, chicken, and soy sauce make this one of the easiest budget meals for a busy weeknight.32. Simple Hamburger StroganoffGround beef, cream of chicken soup, and egg noodles make this a comforting and affordable meal.33. Sheet-Pan Chicken ParmesanChicken breasts baked with spaghetti sauce and mozzarella cheese make this an easy dinner for large families.34. Mostaccioli Pasta BakeTomato sauce, pasta, and ground beef make this a classic budget-friendly recipe for the whole family.35. Jalapeno Popper QuesadillasCheddar cheese, sour cream, and a little spice make these easy dinners a hit.36. Homemade Fish SticksWhite fish coated in breadcrumbs makes a cheap dinner idea thats kid-friendly.37. Pasta Pizza BakeSpaghetti sauce, parmesan cheese, and mozzarella cheese turn pasta into a fun pizza-inspired dish.38. Orange-Spiced ChickenChicken breasts, soy sauce, and orange juice make a flavorful budget-friendly recipe.39. Spicy Cajun Sausage and RiceBudget-friendly ingredients like sausage and rice come together in this quick meal.40. Enchilada casser-Ole!Ground beef, enchilada sauce, and corn tortillas make this a great way to serve a big family on a budget.41. Homemade Mac and CheeseCheddar cheese, pasta, and a simple sauce make this an easy way to serve a classic comfort food that the whole family will love. 42. Crispy Buffalo Chicken Roll-UpsChicken tenders, cream cheese, and hot sauce rolled in crescent rolls make a spicy, budget-friendly meal perfect for a busy weeknight. 43. Hearty Skillet SupperGround beef, potatoes, and leftover veggies create an affordable one-pan meal thats perfect for stretching your grocery budget.44. Corn Dog CasseroleHot dogs, cornbread mix, and cheddar cheese combine to make this kid-friendly, budget meal thats great for an easy lunch or light dinner.46. Roasted Garlic Butter Pork ChopsPork chops seasoned with garlic powder and brown sugar are baked in a simple butter sauce for a cheap meal that feels fancy. 47. Vegetable Stir FryUse leftover veggies, soy sauce, and a bit of garlic powder to create a quick and affordable stir fry served over rice. 48. Crescent Roll Taco PocketsGround beef, taco seasoning, and cheddar cheese wrapped in crescent rolls make a fun twist on tacos. 49. Balsamic Glazed Chicken Chicken breasts cooked with balsamic vinegar and brown sugar make a simple, flavorful budget meal thats great with garlic bread. 50. Peanut Butter Ramen Noodles Mix peanut butter, soy sauce, and ramen noodles for a budget-friendly recipe thats quick, filling, and delicious.51. Loaded Baked Potatoes Top baked potatoes with cheddar cheese, sour cream, and leftover veggies for an easy dinner idea thats filling and affordable.52. Air Fryer Chicken TendersCoated in parmesan cheese and panko, these crispy chicken tenders are an easy dinner recipe that saves a lot of money over takeout.53. Penne with Bacon and ParmesanPasta tossed with crispy bacon, garlic, olive oil (or butter), and parmesan cheese makes this a cheap easy meal packed with flavor.54. Egg and Cheese Breakfast TacosScrambled eggs, refried beans, and cheddar cheese in warm corn tortillas make a great meal for any time of day.55. Slow Cooker ChiliMade with a pound of ground beef, canned tomatoes, and pinto beans, this is a classic budget-friendly recipe that feeds a crowd.56. Chicken and Green Bean CasseroleUsing cream of chicken soup, chicken breasts, and green beans, this cheap recipe is a perfect meal plan option.57. Sweet and Sour MeatballsSlow-cooked meatballs in a sauce made with brown sugar and tomato sauce make a delicious meal served over rice.58. Hamburger MeatloafA pound of ground beef mixed with pantry staples like breadcrumbs and eggs creates a budget-friendly version of a classic meal.59. Tomato Soup with Grilled Cheese sandwiches made with store brands to save money.60. Spaghetti Squash with ParmesanRoasted spaghetti squash topped with garlic, butter, and parmesan cheese make a complete meal thats both affordable and filling.62. Creamy Chicken CasseroleChicken, cream of chicken Sheet Pan DinnerChicken thighs, ranch seasoning, and BBQ sauce baked with potatoes and carrots on one pan. This uses affordable cuts of meat and simple vegetables for an easy weeknight meal.65. Homemade Hamburger HelperGround beef, pasta, and a cheesy sauce create an easy way to make a homemade version of the store-bought favorite.66. Ramen Stir FryRamen noodles, soy sauce, and fresh veggies make this quick way to enjoy takeout flavors at home.69. Chicken Parmesan MeatballsGround chicken, spaghetti sauce, and mozzarella cheese baked together make this a budget-friendly alternative to traditional chicken parm.70. Leftover Noodle FrittataLeftover noodles mixed with eggs and parmesan cheese make an easy meal that helps reduce food waste.71 Homemade Chicken NuggetsChicken breasts coated in crushed tortilla chips and parmesan cheese make these a great alternative to store-bought nuggets.72. Red Beans and RiceSlow-cooked red beans with sausage and spices make a southern meal thats cheap, filling, and packed with flavor.73. Mozzarella-Stuffed MeatballsGround beef meatballs make a cheap, easy dinner recipe thats ready in minutes. 76. Beef and Broccoli Stir FryUsing cheaper cuts of meat and frozen broccoli, this stir fry is a budget-friendly way to recreate a takeout favorite. 