

Healthy & Budget Friendly Recipes

Rice and Beans

INGREDIENTS

1 c. white or brown rice

2 c. chicken broth

1 can black beans (14.5oz), drained and rinsed

1 can red kidney beans (14.5oz), drained and rinsed

1 small yellow onion, finely chopped

1 can yellow corn, drained (optional)

1 bell pepper, finely chopped (yellow, orange, or red)

A few dashes of cayenne pepper

Salt to taste

Ground black pepper to taste

Cost at Aldi for ingredients for 3 batches (12 servings) \$23.74=\$1.97 per serving

INSTANT POT INSTRUCTIONS

1. Combine all ingredients in Instant Pot basin
2. Set Instant Pot to pressure cook setting and cook on high pressure for 5 minutes followed by a 10 minute natural release
3. Release remaining pressure, stir, and enjoy!

STOVETOP INSTRUCTIONS

1. Cook rice according to directions on package using chicken broth as liquid
2. Sauté onion and bell pepper in a separate pan until soft
3. Add beans, corn, cayenne, salt, and pepper to onions and peppers and heat through. Stir in rice once heated through

Pro tip: Rice and bean mixture works great for enchilada or burrito filling! Can also add shredded or cubed cooked chicken for extra protein

Easy Fried Rice

INGREDIENTS

1 tsp coconut or avocado oil

2 eggs, lightly whisked

2 c. frozen mixed veggies

2 c. cooked brown or white rice

1/4 c. soy sauce or coconut aminos

Optional:

5 Just Bare lightly breaded chicken chunks per serving, air fried

PF Chang's mango sweet and sour sauce or other sweet and sour sauce to taste

Cost at Aldi for ingredients for 3 batches (12 servings) \$16.44=\$1.37 per serving. This is without optional chicken

INSTRUCTIONS

1. Cook rice and set aside
2. Heat oil in skillet over medium high heat
3. Add frozen mixed veggies, cook for 2 minutes, stirring frequently
4. Add rice and soy sauce or coconut aminos and cook for 5 minutes until heated through
5. Make a well in center of pan and add eggs to well. Scramble eggs in center of pan and then stir into rice mixture. Enjoy!

If adding chicken chunks, place chicken chunks in bowl and add sweet and sour sauce, stir to combine. Add to fried rice and enjoy

