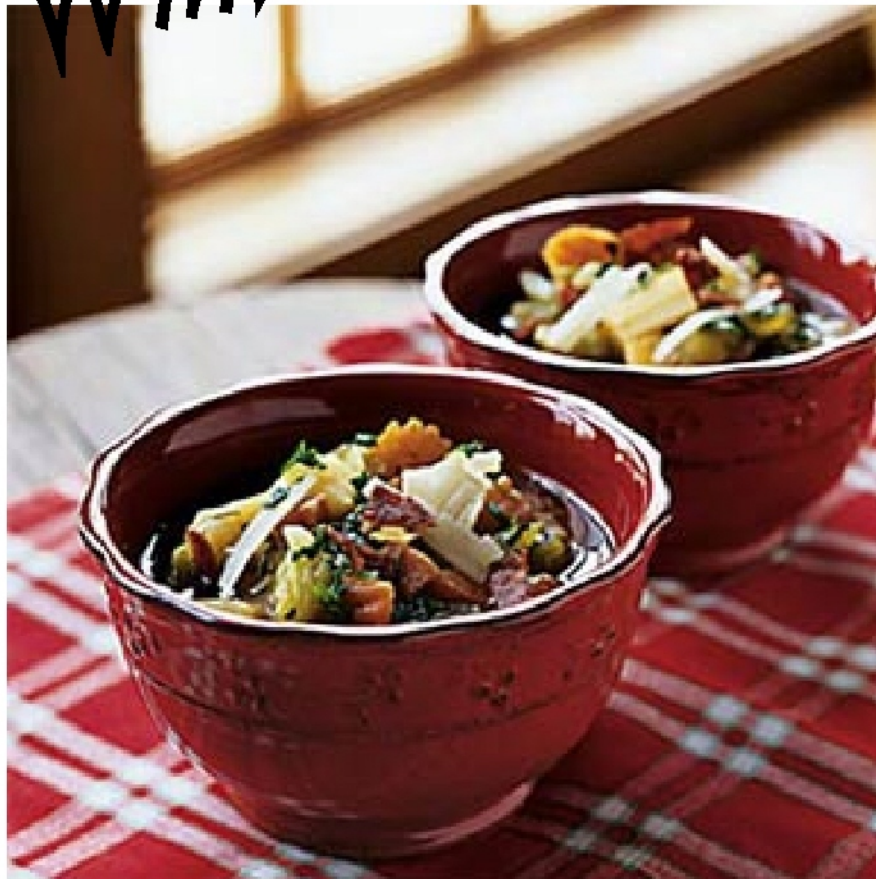


Budget Meals

super easy menus that are super affordable

for Winter



**A month's worth of menus, grocery lists, recipes,
and family conversation starters**

www.kathyhutto.wordpress.com

khutto@dicomm.net

Copyright Kathy Hutto, 2015

About Budget Meals for Winter...

I left a full-time career as a teacher when the Lord led me home to teach my own children. To my engineer husband, this just didn't seem financially feasible. But, it was the best decision, aside from salvation, that we've ever made.

However, it hasn't always been easy. We stay very active in our church and homeschool co-op, so couponing isn't something that I've been able to invest a lot of time into. Instead, I came up with simple menus, which I rotate. I store these in a page protector that is secured to my refrigerator with a magnet. On Monday, I move the new menu to the front.

I have also pre-made the grocery lists that go along with each menu. I print the grocery list from my computer before heading to the grocery store so that I can write on it and make any changes or additions that I need to.

There are only 6 days for each menu. That's because we usually eat out one day a week. I add fruits that are in season for snacking in between meals and we try to eat very little junk food.

I hope this menu plan is helpful, if for no other reason than to give you a guide to follow. You can plan menus that include the foods your family loves. You may enjoy cooking way more than I do and wish to serve more "from scratch" recipes. I have put a blank shopping list and menu sheet at the back of this resource so that you can create your own menus.

Please share with me any feedback and God bless!