77. Chicken and Sweet Potato HashLeftover chicken and sweet potatoes sauted together make a quick and healthy meal with simple ingredients. 78. doesnt require fancy ingredients or complicated recipes. With a bit of planning and creativity, you can cook delicious meals your whole family will enjoy. Stock your pantry with affordable ingredients from your budget. Remember that the cheapest food options can still taste amazing. Sometimes southern meals made with basic ingredients become new favorite recipes that your family requests again and again. Keep this collection handy when you need easy weeknight meals that stretch your grocery budget. Try one new recipe each week to expand your menu without expanding your spending. The best part? These budget-friendly recipes prove that good food doesnt have to be expensive. With these ideas, you can feed your family well while keeping more money in your wallet. Showing 1 to 24 of 56 results A star rating of 4.7 out of 5.253 ratings Flavoured with honey, hoisin sauce and Chinese five-spice, this one-pan chicken dish makes a cheap and easy midweek family mealA star rating of 4.6 out of 5.49 ratingsEnjoy these sticky honey and soy chicken thighs as part of an easy midweek family favouriteA star rating of 4.4 out of 5.15 ratingsForget a takeaway make this beef and green pepper stir-fry with fragrant lemongrass and ginger instead. Marinate the beef while you prep the other ingredients and a dollop of mango chutney at rating of 3.9 out of 5.24 ratings Peanut butter is the secret ingredient in our Asian-style prawn salad. This budget meal takes just 15 minutes to make, so it's ideal for busy weeknights and low in fat and calories. It makes a speedy midweek meal takes just 15 minutes to make, so it's ideal for busy weeknights and low in fat and calories. It makes a speedy midweek meal takes just 15 minutes to make, so it's ideal for busy weeknights and low in fat and calories. It makes a speedy midweek meal takes just 15 minutes to make, so it's ideal for busy weeknights and low in fat and calories. It makes a speedy midweek meal takes just 15 minutes to make, so it's ideal for busy weeknights and low in fat and calories. It makes a speedy midweek meal takes just 15 minutes to make, so it's ideal for busy weeknights and low in fat and calories. 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It makes a speedy midweek meal takes in the fat and calories in the fa with tomatoes, mozzarella, capers and olives for a delicious midweek family meal when you're short on timeA star rating of 4.3 out of 5.51 ratingsThis quick and easy curry has such great depth of flavour it tastes like its been cooked for hours. It's healthy too, as well as being low in fat and caloriesA star rating of 4.6 out of 5.39 ratingsCook this flavour-packed coconut fish curry in just 30 minutes for a speedy meal. For a dose of sour use lime juice or tamarind paste if you have it to handA star rating of 3.7 out of 5.14 ratingsTry our veggie twist on kedgeree for a healthy supper. Like the traditional version, it's served with boiled eggs and has a lovely mild curry flavourA star rating of 4.5 out of 5.11 ratingsRaid the storecupboard and knock up this tomato-based Italian pasta supper for two. Our fuss-free smoky chickpeas on toast deliver two of your 5-a-day and is low in caloriesA star rating of 4.5 out of 5.42 ratingsTheorem perfect budget-friendly, filling supper for one. The fragrant, zesty flavour of sumac is a refreshing contrast to the creamy whipped fetaA star rating of 4.6 out of 5.22 ratingsRustle up this healthy, low-fat, low-calorie soup with orzo, chickpeas, veg and a can of chopped tomatoes. Top with grated parmesan to serveA star rating of 4.7 out of 5.13 ratingsWarm up on colder evenings with this vibrant soup, spiked with fiery chilli powder and harissa. The crispy croutons are optional but add a satisfying crunchA star rating of 4.3 out of 5.50 ratingsA saucy, warming casserole with Cumberland sausages, chilli gravy and kidney beans. It's budget-friendly and ready in less than 30 minutes tooA star rating of 4.3 out of 5.35 ratingsAn affordable way to include oily fish in your diet. Canned sardines are a great source of omega 3 and add oomph to this simple, family pasta dishA star rating of 4.5 out of 5.180 ratingsPrepare and cook our low-calorie vegetarian biryani in just 25 minutes using carrot, cashew nuts and Indian spices. Serve with coriander and dollops of yogurtA star rating of 3.6 out of 5.11 ratingsMake a filling soup with the help of green lentils, pancetta, white cabbage and mushrooms, along with miso flavours. It packs in three of your 5-a-dayA star rating of 4.6 out of 5.24 ratingsCook these sausage and beef meatballs in an air-fryer for ease. Serve with tomato sauce and pasta or enjoy in a meatball subA star rating of 4.6 out of 5.10 ratingsMake the most of any tins of black beans in your cupboards and make this sausage and veg traybake in the air fryer for a budget-friendly dinner. It only on the sausage and satisfying soup. Serve with coriander, avocado, feta and pumpkin seeds and make this easy and satisfying soup. Serve with coriander, avocado, feta and pumpkin seeds and satisfying soup. take 15 minutes of prep so makes a perfect midweek meal star rating of 