

5 Meals for \$10 or Less

Eating healthy on a budget is hard! The following 5 recipes can each be made for \$10 or under and all ingredients can be found at your local Walmart!

1. Ramen Noodles -(2 servings)

Ingredients:

1. Ramen noodle pack (any flavor) \$0.99
2. 20 oz Great Value Deluxe Frozen Stir Fry Veggies \$2.33
3. ½ dozen Great Value Large White Eggs \$0.68

Total \$ with tax: \$4.28

Preparation:

1. Boil Ramen Noodles following packet instructions.
2. Crack two eggs into a small bowl and mix with a fork or whisk to scramble them. Pour them into a separate saucepan (Medium heat) to cook. Stir the eggs continuously until they look fluffy and are a bright, light yellow color.
3. Add ½ the bag of frozen vegetables to saucepan with the eggs. Stir occasionally to heat and de-thaw vegetables.
4. Take ½ cup of noodle water and pour it into a saucepan with eggs and vegetables. Drain the noodles from the water, add the cooked noodles to the saucepan with the rest of the ingredients.
5. Pour half of the seasoning packet into the saucepan, and mix all the ingredients well. Lower the heat to low heat and let simmer for 3-5 minutes, until vegetables are warm and soft to eat.
6. Enjoy!

2. Burritos- (4 servings)

Ingredients

1. Mission Flour Burrito Tortillas, 8 count \$2.76
2. 1 Can of Great Value Reduced Sodium Black Beans \$0.68
3. 1 Can Great Value Reduced Sodium Kidney Beans \$0.68
4. 1 Box Instant Brown Rice \$3. 38
5. 16 oz Jar of Great Value Salsa \$2. 48

Total \$ with tax: \$10.68

Preparation:

1. Cook 1 cups of Minute Rice according to the package.
2. Drain and rinse canned beans, then pour into a large bowl.
3. Mix cooked rice, jar of salsa, and ½ bag of cheese into large bowl with the beans.
4. Take 4 flour tortillas and fill with rice and bean filling. Wrap completed burritos in tin foil, or place in Tupperware to store.
5. When it comes time to eat one, simply put in the microwave for 45 seconds to heat up, then enjoy!

3. Grown-Up Lunchables -(4 servings)

Ingredients:

1. Great Value Thin Sliced Ham 8 oz \$4.42
2. Great Value Mozzarella Cheese sticks 12 count \$2.84
3. Great Value 4 pack canned Mandarin Oranges \$2.56

Total \$ with tax: \$10.46

Preparation:

1. Take 4 cheese sticks and wrap 2-3 pieces of ham around each. (Recommended cutting ham/cheese wraps in half for easier storage). Roll-ups can be packed in a ziplock bag, or Tupperware to take to school or work!
2. Open 1 can of oranges; drain the liquid, and rinse before placing in Tupperware container.
3. Pack both containers and a fork into a lunch bag and keep refrigerated or in a cool, dry place until time to eat!

4. Scrambled eggs and Hash- (6 servings)

Ingredients:

1. Great Value Shredded Hash Browns 26 oz. -\$2.19
2. Great Value Dozen Eggs- \$0.98
3. Great Value Frozen Pepper & Onion Blend \$2.33
4. Great Value Unsalted Butter 4 sticks \$2.98

Total \$ with Tax: 9.07

Preparation:

1. Crack two eggs into a mid-sized bowl and scramble with a fork.
2. Place 1 tablespoon of butter into a medium-sized saucepan and pour in scrambled eggs. Cook eggs on Medium heat and stir continuously until eggs are halfway cooked.
3. Pour 1 cup of frozen hash browns and 1 cup of frozen peppers and onion mix into saucepan with eggs. Continue to stir egg mix until eggs are finished cooking, and hashbrowns have dethawed.
4. Salt and pepper to taste, and enjoy!

5. Pesto Pizza Rolls-(4 servings)

Ingredients:

1. Pillsbury Grands! Crescent Rolls Big and Flakey 8 count \$2.86
2. Great Value Shredded Mozzarella Cheese 16 oz \$3.58
3. McCormick Pesto Sauce Mix single packet \$1.98
4. Great Value Italian-Style Petite Diced Tomatoes (1 can) \$0.87

Total \$ with tax: \$9.94

Preparation:

1. Preheat oven to 375 degrees.
2. Open canned tomatoes, rinse and drain.
3. Open crescent rolls and place individual triangles of dough on a non-stick cooking sheet.
4. Place 2 tablespoons shredded cheese and tomatoes along the widest part of dough, and roll to create crescent shape.

5. Cook at 375 for 10-14 minutes, or until top of rolls are light, golden brown.
6. While rolls cook, pour ½ cup water and pesto sauce packet into a medium saucepan and simmer on low heat for 1-2 minutes, or until sauce is warm to touch.
7. Pull rolls out of the oven and serve with sauce! To store, pour the sauce in a small Tupperware, and place rolls in Tupperware or ziplock bag and store in the fridge. Place in the microwave for 45 seconds to reheat before serving again.

All of these recipes can be modified to fit what you like! Remember that leftover ingredients from other recipes can be added to others, for example, leftover peppers and onions from the Scrambled Egg Hash can be added to the Pesto Pizza Rolls for additional nutritional value!

Cooking is all about figuring out what you like, and ways you like to make it!