Kathy Hutto

Contents

Menu 1

Grocery List

Recipes

Menu 2

Grocery List

Recipes

Menu 3

Grocery List

Recipes

Menu 4

Grocery List

Recipes

Lunch Ideas

Blank Menu

Blank Grocery List

Conversation Starters for Dinnertime Together

MENU 1

Taco Soup – see recipe
Corn Bread

Spiral Ham
Scalloped Potatoes - see recipe
Dinner Rolls
Applesauce
Salad

Breakfast Meal:
Waffles w/syrup
Bacon
Eggs
Grits

Turkey Tacos w/lettuce, tomato and cheese
Tortilla Chips w/ Salsa
Applesauce
Cinnamon Rolls

Sloppy Jo's
Baked Sweet Potato Fries
Pickles

Pizza
Bread Sticks/Marinara for dipping
Salad
Brownies

Grocery List

Deli Spiral ham – have the deli slice enough to feed your family	Baking corn meal mix brownie mix *sugar
Produce lettuce (for tacos and salad) tomato (for tacos and salad) potatoes	Meats 2 lbs. hamburger (Taco Soup) 1 lb. ground turkey (turkey Bacon)
Bread dinner rolls hamburger buns	Frozen waffles bag of sweet potato fries frozen bread sticks pizzas
Cans/Dry Goods 1 or 2 cans Rotel 2-28 oz. cans diced tomatoes 1 can pinto beans 1 can white kidney beans 1 can whole kernel corn 1 pkg. Taco Seasoning 1 pkg. dry Ranch Seasoning 1 large jar of Applesauce Grits Salad dressing	Dairy eggs cheese Pillsbury Cinnamon Rolls *milk *butter
Cookies/Crackers	Other Tortilla chips Flour tortillas 1 (2lb) pkg. Mexican Flavored Processed Cheese Spread (like Velveeta) *tea bags *toilet paper

Recipes:

Taco Soup

(this recipe came from a friend of mine who is in our homechool association)

Ingredients:

2 lbs. hamburger
1-2 cans of Rotel (I use 1, so it's not too hot)
2-28 oz. cans petite diced tomatoes
1 can Pinto beans
1 can white kidney beans
1 can whole kernel corn
1 package Taco Seasoning
1 Package Dry Ranch Seasoning

Directions:

1. Dump it all together! That's it!!

You can add a little chicken stock to make it a bit more "soupy" if it's too thick for your tastes.

Scalloped Potatoes

Ingredients:

10 medium potatoes (about 4 pounds), peeled and thinly sliced
1 (2-pound) package Mexican-flavored processed cheese spread, cut into 1-inch cubes

Directions:

Preheat oven to 375°F. Coat a 9" x 13" baking dish with cooking spray.

Place one-third of the cheese cubes in the bottom of the prepared baking dish. Cover with half the potatoes then layer another one-third of the cheese cubes over the potatoes. Top with remaining potatoes and cheese.

Cover tightly with aluminum foil and bake 1 hour, or until potatoes are tender and cheese is melted.

Remove foil and return dish to oven for 6 to 8 minutes, or until top is golden. Cover tightly with aluminum foil and bake 1 hour, or until potatoes are tender and cheese is melted.

Serves: 9

Cooking Time: 1 hr 15 min

This recipe is from [Mr. Food](#).

MENU 2

Sub Sandwiches
Carrots w/ranch dressing dip
Grapes
Chips

Meatloaf – see recipe
Mashed Potatoes
Garden Peas
Sugar Cookies

Vegetable Soup – see recipe
Grilled Cheese Sandwich
Banana half

Spaghetti
Green Beans
Garlic Breadsticks
Fruit Cocktail

Grilled Chicken Quesadillas (grill extra for tomorrow)
Chips/Salsa
Salad

BBQ Chicken Sandwiches
Baked Beans
Tator Tots
Grapes

Grocery List

Deli Sliced ham/turkey (for sub sandwiches)	Baking Beef base (not bullion) Italian breadcrumbs Brown sugar *sugar
Produce Bag of baby carrots 2 small onions Grapes celery (for soup bananas and snacking) Bag prepared salad Tomatoes (for sub sandwiches and salad) Shredded lettuce (for sub sandwich) Potatoes (for mashed potatoes and soup) 1 green pepper	Meats Boneless chicken breasts (for grilling – enough for quesadillas and BBQ sandwiches) 2 lbs. ground beef (for meatloaf)
Bread Sub-sandwich bread Four tortillas Loaf of bread (for grilled cheese) Hamburger buns	Frozen Garlic breadsticks Bag tater tots Pillsbury roll of sugar cookie dough 20 oz. bag frozen corn 20 oz. bag frozen green beans 1 bag frozen green diced peppers
Cans/Dry Goods Can green beans Can diced tomatoes Spaghetti noodles/sauce Jar of Salsa Cans garden peas (enough to feed your family) Cans fruit cocktail (enough for your family) Cans Bush's baked beans (enough for your family) 14 oz. can tomato juice 1 lb. can green beans	Dairy Cheese (for sub sandwiches and grilled cheese) Eggs Pillsbury Cinnamon Rolls *milk *butter
Cookies/Crackers	Other Ranch dressing (for carrots and salads) Ketchup Barbeque sauce Bag of chips Bag tortilla chips *tea bags *toilet paper