3.5 out of 5.2 ratingsMake this summer bean stew and use it as a base for three meals. Using dried beans is a cost-effective cooking option. See the three extra recipes below star rating of 4 out of 5.15 ratingsGet the best out of seasonal parsnips in this one-pot roast that quick enough to make for a midweek dinner. Enjoy with steamed greens or broccoliEat well on a budget with these super cheap meals. There are easy and cheap recipes for breakfast, lunch, and dinner. Whether youre a student on a tight budget, a busy parent looking to reduce grocery costs, or simply someone passionate about saving money without sacrificing the joy of good food, these budget-friendly recipes will leave your stomach and wallet full. These frugal recipes feature simple, inexpensive pantry staples and hearty dinners, these cheap and easy meals are guaranteed to provide balanced nutrition while keeping your grocery expenses to a minimum. Whether you are looking for cheap crock pot meals or cheap freezer meals, these meals prove that a tight budget doesnt mean tight flavor. Jump to: Do you have a super cheap meal that you would like to share? Please let me know in the comments! What is the cheapest meal to make? Breakfast: Eggs and toast are both classic and one of the cheapest breakfast options. Eggs are a great source of protein and can be cooked in various ways scrambled, fried, or boiled. Pair them with a slice of cheese, or a few spinach leaves for an extra nutrient kick without breaking the bank.Lunch: A tuna salad sandwich is your wallets best friend. Canned tuna is incredibly affordable and top it with some lettuce, and voila a simple, satisfying, and cheap lunch. If youre not a fan of tuna, canned chicken or chickpeas are great alternatives and just as budget-friendly. Dinner: When it comes to dinner, pasta is the star player in the budget meal lineup. Its cheap and filling, and the variations are endless. You can toss in whatever vegetables are on sale at your local grocery store. Zucchini, bell peppers, and canned tomatoes are excellent choices. Boost the nutritional value with a sprinkle of cheese or a handful of leafy greens, and you have an economical and crowd-pleasing meal. There you have it! Three cheap meals that are easy to make. Remember, budget-friendly recipes dont have to be boring a little creativity goes a long way in the kitchen! More Cheap and Easy Recipes Follow me on Pinterest, Facebook, Flipboard, or Instagram for more inspiration on crafts, DIY, free printables, and recipes! When you dont have enough time to prepare classic stuffed cabbage, try this deconstructed version with butternut squash instead. Save prep time by using already cubed squash, and it can be table-ready in 30 minutes!Go to Recipe1/73 3/73 Total Time 50 min Servings 6 servings From the Recipe Creator: Head to the Southwest for this cheap dinner idea: Pre-made tamales, canned chili, cheese and peppers in one easy casserole. Its a surefire winner idea: Pre-made tamales, canned chili, cheese and peppers in one easy casserole. Its a surefire winner idea: Pre-made tamales, canned chili, cheese and peppers in one easy casserole. Its a surefire winner idea: Pre-made tamales, canned chili, cheese and peppers in one easy casserole. Its a surefire winner idea: Pre-made tamales, canned chili, cheese and peppers in one easy casserole. Its a surefire winner idea: Pre-made tamales, canned chili, cheese and peppers in one easy casserole. Its a surefire winner idea: Pre-made tamales, canned chili, cheese and peppers in one easy casserole. 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Brenda Thomas, Springfield, Missouri Nutrition Facts: 1-1/3 cups: 228 calories, 7g fat (1g saturated fat), 29mg cholesterol, 841mg sodium, 27g carbohydrate (4g sugars, 6g fiber), 16g protein. Diabetic exchanges: 1-1/2 starch, 1 vegetable, 1 lean meat, 1/2 fat. 5/73 Total Time 30 min Servings 10 servings From the Recipe Creator: A bite-size dish kids love and bake until melty and browned on top. Ketchup optional! Nutrition Facts: 1 cheeseburger cup: 299 calories, 14g fat (5g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrate (9g saturated fat), 34mg cholesterol, 910mg sodium, 32g carbohydrated (9g saturated fat), 34mg cholesterol, 910mg sodium, 910mg sugars, 1g fiber), 13g protein. 6/73 Total Time 20 min Servings From the Recipe Creator: For a homey dinner in a hurry, you cant go wrong with this stovetop chicken and gnocchi recipe. Personalize it with your favorite sauce, like marinara, and your choice of cheese and seasonings. Nutrition Facts: 1-1/2 cups (calculated without cheese): 598 calories, 24g fat (6g saturated fat), 88mg cholesterol, 1632mg sodium, 66g carbohydrate (19g sugars, 6g fiber), 30g protein. Also, for dinner tonight, whip up one of our quick and delicious chicken tenderloin recipes. Youll have a meal on the table in no time! 7/73 Total Time 30 min Servings From the Recipe Creator: The dill cream sauce comes together within minutes and tastes great with the meat and veggies in this dish. About that broccoli, heres a tip: Dont throw out the stalks! Peel away the tough outer portion and slice up the rest to use in this recipe or save for soups and stir-fries. Nutrition Facts: 1 serving: 274 calories, 9g fat (2g saturated fat), 100mg cholesterol, 