



# \$20 HEALTHY FAMILY MEALS

Affordable & Protein Forward Recipes

## CREAMY TUNA PASTA

**Serves:** 4

**Ingredients**

- 2 boxes whole-wheat pasta (\$3.00)
- 3 cans tuna in water (\$4.50)
- 1 cup plain Greek yogurt (\$2.00)
- ½ cup frozen peas (\$0.75)
- 1 onion, diced (\$0.75)
- 2 cloves garlic (\$0.20)
- Olive oil, salt, pepper

**Directions:**

Cook pasta according to package directions.

Sauté onion and garlic in oil.

Stir in tuna and peas, heat through.

Remove from heat, mix in yogurt and pasta. Season to taste.

**TOTAL COST:** \$11.20



## BEEF & LENTIL STEW

**Serves:** 4

**Ingredients**

- 1½ lb beef stew meat (\$9.50)
- 1 cup dried lentils (\$1.25)
- 3 carrots, chopped (\$1.00)
- 2 celery stalks, chopped (\$0.75)
- 1 onion, chopped (\$0.75)
- 1 can diced tomatoes (\$1.25)
- 4 cups beef broth (\$2.00)
- 2 cloves garlic (\$0.25)
- Olive oil, salt, pepper, thyme

**Directions:**

Heat oil in a large pot and brown beef on all sides.

Add onion, garlic, carrots, and celery; sauté 5 minutes.

Stir in lentils, tomatoes, broth, salt, pepper, and thyme.

Bring to a boil, then simmer covered 35–45 minutes until beef and lentils are tender.

**TOTAL COST:** \$16.75





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## CHICKEN & RICE POWER BOWL

**Serves:** 4

**Ingredients**

- 1½ lb chicken thighs (\$6.50)
- 1½ cups long-grain rice (\$1.50)
- 1 bag frozen mixed vegetables (\$2.00)
- 1 onion, diced (\$0.75)
- 3 cloves garlic (\$0.25)
- 2 tbsp soy sauce (\$0.50)
- Olive oil, salt, pepper, paprika

**Directions:**

Season chicken with salt, pepper, paprika.  
Brown chicken in oil, remove from pan.  
Sauté onion and garlic, add rice and toast briefly.  
Add 3 cups water, vegetables, soy sauce, and chicken.  
Cover and simmer 20 minutes until rice is tender.

**TOTAL COST:** \$11.50



## SOUTHWEST SKILLET

**Serves:** 4

**Ingredients**

- 1½ lb ground beef (80/20) (\$8.50)
- 2 cans black beans, drained (\$2.00)
- 1 onion, chopped (\$0.75)
- 1 bell pepper, chopped (\$1.00)
- 1 can diced tomatoes (\$1.25)
- 1½ cups rice (\$1.50)
- 2 tsp cumin + chili powder (\$0.50)
- Olive oil, salt, pepper

**Directions:**

Cook rice according to package directions.  
Brown beef in a large skillet with onion and pepper; drain fat.  
Add spices, tomatoes, and beans.  
Simmer 15-20 minutes until thickened.  
Serve over rice.

**TOTAL COST:** \$17.00





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Affordable & Protein Forward Breakfast Recipes

## BREAKFAST SCRAMBLE

**Serves:** 4

### Ingredients

- 8 eggs (\$2.50)
- 1 bell pepper, chopped (\$1.00)
- 1 zucchini, chopped (\$1.50)
- 1 onion, chopped (\$0.75)
- ½ cup shredded cheese (\$1.50)
- 2 tsp olive oil (\$0.25)
- Salt, pepper

### Directions:

Heat oil in a skillet, sauté pepper, zucchini, and onion until soft. Beat eggs, pour over veggies, cook while stirring until eggs set. Sprinkle cheese on top, cook 1-2 minutes more until melted. Serve hot.

**TOTAL COST:** \$7.50



## OAT & YOGURT PANCAKES



**Serves:** 4

### Ingredients

- 1½ cups rolled oats (\$1.00)
- 1 cup Greek yogurt (\$2.00)
- 3 eggs (\$0.90)
- 1 banana, mashed (\$0.50)
- 1 tsp baking powder (\$0.10)
- ½ tsp cinnamon (\$0.05)
- Cooking spray or oil (\$0.25)
- Fresh berries for topping (\$3.00)

### Directions:

Blend oats, yogurt, eggs, banana, baking powder, and cinnamon into a smooth batter.

Heat a nonstick pan with spray, cook pancakes 2-3 minutes per side until golden.

Top with fresh berries and serve.