Recipes:

Vegetable Soup

Ingredients:

1 gallon water
20 oz Frozen corn
20 oz Frozen green peas
20 oz Frozen baby lima beans
14 oz Tomato Juice
1 lb. Idaho Baking Potatoes, peeled and diced into large pieces
1 lb canned green beans, drained
6 1/2 cups (1/2 of a #10 can) diced tomatoes
5 oz beef base (not bullion)
4 oz chopped onion
4 oz chopped celery
1 oz frozen diced green peppers

Directions:

Put all the ingredients into a pot and cook covered at a rapid simmer for 1/2 hour.

Uncover and cook at a rapid simmer for 1/2 hour more.

You may want to halve the ingredients to make a smaller batch or make this large batch and freeze for later use)
Makes 22 servings (10 1/4 oz each)

This recipe is similar to Cracker Barrels vegetable soup and comes from [Copy Kat Recipes](#).

Old Fashioned Meatloaf

Ingredients:

- 2 pounds ground beef
- 1 onion, finely chopped
- 1 green bell pepper, finely chopped
- 1 egg
- 3/4 cup Italian-flavored bread crumbs
- 1 cup ketchup, divided
- 1/2 teaspoon black pepper
- 1 tablespoon brown sugar

Directions:

1. Preheat oven to 350 degrees F. Coat a 9- x 5-inch loaf pan with cooking spray.
2. In a large bowl, combine ground beef, onion, green pepper, egg, bread crumbs, 3/4 cup ketchup and the black pepper. Using your hands, mix ground beef mixture well and place in loaf pan.
3. Bake 1 hour. Brush with remaining 1/4 cup ketchup, sprinkle with brown sugar, and bake 15 to 20 minutes, or until no pink remains.
4. Drain, if necessary, then slice and serve.

This recipe is from [Mr. Food](#).

MENU 3

Macaroni & Cheese
Pinto Beans
Corn Bread

Potato Soup – see recipe
Whole Wheat Rolls

Spaghetti
Green Beans
Garlic Breadsticks
Fruit Cocktail

Breakfast Meal:
Omelets (ham and cheese)
Muffins (Blueberry and Chocolate Chip)
Sausage Links
Mandarin Oranges

Homemade Calzones
Caesar Salad
Banana Pudding

BLT Roll Ups – see recipe
Chips

Grocery List

Deli Cubed ham	Baking Corn Meal Mix Flour Muffin Mix (blueberry and chocolate chip) Jello Instant Banana Pudding Olive oil *sugar
Produce Bananas Potatoes Chives or scallions (for potato soup-optional) Pre-bagged Caesar Salad Mix Lettuce (for BLT) Tomato (for BLT)	Meats Bacon Sausage links Pepperoni
Bread	Frozen Baked macaroni and cheese (such as Stouffer's) Bag of whole wheat rolls Garlic breadsticks
Cans/Dry Goods Cans of pinto beans (enough for your family) Cans of green beans (enough for your family) Spaghetti noodles Spaghetti sauce Cans fruit cocktail Cans of Mandarin oranges 4 oz. can mushroom pieces Spaghetti sauce	Dairy eggs shredded Monterey Jack cheese shredded Italian Cheddar Blend 4 oz. sour cream Pizza dough *milk *butter
Cookies/Crackers Vanilla Wafers (for banana pudding)	Other Flour tortillas Mayonnaise Bag of chips *tea bags *toilet paper

Recipes:

Potato Soup

Ingredients:

- 4 baking potatoes (about 2 lb.)
- 4 slices bacon
- 4 tablespoons unsalted butter
- 1/3 cup all-purpose flour
- 4 cups milk
- 4 ounces shredded Monterey Jack
- Salt and pepper
- 4 ounces sour cream
- 2 tablespoons chopped chives or scallions (optional)