620mg sodium, 8g carbohydrate (4g sugars, 2g fiber), 39g protein. Diabetic Exchanges: 5 lean meat, 1 vegetable, 1 fat. 8/73 Slow-Cooker Beef Stew Recipe photo by Taste of Home Total Time 7 hours 25 min Servings 8 servings 10 fat. 8/73 Slow-Cooker Beef Stew Recipe photo by Taste of Home Total Time 7 hours 25 min Servings 8 servin dry mustard, the hearty slow-cooker beef stew is chock-full of tender carrots, potatoes and meat. Earnestine Wilson, Waco, Texas Nutrition Facts: 1 cup: 272 calories, 12g fat (3g saturated fat), 53mg cholesterol, 541mg sodium, 23g carbohydrate (6g sugars, 4g fiber), 19g protein. Diabetic Exchanges: 2 lean meat, 1-1/2 starch, 1 fat. 9/73 Total Time 30 min Servings 6 servings From the Recipe Creator: With a few pantry staples, you can have this delicious enchilada-inspired pasta on the table in less than 30 minutes. This cheap dinner idea is perfect for any busy weeknight and budget-minded cook. Nutrition Facts: 1-3/4 cups: 444 calories, 5g fat (2g saturated fat), 9mg cholesterol, 1289mg sodium 84g carbohydrate (8g sugars, 8g fiber), 18g protein. 10/73 Total Time 1 hour 10 min Servings From the Recipe Creator: When you need to stretch those cheeseburger dollars, put all the ingredients in a quiche! This savory main dish is super easy to make, is easy on the wallet and makes at least eight servings. Nutrition Facts: 1 piece: 502 calories, 35g fat (19g saturated fat), 236mg cholesterol, 954mg sodium, 24g carbohydrate (8g sugars, 1g fiber), 23g protein. 11/73 Pizza on a Stick Recipe photo by Taste of Home Total Time 30 min Servings From the Recipe creator: Pizza skewers with marinara for dipping sauce is such a clever idea. The kids can help put everything together, from skewering (with supervision) the sausage and veggies to wrapping the whole thing in store-bought dough before baking. Nutrition Facts: 2 kabobs with 1/4 cup sauce: 429 calories, 15g fat (6g saturated fat), 52mg cholesterol, 1337mg sodium, 52g carbohydrate (13g sugars, 3g fiber), 26g protein. 12/73 Taste of Home Total Time 25 mir Servings 4 servings From the Recipe Creator: The best cheap dinner ideas are usually the easiest. For this simple and full-flavored recipe, cook vegetables, black beans and tortilla strips in enchilada sauce, cover in cheese and bake until melty. Nutrition Facts: 1-1/2 cups: 307 calories, 14g fat (5g saturated fat), 25mg cholesterol, 839mg sodium, 33g carbohydrate (5g sugars, 7g fiber), 14g protein. 13/73 Total Time 1 hour Servings 4 servings From the Recipe Creator: This simple five-ingredient casserole comes together quickly. The sauce on top of the spaghetti and bake. Nutrition Facts: 1 serving: 159 calories, 6g fat (2g saturated fat), 11mg cholesterol, 498mg sodium, 18g carbohydrate (4g sugars, 2g fiber), 7g protein. 14/73 Total Time 30 min Servings From the Recipe Creator: Start with super lean ground beef and add butter. Its as close to the famous burger you can get without having to travel. Serve all the toppings on the side so everyone can dress their burger the way they like. Nutrition Facts: 1 burger: 400 calories, 21g fat (10g saturated fat), 96mg cholesterol, 543mg sodium, 24g carbohydrate (3g sugars, 1g fiber), 28g protein. 16/73 Total Time 30 min Servings From the Recipe Creator: For these baked pork chops, the stuffing is on the outside along with chunks of red bell pepper and fresh pears for a bit of sweetness. Use boxed cornbread stuffing for this quick and satisfying dinner idea. Nutrition Facts: 1 pork chop with 3/4 cup stuffing mixture: 603 calories, 28g fat (14g saturated fat), 127mg cholesterol, 1094mg sodium, 47g carbohydrate (14g sugars, 5g fiber), 38g protein. 17/73 Total Time 55 min Servings 8 servings From the Recipe Creator: Turn that pound of ground beef into a tasty enchilada casserole. Layer flour tortillas with a savory meat and black bean mixture, sour cream and cheese in a 139-in. baking dish, and serve hot and bubbly from the oven. Nutrition Facts: 1 piece: 357 calories, 12g fat (5g saturated fat), 45mg cholesterol, 864mg sodium, 37g carbohydrate (6g sugars, 3g fiber), 23g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 1 vegetable, 1 fat. 18/73 Total Time 30 min Servings From the Recipe Creator: This low-carb dinner idea is basically lasagna made with strips of zucchini and deli ham instead of pasta. Layered with marinara sauce and mozzarella cheese, the Italian-inspired dish makes a great entree. Nutrition Facts: 1 serving: 196 calories, 8g fat (3g saturated fat), 36mg cholesterol, 1013mg sodium, 14g carbohydrate (9g sugars, 3g fiber), 17g protein. 19/73 Corn Quesadillas Recipe photo by Taste of Home Total Time 15 min Servings From the Recipe Creator: Corn mixed with cheese and a bit of sour cream makes a wonderfully savory-sweet vegetarian filling for quesadillas. And so easy! Fresh guacamole and a splash of salsa are no-brainer accompaniments. Just be sure to pick up avocados when theyre on sale. Nutrition Facts: 3 wedges (calculated without guacamole): 380 calories, 19g fat (10g saturated fat), 43mg cholesterol, 524mg sodium, 36g carbohydrate (3g sugars, 3g fiber), 16g protein. 