

Thrifty Recipes: Main Dishes

Bulletin #4333



Some small families tested and liked the recipes in the sample menus. Try them. You may like them too. Some of these recipes are new. Some are old favorites. In either case, they are:

- **Low in cost.** They are made with economical foods and seasonings.
- **Nutritious.** They contain nutrient-rich foods and limited amounts of fat, sugar and salt.

Other fact sheets in this series include:

- Planning Thrifty Meals for Small Families, Bulletin #4330
- Ideas for Planning Thrifty Menus, Bulletin #4331
- Buying Food for Thrifty Small Families, Bulletin #4332
- Thrifty Recipes: Salads and Soups, Breads and Desserts, Bulletin #4334

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Barbeque Beef Sandwich

1/2 pound	Lean ground beef
1/3 cup	Tomato sauce
1/4 cup	Onion, chopped
2 tablespoons	Vinegar
2 teaspoons	Sugar
1/4 teaspoon	Dry mustard
Pepper	dash
2	Hamburger rolls, whole grain

1. Cook beef until lightly browned. Drain fat.
2. Mix in remaining ingredients (except hamburger rolls).
3. Cover and cook over low heat for 20 minutes to blend flavors. Stir occasionally.
4. Spoon mixture onto bottom halves of rolls (about 1/2 cup per sandwich). Cover with top halves.

Two sandwiches, 405 calories per sandwich.

Creole Beans

1/4 cup	Celery, sliced
1/4 cup	Onion, coarsely chopped
1/4 cup	Green pepper, coarsely chopped
1 teaspoon	Margarine
8 ounces	Canned tomatoes (about 1 cup)
1/8 teaspoon	Garlic powder
1/16 teaspoon	Salt
Dash	Pepper
1 1/4 cups	Peas (navy) beans, canned, drained

1. Cook celery, onion and green pepper in margarine until tender, about 5 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and seasonings to cooked vegetables. Bring to a boil.
3. Add beans and return to a boil. Reduce heat, cover and boil gently until flavors are blended and liquid is reduced, about 30 minutes. Stir occasionally to prevent sticking.

Two servings of 1 cup each, 180 calories per serving.

Bean Tamale Pie

2 tablespoons	Green pepper, chopped
2 tablespoons	Onions, chopped
1 teaspoon	Oil
1 cup	Kidney beans, canned, drained
1/2 cup	Tomato puree
about 1 cup	Frozen whole-kernel corn
1 1/2 teaspoons	Chili powder
1/3 cup	Yellow cornmeal
3/4 cup	Water
Pinch	Salt

1. Cook green pepper and onion in oil in small (8-inch) frypan until tender.
2. Stir in beans, tomato puree, corn and 1 1/2 teaspoons chili powder.
3. Cover and cook over low heat until flavors are blended, about 15 minutes.
4. Mix cornmeal, water and salt.
5. Cook over low heat, stirring constantly, until very thick, about 3 minutes.
6. Spread cornmeal mixture over bean mixture to form a crust.
7. Cook over low heat, with lid ajar, until topping is set, about 7 minutes.

Two servings of about 1 cup filling and 1/3 cup cornmeal bread each, 295 calories per serving.

Beef and Peppers

About 1 cup	Beef cubes, from chuck steak*
8 ounces	Canned tomatoes (about 1 cup)
1/8 teaspoon	Garlic powder
Dash	Pepper
1 small	Onion, sliced
1/2 medium	Green pepper, cut in 1-inch pieces

1. Brown beef cubes in saucepan until well browned.
2. Break up large pieces of tomatoes. Stir in garlic powder and pepper. Pour over beef. Cover and cook over low heat until beef is almost tender, about 1 hour.
3. Add onion and green pepper. Cover and continue cooking until vegetables and beef are tender, about 30 minutes.

Two servings of 3/4 cup beef mixture, 230 calories per serving.

