

\$2 Dinners

From the Cheapskates Club Recipe File



These recipes are brought
to you by the members of
the Cheapskates Club

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Layered Chicken and Potato Bake.....3

\$2.00 Pancakes.....3

Zucchini Slice.....4

Spanish Rice.....4

Baked Eggs and Ham.....5

Toast Pizzas.....5

Scotch Sausages.....6

Tomato and Orange Soup.....6

Potato Frittata.....7

Rice Patties.....7

Curried Chickpeas and Rice.....8

Cheese Curried Rice.....8

Vegetable Omelette.....9

Homemade Pies.....9

Lentil Shepherd's Pie.....9

Tuna Mornay.....10

Beef and Vegetable Pasties.....11

Tuna Layer Casserole.....11

Mum's Spaghetti.....12

Swedish Meatballs with Cream Sauce.....12

Chicken Pot Pie.....13

Easy Chicken & Parmesan Risotto.....13

Twice Cooked Veggie Quiche.....14

It's getting harder and harder to feed the family and keep the grocery budget under control. The \$300 a Month Food Challenge helps with that, and so do these yummy \$2 dinner ideas. Each of these dinners costs just \$2 (or under!) to feed four! That's just 50c a serve, a real budget winner.

Layered Chicken and Potato Bake

My \$2 meal for 4 is simple. I bought a packet of marked down chicken wings for 99c still in date by 3 days. I cut the wings into 3 sections, leaving the tips for stock later on. I used herbs from my herb patch, tomatoes that were languishing in the fridge and new potatoes from the veggie garden, so the only cost was 99c for the chicken wings!

Ingredients:

Chicken wings
Olive oil for frying
Fresh oregano leaves
4 tomatoes
4 potatoes

Method:

Trim chicken wings, removing tips and setting aside for stock later on. Cut wings into two pieces. Heat olive oil in a fry pan and add chicken wings and oregano leaves. Cook until chicken is golden brown all over. Remove from heat. Steam or boil potatoes until tender. Mash. Place layer of potato in greased baking dish. Slice tomato and layer over potato. Place chicken wings on top. Bake in a moderate oven 20 minutes or until chicken wings are crispy and golden brown.

Contributed by Robyne

\$2.00 Pancakes

Ingredients:

1 cup SR flour, sifted (25c)
1 egg (25c)
Approximately ½ cup milk (20c)
Pinch of salt

Method:

Sift flour into a medium size bowl, beat in egg. Add milk gradually, beating until you have a smooth but runny consistency. I find using a whisk creates lighter, fluffy pancakes. Add other ingredients. Add more milk (or water if you want a lower fat option) to ensure the mixture is as runny as before. Pour into a warm non-stick frypan. Wait until bubbles form in mixture and then flip. Cook until golden brown.

Savoury flavour options:

Fresh corn kernels
Grated zucchini and diced ham
Spinach and cheese (Ricotta, Feta or shredded tasty)

Sweet flavour options:

Fresh or frozen berries
Chopped chocolate

Contributed by Kathryn

Zucchini Slice

Ingredients:

400grams grated zucchini (very cheap when in season).
1 large onion
250 grams chopped bacon
1 cup grated cheese
1 cup SR flour (lightly packed)
1/2 cup vegetable oil
5 eggs
salt/pepper to taste

Method:

Combine all ingredients together in a large mixing bowl. Pour mixture into a well-greased slice baking dish and bake in a moderate oven for 30 - 40 minutes. Serve with a side salad. Makes 6 good sized slices!

Contributed by Belinda Walker

Spanish Rice

Ingredients:

1 ½ cups cooked brown rice
1 small onion, chopped
1 tin tomato soup
1 teaspoon curry powder
½ cup grated cheese

Method:

Brown onion, add curry powder. Cook 1 minute. Add tomato soup. Stir in cheese. When melted add the rice, heat through and serve immediately.

Leftovers can be rolled into croquettes or patties, dipped in crumbs and fried.

Contributed by Cath Armstrong

Baked Eggs and Ham

Ingredients:

4 Eggs
8 tablespoons diced ham
60g butter/margarine
4 tablespoons cream
salt and pepper

Method:

Heat oven to 190C. Place 15g butter in each of four ramekins and melt in a bain marie in oven. Add 2 tablespoons ham to each ramekin and season with salt and pepper. Break eggs into the individual dishes. Cover and return to oven for a few minutes. When eggs begin to set add one tablespoon of cream to each ramekin. Cover and cook a few minutes more until whites are set and yolks remain soft. Serve immediately with a slice of bread for dipping and a cherry tomato and a couple of slices of cucumber for garnish (optional). I have used milk instead of cream and it works just as well but not quite as rich and creamy. This is a great dish I make when I want something quick and easy and I am tempted to go and buy take away!