20/73 Total Time 40 min Servings From the Recipe Creator: Saucy, cheese-topped chicken and crisp-tender broccoli all on one pan makes cooking dinner (and clean up!) a snap. Serve with thick slices of garlic bread or a bed of seasoned cauliflower rice Nutrition Facts: 1 serving: 504 calories, 17g fat (7g saturated fat), 147mg cholesterol, 1151mg sodium, 27g carbohydrate (10g sugars, 8g fiber), 52g protein. 21/73 Total Time 20 min Servings From the Recipe Creator: Need a cheap dinner on the fly? Combine jarred barbecue sauce with fruit preservesapricot or peach are a good place to startand baste the baked or grilled pork chops. Nutrition Facts: 1 pork chops. Nutrition Facts: 1 pork chops. Nutrition Facts: 1 pork chops. Sa calories, 10g fat (4g saturated fat), 98mg cholesterol, 446mg sodium, 26g carbohydrate (19g sugars, 0 fiber), 35g protein. 22/73 Total Time 25 min Servings From the Recipe Creator: A light and fresh balsamic and tomato marinade gives this grilled chicken some zing, and it only needs to sit for an hour before hitting a hot grill. Reserve some marinade to serve with the chicken and grilled tomatoes. Nutrition Facts: 1 serving: 177 calories, 5g fat (1g saturated fat), 63mg cholesterol, 171mg sodium, 8g carbohydrate (7g sugars, 1g fiber), 24g protein. Diabetic Exchanges: 3 lean meat, 1 vegetable, 1/2 fat 24/73 Pierogi Beef Skillet Recipe photo by Taste of Home Total Time 25 min Servings From the Recipe Creator: This is the ultimate one-pan meal full of beefy flavor and vegetables. Brown the meat, and use the drippings for a gravy-like sauce to cook frozen pierogi. Nutrition Facts: 1-3/4 cups: 654 calories, 31g fat (12g saturated fat), 102mg cholesterol, 1157mg sodium, 57g carbohydrate (12g sugars, 7g fiber), 34g protein. 25/73 Peanut Butter and Jelly French Toast Recipe Creator: I've always tried to make cooking funfor myself, my daughters and my grandchildren. Cooking teaches children the importance of following directions and being organized. This recipe is easy to make, and kids really like it. Flo Burtnett, Gage, Oklahoma Nutrition Facts: 1 sandwich: 450 calories, 22g fat (5g saturated fat), 96mg cholesterol, 567mg sodium, 50g carbohydrate (20g sugars, 3g fiber), 16g protein. 26/73 Garlic Lemon Shrimp Recipe photo by Taste of Home Total Time 20 min Servings 4 servings From the Recipe Creator: It takes mere minutes to make this simple pasta. A classic combo of lemon, garlic and shrimp gets tossed with cooked pasta, rice or couscous. Use olive oil instead of butter to shave a few calories per serving. Nutrition Facts: 1 serving: 163 calories, 8g fat (1g saturated fat), 138mg cholesterol, 284mg sodium, 2g carbohydrate (0 sugars, 0 fiber), 19g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 fat. 28/73 Pizza Sandwiches Recipe photo by Kayla Widmer for Taste of Home Total Time 20 min Servings From the Recipe creator: I give grilled cheese a special treatment by using slices of mozzarella cheese and adding delicious extras like pepperoni and fresh tomatoes. Dipped in warm pizza sauce, this will be a fast favorite! Mary Monaco, Columbus, Ohio Nutrition Facts: 1 sandwich: 495 calories, 31g fat (16g saturated fat), 79mg cholesterol, 1121mg sodium, 33g carbohydrate (4g sugars, 2g fiber), 22g protein. 29/73 Total Time 20 min Servings 4 servings 4 servings 4 servings 6 fast favorite! Mary Monaco, Columbus, Ohio Nutrition Facts: 1 sandwich: 495 calories, 31g fat (16g saturated fat), 79mg cholesterol, 1121mg sodium, 33g carbohydrate (4g sugars, 2g fiber), 22g protein. From the Recipe Creator: You only need five ingredients, a little marinating time and a grill for this delicious chicken recipe. All the flavor comes from orange juice concentrate, plus soy sauce and five spice blend. Serve with steamed rice and something green like bok choy or broccoli. Nutrition Facts: 1 chicken breast half: 234 calories, 3g fat (1g saturated fat), 78mg cholesterol, 643mg sodium, 19g carbohydrate (19g sugars, 0 fiber), 30g protein. 31/73 Total Time 30 min Servings From the Recipe Creator: When it comes to fast and easy cheap dinner ideas, a pressure cooker is your best friend. After sizzling the sausage, add pasta, sauce and peas, and let it cook for a few minutes Top with tangy goat cheese or salty feta before serving. Nutrition Facts: 1-2/3 cups: 563 calories, 28g fat (12g saturated fat), 75mg cholesterol, 802mg sodium, 60g carbohydrate (11g sugars, 7g fiber), 23g protein. 32/73 Crispy Fried Chicken Recipe photo by Taste of Home Total Time 30 min Servings 12 servings From the Recipe Creator: Always a picnic favorite, this deep-fried chicken recipe is delicious either hot or cold. Kids call it my Kentucky Fried Chicken! Jeanne Schnitzler, Lima, Montana Nutrition Facts: 5 ounces cooked chicken: 543 calories, 33g fat (7g saturated fat), 137mg cholesterol, 798mg sodium, 17g carbohydrate (0 sugars, 1g fiber), 41g protein. 33/73 Total Time 30 min Servings 4 servings From the Recipe Creator: Use pantry staples like chicken broth, instant rice and seasonings for effortless dinner ideas. If you want this skillet combo a bit more mild, swap in ground turkey for sausage and adjust the seasoning to your liking. Nutrition Facts: 1-1/2 cups: 461 calories, 12g fat (3g saturated fat), 122mg cholesterol 1816mg sodium, 52g carbohydrate (6g sugars, 4g fiber), 35g protein. 