**Note: For beef cubes or strips, use a 1 1/2 pound blade chuck steak. Separate lean meat from fat and bone. Cut meat into 3/4-inch cubes or strips. Divide beef in half. Use half (about 1 cup) for Beef and Peppers. Save remaining 1 cup for Beef with Noodles.*

Beef with Noodles

About 1 cup	Beef from chuck steak*
1 1/2 cups	Water
1/4 teaspoon	Salt
Dash	Pepper
One	Bay leaf
1 small	Onion, coarsely chopped
2/3 cup	Celery, diced
1 tablespoon	Flour
1 tablespoon	Water
1 1/2 cups	Noodles, cooked, unsalted

1. Brown beef cubes in saucepan until well browned.
2. Add 1 1/2 cups water, salt, pepper and bay leaf. Cover and cook over low heat until beef is almost tender, about 1 hour.
3. Add onion and celery. Continue cooking until meat and vegetables are tender, about 20 minutes.
4. Remove bay leaf.
5. Mix flour and water until smooth. Stir into beef mixture. Cook, stirring constantly, until thickened, about 2 minutes.
6. Serve over noodles.

Two servings of 3/4 cup beef mixture and 3/4 cup noodles each, 340 calories per serving.

**Note: For beef cubes or strips, use a 1-1/2 pound blade chuck steak. Separate lean meat from fat and bone. Cut meat into 3/4 inch cubes, or strips. Divide beef in half. Use half (about 1 cup) for Beef with Noodles. Save remaining 1 cup for Beef and Peppers.*



Braised Turkey Drumsticks

(Provides cooked turkey for 3 meals.)

2 pounds	Turkey drumsticks, fresh or frozen
1/8 teaspoon	Poultry seasoning
Pinch	Salt
Dash	Pepper
1 1/2 cups	Water

1. Thaw frozen drumsticks in refrigerator.
2. Brown drumsticks in hot frypan about 15 minutes.
3. Sprinkle with seasonings.
4. Add water. Bring to a boil. Reduce heat, cover, and simmer until tender, about 1-1/2 hours. Turn drumsticks halfway through cooking.
5. Measure cooking liquid. Spoon off as much of the fat layer as possible. Add water to liquid, if necessary, to make 1 1/2 cups. Save 1/2 cup for Turkey with Gravy.
6. Separate meat from skin and bones. Dice and save 2/3 cup turkey for Turkey Spanish Rice. Dice and save 3/4 cup turkey for Turkey-Potato Salad.

Turkey with Gravy

1 tablespoon	Flour
1 tablespoon	Water
1/2 cup	Turkey cooking liquid (from Turkey Drumsticks)
About 6 ounces	Turkey (from Turkey Drumsticks)

1. Mix flour and water until smooth. Stir into turkey cooking liquid.
2. Cook, stirring constantly, until thickened, about 2 minutes.
3. Serve over braised turkey.

Two servings of about 3 ounces turkey and 1/4 cup gravy each, 185 calories per serving.

Eggs Foo Yung

Egg Mixture:

2	Eggs (see Note*)
1 cup	Bean sprouts, fresh
1/2 cup	Chicken or beef, cooked, diced
2 ounce can	Mushrooms, stems and pieces, drained
1 teaspoon	Instant minced onion
2 teaspoons	Oil

Sauce:

1/2 cup	Water
2 teaspoons	Soy sauce
2 teaspoons	Cornstarch

1. Beat eggs with electric mixer until very thick and light, about 5 minutes.
2. Fold in bean sprouts, chicken or beef, mushrooms, and onion.
3. Heat oil in frypan over moderate heat.
4. Pour egg mixture by half-cupfuls into the pan. Brown on one side; turn and brown the other side. Keep warm while preparing sauce.
5. Mix sauce ingredients in small saucepan until smooth.
6. Cook over low heat, stirring constantly, until thickened.
7. Serve sauce over patties.

Two servings of 2 patties and 2 tablespoons sauce each, 155 calories per serving.

** Note: Use only clean eggs with no cracks in shells.*

Microwaved Stuffed Peppers

1	Green pepper, halved, seeded
To cover	Boiling water
2 tablespoons	Tomato sauce

Meat mixture:

3 tablespoons	Wheat crackers, crushed; or rolled oats
1 teaspoon	Instant minced onion
3 tablespoons	Skim milk
1	Egg
1/4 teaspoon	Basil leaves
1/8 teaspoon	Salt
6 ounces	Lean ground beef

1. Soak crackers and onion in milk until soft and milk is absorbed.
2. Add egg and seasonings. Mix well.
3. Gently mix ground beef with milk mixture.
4. Cook peppers in boiling water for 2 minutes. Drain well.
5. Fill pepper halves with meat mixture; place in glass baking dish. Spread one tablespoon tomato sauce over each serving. Cover with wax paper.
6. Cook at "high" power for 7 minutes. Rotate dish halfway through cooking. Remove from oven and let stand, covered, 3 minutes.