Contributed by Deb Siney

Toast Pizzas

Ingredients:

Diced ham
Grated cheese
1 onion, diced
bread
Sweet paprika (optional)

Method:

In a big pot on the stove mix the ham cheese and onion until the cheese has melted. Spread a layer of the cheese and ham melt on top of the bread. Sprinkle with sweet paprika and pop in the oven for around 15 mins or until toasted. The kids love this quick easy and cheap meal! Not only can you have it as a meal but it's great for weekend snacks or entertaining.

Contributed by Kristy Flynn

Scotch Sausages

Ingredients:

3/4 cup plain flour
herbs for seasoning
1/2 onion, grated
milk
500g roll of sausage mince

Method:

Make a batter out of the flour, herbs, onion and milk. Using a fork, add the sausage mince. The batter will be quite lumpy. Pour some vegetable oil into a fry pan over a medium heat. When the oil is hot drop tablespoonfuls into the frypan. Cook until bubbles form in the top, flip and cook a further two minutes or until the sausages are golden brown on both sides and the batter has cooked through. Serve with veggies and gravy.

Contributed by Catherine Allan

Tomato and Orange Soup

Ingredients:

440g tin condensed tomato soup
400ml milk
1 chicken stock cube
1 onion, finely chopped
1 orange
Sour cream or plain yoghurt
parsley (to garnish)

Method:

Dilute tinned soup with milk. Add crumbled chicken stock cube. Heat slowly. Add chopped onion, grated orange rind and juice (to taste). Serve with a blob of sour cream or yoghurt and sprinkle with parsley.

Contributed by Sharee Sweet

Potato Frittata

Ingredients:

4 medium potatoes sliced thinly
1 medium sweet potato sliced thinly.
1 cup milk
1 Homebrand packet French onion soup mix
3 eggs
a sprinkle of grated cheese

Method:

Line a frypan with the thinly sliced potatoes. Sprinkle the French onion soup over the top of the potatoes. Beat the eggs, add to the milk and pour over the potatoes. Place the frypan on the stove top and cook on a low to medium heat until the base is set. Sprinkle the cheese over the top and place the frypan under the grill (or in oven) to cook the top of the frittata and melt the cheese...Yummy

Contributed by Jane Sing

Rice Patties

Ingredients:

1 cup of brown rice - cooked and well drained
1 onion finely diced
1 cup of grated cheese
1 egg (beaten)
1 packet Cream of Mushroom Soup Mix (or whatever else you may have lurking in your pantry that could be used for flavour)
Diced parsley
Salt and Pepper

Method:

Combine all of the above ingredients in a bowl. Put tablespoon portions onto greaseproof paper and shape to make small rissole sized patties. Cook in a moderate oven (180c) until golden brown. When the egg and cheese melt it holds the mixture together. These can be eaten either hot or cold, served as either a snack or with salad or vegetables as a main meal. Usually makes 24 patties.

Contributed by Kelly, Redlynch

Curried Chickpeas and Rice

Ingredients:

1 can chickpeas, drained and rinsed
1 onion, chopped
3 - 4 tomatoes chopped (or 400g can chopped tomatoes)
1/2 red capsicum, chopped
1 tbsp curry powder
1/2 cup vegetable stock made with stock cube
salt and pepper
1 cup rice

Method:

Spray frypan with cooking spray. Sauté onion, fresh tomatoes and capsicum until soft. Add curry powder, cook 1min. (if using canned tomatoes add here) Add chickpeas, 1/2 cup vegetable stock and salt and pepper to taste. Cover and simmer 5 mins. Meanwhile cook rice. Serve with fresh coriander if desired.

Contributed by Michelle

Cheese Curried Rice

Ingredients:

2 teaspoon oil
1 onion, diced
1 red capsicum, diced
1 - 2 tablespoons mild curry powder
1 1/3 cups rice
3 - 4 cups chicken or veg stock made with stock cubes
salt and pepper
1 - 1 1/2 cups grated cheese

Method:

Heat oil in a large frypan. Sauté onion and capsicum until soft. Add curry powder and stir 1 minute. Add rice and stir to coat. Add stock, bring to boil, cover, and turn to simmer. Cook 15 minutes stirring occasionally and adding more water or stock if necessary. Add salt and pepper to taste, stir in cheese until melted.

Contributed by Michelle

Vegetable Omelette

Chop up and cook any vegetables you have sitting in the fridge (or use leftover vegetables). When the vegies are cooked transfer them to a frying pan or wok. Add 1 Tablespoon of water to 4or 5 beaten eggs and whisk until fluffy, add salt and pepper, curry powder to taste and then pour egg mixture over the hot vegetables. Cover the frying pan or wok and cook over a moderately low heat until the eggs have cooked. Sometimes I substitute cooked chips for the vegetables and make it a chip omelette. This is great of a weekend or if you have leftover vegetables to use up.