34/73 Total Time 30 min Servings From the Recipe Creator: Grilled ham and cheese takes on a whole different meaning here. Fill foil packets with potatoes and onion, grill until the potatoes are soft, then toss in ham cubes and cheese. If you dont have time for the grill this works in a 400F oven, too. Nutrition Facts: 1-1/2 cups: 341 calories, 13 g fat (6 g saturated fat), 70 mg cholesterol, 1040 mg sodium, 32 g carbohydrate (4 g sugars, 4 g fiber), 26 g protein. 35/73 Total Time 40 min Servings From the Recipe Creator: The secret ingredient that brings this tart together: Jalapeno pepper jelly. The not so secret ingredient? Bacon. It makes everything taste better. Use frozen chicken strips and puff pastry to round out a quick weeknight meal. Nutrition Facts: 1 piece: 693 calories, 37g fat (13g saturated fat), 76mg cholesterol, 1023mg sodium, 65g carbohydrate (21g sugars, 7g fiber), 28g protein. 36/73 Creole Shrimp & Sausage Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: This simple take on a Louisiana classic adds a bit of low-country cuisine to your menu lineup. If you dont have Creole seasoning on hand, you can make your own with herbs and spices you probably already have in the pantry. Nutrition Facts: 1-1/4 cups sausage mixture with 1/2 cup bulgur: 510 calories, 19g fat (7g saturated fat), 108mg cholesterol, 1287mg sodium, 57g carbohydrate (10g sugars, 15g fiber), 30g protein. 37/73 Total Time 30 min Servings From the Recipe Creator: A few minutes in the microwave, a dash in the pan, and youll have a satisfying meal on the table in no time. Chili seasoning and peas boost this regular meat-and-potatoes dish. Nutrition Facts: 1-1/2 cups: 431 calories, 14g fat (5g saturated fat), 70mg cholesterol, 1012mg sodium, 45g carbohydrate (8g sugars, 9g fiber), 29g protein. 38/73 Tangy Pulled Pork Sandwiches Recipe photo by Taste of Home Total Time 4 hours 10 min Servings From the Recipe Creator: Pork tenderloin and a quick homemade barbecue sauce make a quick and easy meal any night of the week. Using the slow cooker means you can set it and leave it for a few hours, then come back to shred the meat and serve on toasted buns. Nutrition Facts: 1 sandwich: 402 calories, 7g fat (2g saturated fat), 63mg cholesterol, 1181mg sodium, 56g carbohydrate (18g sugars, 2g fiber), 29g protein. 39/73 Total Time 30 min Servings From the Recipe Creator: A low-carb cheap dinner idea, this chicken and rice bowl has tons of flavor from seasonings and a little bit of tomato juice. The key is to not over process or overcook the cauliflower to keep it from getting soggy. For more inspo, try one of these other cauliflower rice recipes. Nutrition Facts: 1-1/2 cups: 227 calories, 7g fat (1g saturated fat), 63mg cholesterol, 492mg sodium, 15g carbohydrate (6g sugars, 5g fiber), 28g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1/2 fat. 41/73 Total Time 20 min Servings 4 servings From the Recipe Creator: A full meal in less than 30 minutes is what weeknight cooking is all about. Strips of pork cooked with roasted red peppers make a quick and easy filling for warm pita bread. Wrap them up with garlic mayo and torn leaf lettuce. Nutrition Facts: 1 sandwich: 380 calories, 11g fat (3g saturated fat), 55mg cholesterol, 665mg sodium, 37g carbohydrate (4g sugars, 2g fiber), 27g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 1 fat. 42/73 Total Time 1 hour 35 min Servings From the Recipe Creator: Roast a whole chicken and youll have a meal to satisfy the entire family. Marinate the bird overnight, and prepare an easy skillet side dish while its in the oven. Nutrition Facts: 1 serving: 537 calories, 37g fat (8control of the chicken and youll have a meal to satisfy the entire family. saturated fat), 131mg cholesterol, 156mg sodium, 6g carbohydrate (2g sugars, 2g fiber), 44g protein. 44/73 Tasty Onion Chicken Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: The secret to this French onion chicken is the yummy, crunchy coating that keeps the meat juicy and tender. Round out you meal with green beans and buttermilk biscuits. Jennifer Hoeft, Thorndale, Texas Nutrition Facts: 1 chicken breast half: 460 calories, 36g fat (18g saturated fat), 124mg cholesterol, 449mg sodium, 10g carbohydrate (0 sugars, 0 fiber), 23g protein. 45/73 Total Time 20 min Servings From the Recipe Creator: Turn frozen (booze-free) margarita mix into a zippy marinade for chicken. Throw it on the grill, or if weather doesnt permit, bake it in the oven. Serve grilled corn on the cob or a tasty corn salad alongside it. Nutrition Facts: 1 chicken breast half: 250 calories, 4g fat (1g saturated fat), 94mg cholesterol, 230mg sodium, 19g carbohydrate (16g sugars, 0 fiber), 34g protein Diabetic Exchanges: 5 lean meat, 1 starch. 46/73 Total Time 45 min Servings From the Recipe Creator: You have to love a cheap dinner idea that looks like you fussed for hours. Stuff boneless, skinless chicken breasts with blue cheese, then roll in a crunchy hot sauce-laced cornflake coating before baking in the oven. Nutrition Facts: 1 serving: 270 calories, 8g fat (3g saturated fat), 101mg cholesterol, 764mg sodium, 10g carbohydrate (1g sugars, 0 fiber), 37g protein. 47/73 Total Time 1 hour 20 min Servings 5 servings From the Recipe Creator: With a few shortcuts, like using instant rice and condensed tomato soup, traditional stuffed cabbage becomes a simple weeknight dinner dish. While it bakes, whip up a side dish and pour the wine. Nutrition Facts: 2 cabbage rolls: 342 calories, 11g fat (4g saturated fat), 56mg cholesterol, 1030mg sodium, 40g carbohydrate (18g sugars, 6g fiber), 21g protein. 