

# 5 Meaty Meals for Under \$35

## 5 MEATY MEALS *for under* \$35



# Easy Chicken Pot

This chicken pot pie is the perfect comfort food for a cold evening. The best part is that it goes together quickly and costs less than \$5 to make. Your family will love it.



## Easy Chicken Pot Pie Recipe

- 1 Can (10 oz.) Chicken Breast Chunks, Drained
- 1 Bag Mixed Vegetables thawed
- 1 packet Pioneer Flour Gravy
- 1 can Biscuits
- 2 Tablespoons butter or margarine

Put a can of chicken breast chunks and thawed mixed veggies in an oven proof skillet with 2 tablespoons butter. Cook on medium heat for 2-3 minutes. In a separate bowl, mix 1/2 cool water with 1 packet of Pioneer flour gravy. Then add 1 1/2 cups water to chicken and veggies and bring to a boil. Pour the gravy mix blend into the skillet with the chicken and veggies. Stir for about a minute, until it is thick and lump free.

Use 1 can of biscuits as a topper for the pot pie. Bake in the oven at 350 degrees for 10-12 minutes or until biscuits look done.

# Stromboli

This Stromboli recipe is a family favorite. It's very changeable to make it exactly how your family wants. You can buy pre-made pizza dough in a can or save even more money by making your own pizza dough. It also works well to freeze as a kit and make up at the last minute when you don't have a lot of time. You can see how to make your own dough and the kit [here](#).



## Stromboli Recipe

- 1/4 lb. Shredded Cheese
- 3 oz. Pepperoni Slices
- 1/2 Onion
- 1/4 bag mini peppers
- 1 can Mushrooms
- 1 can pizza dough
- Italian seasoning

Slice onions, peppers, and mushrooms. Sauté for about 5 minutes. Roll out pizza dough and add the veggies, cheese, and pepperoni to the center of the dough. Cut and braid the dough. Brush the top of the dough with water or egg and sprinkle with Italian seasonings. Bake in oven at 350 for 15-20 or until golden.

# Slow Cooker Meatball Subs

These slow cooker meatballs are easy to make and they taste great. You can come home to a tasty home cooked meal without a lot of work. To save money you can make your own meatballs and freeze them. See the recipe [here](#).



## Slow Cooker Meatball Subs Recipe

- Frozen Meatballs (about 1 lb)
- 8-10 Gingersnaps
- 1 cup Brown Sugar
- 1/4 cup Vinegar
- 1 Teaspoon Onion Powder
- 1/2 Teaspoon Garlic Salt
- 28 ounces V8 or tomato juice
- Sub sandwich bread
- Provolone Cheese, Sliced

Put 8-10 gingersnaps in a crockpot. Then add 1/4 cup vinegar. Mash up the gingersnaps with a fork. Add 1 tsp onion powder, 1/2 tsp garlic salt and cup of brown sugar. Then add 28 oz. of V8 Juice and mix. Finally add meatballs. Allow to cook on high for about 3-4 hours. Then turn down to low for about 1 hour. Let cool for about 20 minutes or until thickened. Serve on a sub with provolone cheese.

# Crockpot Reuben Sandwiches

My mom gave me this recipe years ago and we fell in love with these easy Reuben sandwiches. They are perfect for a busy evening or for a party.



## Crockpot Reuben Sandwiches Recipe

- 1 8 oz. package of cream cheese
- 1/2 bottle (about 8 oz.) of thousand Island Dressing
- 3-4 packages of Corned Beef (I use Carl Buddig 2 oz. packages)
- Sub sandwich bread

Slice corned beef into small slices. Place cream cheese, thousand island dressing and corned beef in a crock pot. Cook on high for at least 30-45 minutes or until thickened, it can be on low for up to 8 hours. Serve on sub sandwich bread with sauerkraut or without.

# Baked Sandwiches

I think every church gathering has these baked sandwiches. They are just so easy to make and everybody loves them. These sandwiches turn normal lunchmeat and cheese into a warm yummy treat.



## Baked Sandwiches Recipe

- 1 package brown and serve rolls
- ½ pound lunchmeat (we use turkey or chicken)
- ½ pack of provolone cheese
- ½ cup butter
- 2 Tablespoons brown sugar
- 1 Tablespoon mustard
- 1 Tablespoon Worcestershire Sauce
- ½ Tablespoon dried minced onion

Assemble sandwiches and place in a 9 x 13 pan. On low heat melt butter, brown sugar, mustard, Worcestershire sauce, and onion. Bring to a low boil and pour over sandwiches. Bake at 350 degrees for about 20 minutes or until sandwiches are golden.

# Shopping List

## Things to buy

- Canned Chicken \$1.69
- Frozen Mixed Vegetables \$.95
- White Flour Gravy \$.99
- Canned Biscuits \$.99
- Frozen Meatballs \$2.99
- Gingersnap Cookies \$2.69
- V8 or Tomato Juice \$1.29
- Sliced Provolone Cheese \$1.99
- Sub buns x 2 \$1.29 each
- Thousand Island Dressing \$1.29
- Cream Cheese \$.99
- Beef Lunchmeat \$1.49
- Sliced Pepperoni \$.99
- Mushrooms canned \$.69
- Pizza Dough \$1.99
- Onion \$.50
- Shredded Mozzarella Cheese \$2.99
- Mini Multi-Colored Peppers \$1.99
- Brown and Serve Rolls \$1.99
- Turkey Lunchmeat \$2.99

Total \$34.06

## Things you probably already have:

- Butter
- Brown Sugar
- Vinegar
- Onion Powder
- Garlic Salt
- Mustard
- Worcestershire Sauce
- Minced Dried Onion