For Baked Stuffed Peppers: Bake uncovered at 375 degrees F for 45 minutes or until meat is done.

Two servings, 1/2 pepper each, 245 calories per serving.

Pork Fajitas

1 cup	Pork
1 tablespoon	Lime juice
1/4 teaspoon	Chile powder
1/2	Green pepper, sliced
1/2	Onion, sliced
4	Flour tortillas (6-inch size)
Optional	Salsa

1. Cut meat into 1-inch strips.
2. Mix lime juice with chili powder and pour over meat. Set aside for a few minutes or for up to three hours.
3. Slice vegetables, add to meat mixture and stir.
4. Spray a skillet with non-stick cooking spray and stir-fry meat and vegetables until done.
5. Warm tortillas in microwave about 50 seconds on high or in non-stick skillet. Fill each tortilla with meat mixture and serve with salsa.

Two servings of 2 tortillas each, 325 calories per serving.

Quick Pizza

1	Refrigerated pizza crust, 12-inch diameter
3/4 cup	Canned tomato sauce
1 teaspoon	Oregano leaves
1/2 teaspoon	Garlic powder
1 small	Onion, sliced
1/2 small	Green pepper, thinly sliced
1 cup	Mushrooms, fresh, sliced
1 cup	Mozzarella cheese, part skim milk, shredded (about 4 ounces)

1. Preheat oven to 450 degrees F (very hot).
2. Place crust on ungreased pizza pan or baking sheet.
3. Mix sauce, oregano, and garlic powder. Spread evenly over crust.
4. Place vegetables on top of tomato sauce.
5. Sprinkle with cheese.
6. Bake until cheese melts and vegetables are tender, about 15 minutes.

Four servings of 2 slices each, 275 calories per serving.

Roast Pork Shoulder

(Provides cooked pork for 3 meals)

2 1/2 pounds Fresh picnic shoulder with bone

1. Place picnic shoulder on rack in shallow roasting pan. If meat thermometer is used, insert it in center of roast so tip does not touch bone or fat.
2. Roast, uncovered, at 325 degrees F (slow oven) until done, about 2-1/2 to 3 hours. To test for doneness, make a small cut next to bone into thicker part of meat. Juices will be clear when meat is done. Meat thermometer, if used, should read 170 degrees F.
3. Remove fat from drippings. Defatted drippings will measure about 2 tablespoons. Use for Roast Pork with Gravy.
4. Separate meat from rind, fat, and bone. Using the smaller pieces of pork, dice and save 1 cup of meat for Pork Fajitas. Slice remaining meat. Save half for sandwiches and half for Roast Pork with Gravy. Cooked pork will keep 3 to 4 days in the refrigerator.

Roast Pork with Gravy

Water as needed

1 tablespoon	Defatted pork drippings (from Roast Pork Shoulder, step 3)
1 tablespoon	Flour
About 4 1/2 ounces	Roast pork, sliced (from Roast Pork Shoulder, step 4)

1. Add water to pork drippings to make 1/2 cup.
2. Pour small amount of liquid into saucepan. Stir in flour. Add remaining liquid.
3. Cook, stirring constantly, until thickened, about 2 minutes.
4. Serve over sliced roast pork.

Two servings, about 2 1/4 ounces pork and 1/4 cup gravy each, 195 calories per serving.