Directions:

1. Prick potatoes all over with a fork; microwave on high until cooked through, turning once, 12 to 15 minutes total. Let cool slightly and scoop out flesh, discarding skins. Mash with a fork. In a large skillet, cook bacon until crisp, turning once, about 10 minutes total. Let cool, then crumble.
2. Melt butter in a large saucepan over medium heat. Add flour and whisk until smooth and light golden, about 2 minutes. Slowly whisk in milk and cook, whisking, until thickened, 5 to 6 minutes.
3. Stir in cheese, potatoes and 1/2 tsp. each salt and pepper. Cook, stirring, until cheese melts and soup is heated through. Whisk in sour cream. Check seasoning and add additional salt and pepper if desired. Divide among 6 soup bowls and sprinkle each with bacon and chives.

This recipe is from [All You magazine](#).

Homemade Calzones

Ingredients:

- 1 pound store-bought pizza dough
- Pepperoni (or meatballs...or whatever you want to put inside)
- 1 (4-ounce) can mushroom pieces and stems, drained
- 1/2 cup spaghetti sauce
- 1/2 cup (2 ounces) shredded Italian cheese blend
- 2 teaspoons olive oil

Directions:

1. Preheat oven to 450 degrees F. Coat a baking sheet with cooking spray.
2. Divide dough into 2 balls. On a lightly floured surface, spread each dough ball with your fingertips or the heel of your hand to make a 7- to 8-inch circle. Place half of the meatballs on each dough circle, forming a semicircle of filling on half of each dough and leaving a 1/2-inch border around the edge. Top each half equally with mushrooms, spaghetti sauce, and cheese. Fold dough over filling, forming half-moons. With your fingers or a fork, pinch edges together firmly to seal.
3. Place calzones on prepared baking sheet and brush the top of each with 1 teaspoon oil. Pierce the tops 3 or 4 times with a fork or knife. Bake 18 to 22 minutes, or until the crust is golden. Serve whole or slice as desired.

This recipe is from [Mr. Food](#).

BLT Roll Ups**Ingredients:**

- 2 (6- to 8-inch) flour tortillas
- 2 tablespoons mayonnaise
- 4 leaves iceberg lettuce
- 8 slices tomato
- 6 slices fully cooked bacon

Directions:

Heat tortillas according to package instructions. Place warm tortillas on a cutting board.

Spread 1 tablespoon mayonnaise over each wrap. Place 2 lettuce leaves on each wrap, place 4 slices of tomato over lettuce, and top each with 3 bacon slices.

From the end closest to you, roll up each wrap firmly, rolling away from you, jellyroll style. Place each wrap on a piece of wax paper and roll up tightly. Serve immediately or chill until ready to use.

This recipe is from [Mr. Food](#).

MENU 4

Chicken Fingers
Green Beans
Onion rings

Chili w/ crackers
Baked Potatoes
Cinnamon Rolls

Taco Salad – see recipe
Refried Beans
Fiesta Corn
Fruit Cup

Roast Beef Sandwiches
w/French dip
Chips

Stuffed Shells
French Bread
Salad

Pizza
Bread Sticks with Marinara Sauce
Salad

Grocery List

Deli Sliced roast beef (have the deli slice enough for your family)	Baking Seasoned bread crumbs Parsley flakes French dip packet (with gravy mixes) *sugar
Produce Baking potatoes Lettuce (for taco salad) Tomatoes (for taco salad) 1 small onion 1 clove of garlic Bag pre-packaged salad (for two days)	Meats Ground beef (for taco salad and for stuffed pasta)
Bread Loaf of french bread Hamburger buns	Frozen Chicken fingers Bag onion rings Garlic breadsticks Pizza (your family's choice)
Cans/Dry Goods Cans green beans (enough for your family) Cans Bush's Roadhouse Chili (enough to feed your family; warm in crock pot) Cans refried beans (enough for your family) Cans fiesta corn (enough for family) Fruit cups 1 box jumbo pasta shells 2 jars spaghetti sauce Marinara sauce	Dairy Pillsbury Cinnamon Rolls Shredded Mozzarella Cheese Eggs Lowfat ricotta cheese *milk *butter
Cookies/Crackers Saltine crackers (for chili)	Other Flour tortillas Grated parmesan cheese Chips *tea bags *toilet paper

Recipes:

Taco Salad

Make a taco salad "bowl" using flour tortilla.