Contributed by Lyn

Homemade Pies

I have a pie maker and when I want a cheap meal I make pies. If I don't have pastry sheets in the freezer I use large slices of bread (less fat). Two tablespoons of any filling is all that is needed per pie. Leftover mince, creamed corn, leftover chicken in a bit of instant gravy, leftovers from a previous dinner, baked beans etc. are all suitable fillings. The pie maker will also make quiches and potato topped pies and it makes quite a filling meal. A jaffle maker is also a good option. Pies and jaffles can cost less than \$2 per meal.

Contributed by Bev

Lentil Shepherd's Pie

Ingredients:

1/2 packet of green lentils (can use 2 cans of drained tinned lentils instead)
1 onion, diced
1 carrot- either diced or grated
1 cup frozen peas
1 tin of diced tomatoes (if you have a tin of pasta sauce you can use that instead
1 tsp of chicken stock(you can leave this out if you like)
add too taste: tomato/BBQ sauce; Worcestershire sauce
1/2kg of potatoes
grated cheese to taste for top of the pie

Method:

Boil the lentils for approximately 40-45 minutes until tender (you can also use 2 cans of cooked lentils) then drain. Dice onion and fry until fragrant. Add the lentils, tomatoes,

carrot and peas. If the mix is a little runny add some rolled oats to thicken. Cook potatoes and mash. Pour the lentil mixture into an oiled pie/casserole dish and top with the mashed potato and some grated cheese. Bake in preheated oven for approximately 30-40 minutes or until the cheese is golden. We are a meat eating family, and I just tried this recipe out on DH and DD and we all went back for seconds! Most of these ingredients are already in the pantry, so it makes a good hearty dinner for very little money and effort.

Contributed by Jane Saliba

Tuna Mornay

This is so popular I serve it up at least once a week. Works just as well with pasta and if there is some puff pastry left in the freezer I cut one piece into strips which I fix to the edge of a moistened pie plate, moisten strips, then top with the other full sheet of puff pastry and bake - only if the oven is already being used for something else. The beauty of children is they know what they like and it has nothing to do with how expensive or how complicated the evening meal is. This is always a winner. Priced at a main stream supermarket this afternoon, prices can be bettered.

Ingredients:

50g butter
60g plain flour
2 cups milk
Small tin tuna (oil better)
60g cheese, grated
2 cups rice

Method:

Cook rice and drain. Make a sauce with the butter, flour and milk. Add flaked tuna and rice. Sprinkle with grated cheese. Bake in a moderate oven 15 - 20 minutes until the cheese is bubbly and golden.

Cost:

= \$2.67 to serve 6
= \$1.78 to serve 4
= \$0.45 per serve

Contributed by Carol

Beef and Vegetable Pasties

Ingredients:

400g can Coles Beef Stroganoff or other type of canned meat e.g. mild curry, braised steak and onions etc
1 cup frozen corn and pea mix
4 sheets of puff pastry, thawed
1 egg, lightly beaten

Method:

Preheat oven to 200°C or 180 °C for fan forced. Line a baking tray with non-stick baking paper. Place beef stroganoff in a bowl. Add corn and pea mix and mix well. Cut a 16cm round from each sheet of pastry. Place ¼ of the meat mixture in the centre of each round. Fold the pastry up over the filling to form pasties. Pinch the edges together to enclose filling and seal edges. Brush lightly with egg. Chill pasties for 10 minutes in the fridge. Bake pasties for 20 minutes or until puffed and golden. Serve with tomato sauce and salad. Serves: 4 Prep: 10 minutes Cook: 20 minutes

Contributed by Kirsty Harris

Tuna Layer Casserole

Serves 4-5

Cost approximately \$5.48

Ingredients:

500g Pasta spirals .59c
185g tuna \$1.99
1 onion, diced .50
1 tsp curry powder (more or less to taste) .10
2 cups water
1/2 cup milk powder . 50
2 tbsp plain flour .15
2 tsp butter .15
100g cheese, grated \$1.50

Method:

Cook pasta according to directions on packet. Melt 1 tsp butter in a saucepan, sauté onion and curry powder. Mix milk powder and plain flour to a paste with 1/2 cup of the water. Add remaining 1 1/2 cups water to saucepan, whisk in milk/flour paste. Whisk over low heat until sauce starts to boil, turn down to a simmer. Add drained, flaked tuna and remaining teaspoon butter. Stir gently to combine. Continue to cook until sauce thickens. Pour cooked and drained pasta into a greased lasagne dish. Pour sauce

over the top. Sprinkle with grated cheese. Bake in a moderate oven until cheese is golden brown and sauce is bubbling.