48/73 Total Time 45 min Servings 4 servings From the Recipe Creator: For a fast vegetarian dinner, roast sweet potatoes and onions and toss with rigatoni and a buttery cream sauce. Whether orange, yellow or purple, sweet potatoes are low in calories, 42g fat (19g saturated fat), 97mg cholesterol, 518mg sodium, 55g carbohydrate (13g sugars, 6g fiber), 10g protein. 49/73 Gnocchi Alfredo Recipe photo by Taste of Home Total Time 25 min Servings 5 servings From the Recipe Creator: To up your Alfredo game, serve the creamy cheese sauce on top of soft potato gnocchi instead of fettuccini. Use pre-made gnocchi for a super fast and easy cheep dinner. Nutrition Facts: 1 cup gnocchi mixture with 1/3 cup sauce: 529 calories, 14g fat (8g saturated fat), 46mg cholesterol, 996mg sodium, 81g carbohydrate (15g sugars, 5g fiber), 19g protein. 50/73 Total Time 50 min Servings From the Recipe Creator: A full meal in one foil pack is the way to go for easy weeknight dinners. Grill them over an open flame if weather permits, or bake in a 400 oven for about 30 minutes, or until the vegetables are soft and sausage cooked through. Nutrition Facts: 1 serving: 344 calories, 10g fat (2g saturated fat), 62mg cholesterol, 990mg sodium, 42g carbohydrate (8g sugars, 6g fiber), 21g protein. 51/73 Black Bean Burrito Recipe photo by Taste of Home Total Time 10 min Servings From the Recipe Creator: Simple, fast and inexpensive, black bean burritos easily feed a family on the go. Serve toppings like cilantro, sour cream and salsa on the side so everyone can add according to their tastes. Nutrition Facts: 1 burrito: 395 calories, 16g fat (6g saturated fat), 25mg cholesterol, 610mg sodium, 46g carbohydrate (2g sugars, 7g fiber), 16g protein. Diabetic Exchanges: 2-1/2 starch, 1 vegetable, 1 lean meat, 1 fat. 52/73 Total Time 25 min Servings From the Recipe Creator: Turn jalapeno popper ingredients into a deliciously fast dinner. Spread cream cheese on flour tortillas, add diced jalapeno and chopped bacon, and cook for a few minutes in a pan. Nutrition Facts: 1 quesadilla: 801 calories, 47g fat (23g saturated fat), 115mg cholesterol, 1423mg sodium, 60g carbohydrate (3g sugars, 4g fiber), 33g protein. 53/73 White Bean and Sausage Soup Recipe photo by Taste of Home Total Time 1 hour 50 min Servings 8 servings (3 quarts) From the Recipe Creator: In the cold months, I like to put on a big pot of this comforting soup. It cooks away while I do other things, such as baking bread, crafting or even cleaning the house. Glenna Reimer, Gig Harbor, Washington Nutrition Facts: 1-1/2 cups: 339 calories, 9g fat (3g saturated fat), 23mg cholesterol, 1100mg sodium, 48g carbohydrate (7g sugars, 11g fiber), 19g protein. 54/73 Total Time 20 min Servings From the Recipe Creator: Toasting the tortillas on a griddle is the key to this delicious dinner. Keep them on the flame for a few beats longer to get a crispier edge. You can sub in reduced sodium refried beans to lessen your salt intake, and serve with homemade pico de gallo (although jarred salsa is just fine). Nutrition Facts: 1 burrito: 375 calories, 10g fat (4g saturated fat), 21mg cholesterol, 1133mg sodium, 52g carbohydrate (1g sugars, 8g fiber), 18g protein. 55/73 Total Time 30 min Servings From the Recipe Creator: Turn store-bought pizza dough into delicious sausage, spinach and cheese-filled pockets. Serve with a side of marinara sauce for dipping. Nutrition Facts: 1 calzone: 489 calories, 22g fat (9g saturated fat), 54mg cholesterol, 1242mg sodium, 51g carbohydrate (7g sugars, 2g fiber), 23g protein. 56/73 Total Time 35 min Servings While on a budget. Top with a quick and easy sauce made with tomato soup. Nutrition Facts: 1 patty: 237 calories, 12g fat (4g saturated fat), 99mg cholesterol, 373mg sodium, 12g carbohydrate (2g sugars, 1g fiber), 20g protein. 58/73 Total Time 25 min Servings From the Recipe Creator: A fast and filling meal, chicken sausage makes an awesome one-dish dinner by itself or served with brown rice in a burrito. Serve with salsas of varying spiciness for every taste at the table. Nutrition Facts: 1-1/3 cups: 425 calories, 14g fat (3g saturated fat), 70mg cholesterol, 1275mg sodium, 52g carbohydrate (7g sugars, 8g fiber), 27g protein. 59/73 Total Time 30 min Servings From the Recipe Creator: Freezing pesto made with summers basil bounty comes in handy throughout the year. Here, simply add it to chicken and pasta for this herbaceous one-pot meal. Nutrition Facts: 1 cup: 404 calories, 18g fat (4g saturated fat), 76mg cholesterol, 646mg sodium, 29g carbohydrate (4g sugars, 4g fiber), 30g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 2 fat. 60/73 Total Time 50 min Servings 4 servings From the Recipe Creator: Vegetables, rice and a pound of ground beef make a gratifying skillet dinner. Its just the thing to warm up cooler nights. It heats up easily when everyones schedule is different. Nutrition Facts: 1 each: 329 calories, 11g fat (5g saturated fat), 56mg cholesterol, 1140mg sodium, 33g carbohydrate (5g sugars, 3g fiber), 24g protein. 