<http://www.groupprecipes.com/69697/baked-taco-salad-bowl.html>

Directions:

Flour tortilla (I use the taco size).

Push a tortilla down into an oven approved bowl.

This makes the tortilla edges wavy like a seashell.

Spray the inside of the tortilla with butter flavored Pam

Bake in oven at 450° for about 5-7 minutes.

Tortilla becomes rigid and lightly browned.

Remove the tortilla from the oven and let cool.

Add meat (seasoned with taco seasoning packet), lettuce, tomato, salsa, and shredded cheese

Stuffed Pasta Shells

Ingredients:

- 1 box Jumbo Pasta Shells
- 1 lb lean ground beef
- 1 onion, chopped
- 1 clove garlic, minced
- 2 c Mozzarella Cheese, shredded
- 1/2 c seasoned bread crumbs
- 1 Tbsp. parsley flakes
- 1 egg, beaten
- 1/2 c grated Parmesan Cheese
- 1/2 c lowfat ricotta cheese
- 2 jars spaghetti sauce, or your own homemade sauce!

Directions:

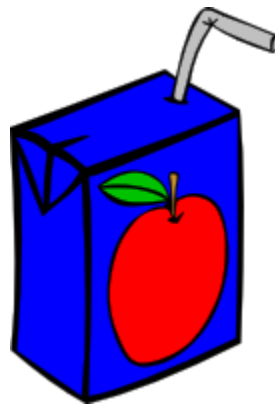
- Preheat oven to 350 degrees
- Cook pasta shells according to directions, just until tender.
- Meanwhile, brown beef, onion and garlic on stovetop, drain.
- Mix remaining ingredients in bowl and add beef mixture when done.
- Line bottom of 9x13 pan with some of the sauce
- Stuff shells and place in pan as you go.
- Cover finished shells with sauce
- Bake (covered w/foil) at 350 degrees for 40 minutes
- During last 10 minutes of cooking top with a handful of shredded mozzarella cheese until melted.

I got this recipe from [Confessions of a Homeschooler](#).

Lunch Ideas:

Below is a list of **quick** and **easy** lunch ideas. Add any fruit you have on hand.

- Spaghetti's with whole wheat Cheese Nips
- Hot Pockets w/ baked chips
- Cheese Roll Ups (cheese inside flour tortilla, microwave 15 seconds to melt cheese)
- Macaroni and Cheese bowl with wheat toast
- Pigs in a Blanket (use hot dogs cut into strips and crescent rolls)
- Mini pizzas using refrigerator biscuits flattened & topped with spaghetti sauce, cheese, etc.
- Hot Ham and Cheese on Croissant (split croissant, add ham and cheese and microwave to melt)
- Book It Pizza Hut Program gives coupon for free individual pizza per month (Oct.- March) for meeting reading goals parent sets <http://www.bookitprogram.com/>
- Homemade Hot Pockets (use crescent rolls filled with ham and cheese)



MENU

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Grocery List

Deli	Baking
Produce	Meats
Bread	Frozen
Cans/Dry Goods	Dairy
Cookies/Crackers	Other

Dinnertime Conversation Starters

Purchase a nice looking jar that you wouldn't mind leaving on the kitchen table at all times.
Print out any (or all) of the following cards and add to the jar.

Links to Printable cards:

<http://declutteryourhomes.blogspot.com/2011/03/conversation-pieces.html>

<http://www.fairlyhappy.com/2010/12/how-to-start-your-own-conversation-jar.html>

<http://www.nickjr.com/printables/blues-clues-conversation.jhtml> (especially for little ones)

<http://summertimesdesigns.blogspot.com/2008/07/conversation-cards.html> (very beautifully done...these are 4 x 6, so you can have them developed when you have a coupon)

Other Ideas:

Small whiteboard you can make from frame...write one conversation starter question that everyone has to answer:

<http://delicateconstruction.blogspot.com/2011/08/promoting-dinner-time-convos-frame.html>

Dinnertime Chat Wheel - you can print out and assemble

<http://www.realsimple.com/work-life/family/conversation-starters-00100000064206/index.html>



