

Simple+ Cheap+ Nutritious Recipes

Broccoli and Rice Stir Fry: (Modify this recipe to include any veggies you choose)

Ingredients:

- 1 ½ cup uncooked long-grain rice
- 1 tablespoon vegetable oil
- 1 (16 ounce) package frozen broccoli florets, thawed
- 3 green onion, diced
- 2 eggs, beaten
- 2 tablespoons soy sauce
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Directions:

1. In a saucepan, bring 3 cups water to a boil. Stir in rice. Reduce heat, cover, and simmer for 20 minutes.
2. Heat oil in a large skillet over medium heat. Sauté broccoli until tender crisp, and add onions. Remove from skillet. Scramble eggs; return broccoli mixture to pan. Stir in cooked rice, soy sauce, salt and pepper.

Bean and Vegetable Soup:

Ingredients:

- 1 pound bean soup mix
- 6 cups water
- 4 cups low sodium chicken broth
- 1 medium onion, diced
- 1 cup diced carrot
- ¾ cup diced celery
- 1 (28-ounce) can diced tomatoes
- 2 tablespoons fresh lemon juice
- 1 tablespoon Worcestershire sauce
- 2 cloves garlic, minced
- 1/2 teaspoon freshly ground pepper
- Chopped fresh parsley and grated Parmesan cheese (optional)

Preparation:

1. Soak the bean mix overnight in plenty of water; rinse and drain.
1. Add beans to water and bring to a boil; simmer 1 hour.
2. Add remaining ingredients; simmer 2 hours. Sprinkle with chopped fresh

Zesty Tomato Soup:

Ingredients:

- 1 can (14.5 ounces) diced tomatoes
- 1 cup roasted red peppers, drained
- 1 cup evaporated milk, fat-free
- 1 teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 2 tablespoons fresh basil, rinsed, and chopped (or 2 teaspoons dried)

Directions:

1. Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.
2. Put tomato mixture in a medium sauce pan and bring to a boil over medium heat.
3. Add evaporated milk, garlic powder, and pepper. Return to a boil, reduce heat to low, and gently simmer for 5 minutes.
4. Add basil and serve.

Roasted Root Vegetables:

Ingredients:

- 2 medium-sized sweet potatoes, cut into large chunks
- 2 medium-sized root vegetables (white potatoes, rutabagas, turnips, beets etc), cut into large chunks
- 2 carrots, chopped
- 1 medium onion, chopped
- ¼ cup vegetable or olive oil
- 3 tablespoons Parmesan cheese
- Season with salt and pepper and/or your favorite spices

Directions:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, add all chopped vegetables, drizzle oil over top.
3. Add Parmesan cheese and seasonings; mix well.
4. Spread vegetable mixture evenly on a baking sheet.
5. Bake for 1 hour or until tender.
6. Season with salt and pepper and top with Parmesan cheese