Sesame Fish

1/2 pound	Cod fillets, fresh or frozen
1/2 teaspoon	Margarine, melted
1 tablespoon	Lemon juice
1/2 teaspoon	Dried tarragon leaves
1/8 teaspoon	Salt
Dash	Pepper
1 tablespoon	Sesame seeds
1 tablespoon	Parsley, chopped

1. Thaw frozen fish in refrigerator overnight or defrost briefly in a microwave oven. Cut fish into 2 portions.
2. Place fish on a broiler pan lined with aluminum foil. Brush margarine over fish.
3. Mix lemon juice, tarragon leaves, salt, and pepper. Pour over fish.
4. Sprinkle sesame seeds evenly over fish.
5. Broil until fish flakes easily when tested with a fork—about 12 minutes.

Two servings each, about 2-1/2 ounces each, 110 calories per serving.

Stove-top Beans

3 1/4 cups	Pea (navy) beans, canned
1 cup	Water
2/3 cup	Tomato puree
1/2 cup	Onion, chopped
1 medium	Apple, unpared, finely chopped
1 tablespoon	Prepared mustard
1 1/2 teaspoons	Worcestershire sauce
2 teaspoons	Sugar
1/8 teaspoon	Pepper

1. Mix beans with other ingredients in saucepan. Bring to a boil. Reduce heat, cover, and boil gently 30 minutes.
2. Continue cooking, uncovered, until sauce is of desired consistency—about 10 minutes.
3. Serve half of the beans, and refrigerate remaining 2 cups for use at another meal within 3 to 4 days.

Four servings of about 1 cup each, 295 calories per serving.

Taco Salad

1/3 pound	Ground beef
2 tablespoons	Onion, chopped
1 teaspoon	Flour
1 cup	Kidney beans, canned, drained (reserve liquid)
1/3 cup	Tomato puree
2 tablespoons	Bean cooking liquid, or water
1 teaspoon	Chili powder
1/4 teaspoon	Oregano leaves
1/8 teaspoon	Salt
1/8 teaspoon	Garlic powder
2 cups	Lettuce, torn in bite-size pieces
1 small	Tomato, cut in chunks
1/4 cup	Green pepper, coarsely chopped
8	Cornmeal chips, crumbled

1. Cook beef and onion until beef is well browned. Drain. Stir in flour.
2. Stir in beans, tomato puree, bean liquid or water, and seasonings.
3. Cook over low heat until thickened, about 10 minutes.
4. Mix lettuce, tomato chunks and green pepper.
5. To serve, place half of lettuce mixture (about 1 1/2 cups) on each plate. Mound half of beef mixture (about 3/4 cup) in center of lettuce mixture. Sprinkle crumbled cornmeal chips over beef mixture. Serve immediately.

Two servings of about 2 1/3 cups each, 405 calories per serving with bean cooking liquid, 390 calories per serving with water.



Turkey Spanish Rice

1/4 cup	Onion, cut in pieces
1/4 cup	Green pepper, chopped
2 tablespoons	Celery, sliced
1/4 cup	Rice, uncooked
1/2 teaspoon	Margarine
8 ounces	Canned tomatoes (about 1 cup)
2/3 cup	Turkey, cooked, diced (from Braised Turkey Drumsticks)
1/4 cup	Water
1/4 teaspoon	Chili powder
1/16 teaspoon	Salt
Dash	Pepper
One	Bay leaf

1. Cook vegetables and rice in margarine in a small saucepan until onion begins to brown, about 4 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and remaining ingredients to rice mixture.
3. Bring to a boil. Reduce heat, cover, and cook slowly until rice is tender, about 25 minutes. Stir as needed to prevent sticking.
4. Remove bay leaf.

Two servings of about 1 cup each, 215 calories per serving.

Turkey-Potato Salad

3/4 cup	Turkey, cooked, diced (from Braised Turkey Drumsticks)
1/4 cup	Celery, chopped
1 cup	Potato, cooked, peeled, diced
1 tablespoon	Onion, chopped
2 tablespoons	Green pepper, chopped
2 tablespoons	Salad dressing, mayonnaise-type
1/4 teaspoon	Prepared mustard
1/8 teaspoon	Salt

1. Mix turkey, celery, potato, onion and green pepper.
2. Mix salad dressing, mustard and salt. Stir lightly into turkey mixture.
3. Chill.

Two servings of about 1 cup each, 230 calories per serving.

*Compiled by Nellie Hedstrom, Extension nutrition specialist
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County," USDA Home and Garden Bulletin #244.*

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