Variations:

Add 1 cup frozen mixed veggies with the tuna

Replace pasta with 3 cups cooked rice

Add 1/2 cup frozen corn kernels and 1/2 cup frozen peas with the tuna

Replace onion with 2 sticks diced celery

Mum's Spaghetti

Serves 4

Cost approximately \$5.43

Ingredients:

500g mince \$2.50

1 tin tomatoes (425g) .75c

1 tin tomato soup .89c

1 large onion, diced .50c

1 clove garlic, crushed

1 tsp mixed herbs

500g spaghetti .59c

Method:

In a non-stick pan brown mince, drain and rinse to remove fat. Sauté onion and garlic in pan. Add mince, stir to combine. Add tomatoes and tomato soup. Stir in mixed herbs. Bring sauce to a boil; turn down to a simmer and let cook, stirring occasionally, while you cook the pasta. Cook spaghetti according to directions on packet. Drain, top with sauce and enjoy.

Swedish Meatballs with Cream Sauce

Serves 4

Cost \$4.83

Ingredients:

750g mince \$3.75

1/2 cup fresh breadcrumbs .30c

1 onion, grated .30

1/8 tsp allspice .05c

1 egg, beaten .18

1 cup beef stock

1 tsp cornflour .05
1/2 cup cream .20

Method:

Combine mince, grated onion, allspice and egg until well combined. Roll teaspoonfuls into balls. Chill for 30 minutes. Brown in a lightly greased fry pan until browned all over and cooked through. Set aside to stay warm. In a small sauce pan whisk the beef stock and cornflour and bring to the boil. Whisk in the cream and simmer, stirring continually, 3 minutes. Pour sauce over meatballs and serve with mashed potato.

Chicken Pot Pie

Serves 4 - 6
Cost \$5.29

Ingredients:

2 sheets puff pastry \$1.20
1 chicken breast fillet \$2.30
1 onion, diced . 20c
1 small carrot, diced .20c
1 stick celery, diced .10c
1 tin cream of chicken soup \$1.29

Method:

Cook the chicken fillet, remove from pan and set aside to cool. Sauté the onion, carrot and celery in the pan the chicken was cooked in, being sure to scrape up the brownings. When the chicken is cool, shred the meat with a fork. Add to the pan with the vegetables, stir in the cream of chicken soup and mix gently until well combined. Grease a pie plate and line the base with one sheet of pastry. Add the filling and top with the second pastry sheet. Trim and crimp the edges to seal, either with a fork or using your fingers to pinch the edges closed. Cut four or five vents in the top of the pie. Brush top with a little water. Sprinkle with sesame seeds if desired. Cook in a hot oven, 200 degrees, for 25 - 30 minutes or until golden brown on top and base is cooked through.

Easy Chicken & Parmesan Risotto

Ingredients:

50g unsalted butter
1 large onion, finely chopped
1 chicken breast fillets, cut into small dice
2 cups Arborio rice

1.5L chicken stock
1/2 cup grated parmesan, plus extra to serve
100g roasted capsicum, thickly sliced
2 tbsp chopped fresh basil
Olive oil, to drizzle

Method:

Preheat oven to 170 degrees Celsius and place a 5-litre casserole dish in oven to heat. Melt the butter in a saucepan over low heat; add the onion and sauté until soft. Add chicken and cook for 2-3 minutes until it starts to colour, then add the rice and cook, stirring for 1 minute. Add stock and bring to the boil, then pour everything into the preheated casserole dish. Cover tightly with a lid or foil and place in the oven for 15 minutes. Remove and give everything a good stir, then cover again and return to the oven for a further 15 minutes. By this time all liquid should have been absorbed. If it hasn't return to the oven, uncovered, for 5 minutes. Remove from oven and gently stir through the parmesan, capsicum and basil, and season with salt and pepper. Sprinkle with extra parmesan and basil, and drizzle with olive oil. Serve on a bed of baby spinach if liked.

Twice Cooked Veggie Quiche

This is the perfect dish for "clean out the fridge" day, the day before garbage day, or the day before shopping day, when you need to use up all those odd leftovers lurking in the fridge.

Ingredients:

4 eggs
1 cup milk
1/2 cup self-raising flour
1/2 tsp salt
425g can creamed corn
1 1/2 cups grated cheese
2 cups of chopped leftover vegetables - potatoes, broccoli, zucchini, pumpkin, carrot, cauliflower etc.

Method:

Pre-heat oven to 220 degrees Celsius. Butter a large quiche or pie dish. In a large bowl, whisk eggs, milk, flour and salt. Stir in corn and grated cheese, add the chopped veggies and pour into buttered dish. Bake for 20-30 minutes until centre is firm. Let rest 10-15 minutes before slicing to serve.

Contributed by Cath Armstrong