61/73 Total Time 20 min Servings 4 servings From the Recipe Creator: Fluffy, cooked sweet potatoes topped with a spicy black bean mixture: 1/2 cup black bean mix 400 calories, 6g fat (1g saturated fat), 0 cholesterol, 426mg sodium, 77g carbohydrate (26g sugars, 12g fiber), 11g protein. 62/73 Josh Rink for Taste of Home Total Time 35 min Servings From the Recipe Creator: The Kentucky Hot Brown is the best sandwich you will ever eat with a knife and fork. This epic open-faced delight has thick slices of bread, turkey, bacon, tomato and cheese, all bathed in a rich, irresistible sauce. Kristina Vanni, North Hollywood, California Nutrition Facts: 1 servings from the Recipe Creator: Use any kind of beans in this burrito-inspired skilletblack, pinto or kidney beans especially and effortless, the perfect combo. Nutrition Facts: 1-1/3 cups: 403 calories, 13g fat (4g saturated fat), 58mg cholesterol, 690mg sodium, 43g carbohydrate (4g sugars, 5g fiber), 27g protein. Diabetic Exchanges: 3 starch, 3 lean meat, 1-1/2 fat. 64/73 Tuna Burgers Recipe photo by Taste of Home Total Time 20 min Servings From the Recipe Creator: Turn that pouch of tuna into a patty for these delicious tuna burgers. Have soft rolls, crisp lettuce and lots of sliced tomato ready. Nutrition Facts: 1 burger: 417 calories, 23g fat (7g saturated fat), 79mg cholesterol, 710mg sodium, 35g carbohydrate (6g sugars, 2g fiber), 17g protein. 65/73 Total Time 35 min Servings From the Recipe Creator: Give pasta carbonara a summer twist with lots of seasonal vegetables, like zucchini, yellow squash and tomato. It still has bacon and a creamy sauce (built with eggs), but a pop of fresh basil and oregano pulls it all together. Nutrition Facts: 1-1/2 cups: 508 calories, 17g fat (5g saturated fat), 96mg cholesterol, 732mg sodium, 66g carbohydrate (7g sugars, 4g fiber), 23g protein. 66/73 Sloppy Joes Sandwiches Recipe photo by Taste of Home Total Time 30 min Servings 4 servings From the Recipe Creator: Youll love this quick, easy and economical dish. Brown sugar adds a touch of sweetness, both for traditional sandwiches on buns or as a down-home topping for rice, biscuits or baked potatoes. Laurie Hauser, Rochesterol, 80 fat (6g saturated fat), 75mg cholesterol, 15mg cholesterol, 1 1360mg sodium, 46g carbohydrate (17g sugars, 2g fiber), 27g protein. 68/73 Total Time 35 min Servings From the Recipe Creator: When the family cant decide between pizza and spaghetti, give them both! Cooked pasta forms a crisp crust for all of your favorite toppings, including tomato sauce, cheese, mushrooms, olives and more. Nutrition Facts: 1 serving: 374 calories, 10g fat (3g saturated fat), 9mg cholesterol, 532mg sodium, 56g carbohydrate (7g sugars, 5g fiber), 14g protein. 69/73 Total Time 25 min Servings From the Recipe Creator: These are just as easy as pulling out frozen fish sticks from a box and popping them into the oven. They stay soft inside and crunchy outside, perfect with oven fries or roasted vegetables. Nutrition Facts: 1 serving: 278 calories, 4g fat (1g saturated fat), 129mg cholesterol, 718mg sodium, 25g carbohydrate (2g sugars, 1g fiber), 33g protein. Diabetic Exchanges: 4 lean meat, 1-1/2 starch. 70/73 Corn Dog Casserole Recipe photo by Taste of Home Total Time 55 min Servings 10 servings From the Recipe Creator: No dipping and frying necessary! This casserole combines cornbread mix and chopped hot dogs for a cheap dinner thats reminiscent of traditional corn dogs but a lot more effortless. Nutrition Facts: 1 cup: 578 calories, 38g fat (16g saturated fat), 108mg cholesterol, 1307mg sodium, 40g carbohydrate (13g sugars, 4g fiber), 19g protein. 71/73 Total Time 1 hour 25 min Servings From the Recipe Creator: Layer spaghetti with a hearty meat sauce, plus cottage cheese and Parmesan for this simple casserole. Make it ahead of time and store in the refrigerator or freezer. Nutrition Facts: 1-1/4 cups: 526 calories, 24g fat (13g saturated fat), 127mg cholesterol, 881mg sodium, 45g carbohydrate (9g sugars, 3g fiber), 31g protein. 72/73 Total Time 1 hour 15 min Servings 8 servings From the Recipe Creator: Who said you cant have an elegant dinner during the week? The pork loin, apples and onion roast together in the oven while you tend to other things, like making a salad or a vegetable side dish to go along with the main course. Nutrition Facts: 1 serving: 210 calories, 7g fat (2g saturated fat), 57mg cholesterol, 109mg sodium, 14g carbohydrate (9g sugars, 2g fiber), 23g protein. Diabetic exchanges: 3 lean meat, 1 starch, 1/2 fat. 73/73 Old-Fashioned Stuffed Bell Peppers Recipe photo by Taste of Home Total Time 50 min Servings 6 servings From the Recipe Creator: My husband, Steve, loves this stuffed pepper recipe. They're so filling and easy to prepare. I serve them with mashed potatoes and coleslaw for a no-fuss supper. Karen Gentry, Somerset, Kentucky Nutrition Facts: 1 stuffed pepper: 430 calories, 15g fat (6g saturated fat), 75mg cholesterol, 1182mg sodium, 45g carbohydrate (9g sugars, 5g fiber), 30g protein. Melt the butter in a saucepan. Add the flour and stir to mix. Cook over a medium heat for 2-3 minutes, or until the mixture has taken on a biscuit-coloured appearance. Slowly add the milk, bit by bit, whisking as you add to prevent any lumps from forming. Season with salt and pepper and bring to a simmer. Cook for 5 minutes to thicken slightly then remove from the heat.