



RECIPES

Cooking on a SNAP budget might present a challenge – here are some tasty options that favor lower-cost ingredients to help you find success as you plan SNAP Challenge meals.

Chili

Recipe credit: Abbella's Cucina –
Lived Experience Cohort Member and Social Media Content Creator Abbella DiNoto

Ingredients and instructions

Sauté on medium-high heat:

- 2 onions chopped
- 2 chopped red onions
- 2 chopped jalapeños w/ or without seeds to flavor
- 1 chopped green pepper

Add 1 lb. ground beef - browned, drained

Spices (add more later to taste)

- 2 tsp salt
- 1 tbsp pepper
- 2 tbsp dried granulated unsalted garlic or 3-4 fresh cloves
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp chipotle powder

Sauté, then add 1 can chopped tomatoes.
You may need to add a bit of water, then simmer at lower temperature.

1 (optional) cubed up beef round chuck adds texture

1 (optional) can drained and rinsed black beans adds texture

Simmer for 45 minutes



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RECIPES

Curried Chicken and Rice

Recipe credit Elizabeth Quillo –
University of Minnesota Extension – SNAP Ed

Ingredients

- 2 cups brown rice
- 3 cups water
- 1 tablespoon olive oil
- 1 onion, chopped
- 1/2 teaspoon salt
- 1 tablespoon curry powder
- 1 pound chicken breasts, cut into 1 inch pieces
- 1/2 package (8 ounces) frozen peas
- 1 bunch fresh parsley

Directions

1. Place rice in a small pot that has a lid and heat on medium high heat, stirring until it smells like popcorn.
2. Add water. Bring to a boil. Cover and turn to medium low. Cook covered undisturbed for 45 minutes.
3. Meanwhile, heat olive oil in a frying pan. Add chopped onion, salt, and curry powder. When onions are transparent, add chopped chicken. Sauté until chicken is cooked through.
4. Add frozen peas. Cook 2 minutes more. Add cooked rice and mix well. Add chopped parsley and mix in.



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RECIPES

Black Bean and Sweet Potato Quesadillas

Recipe credit: Bronson Wellness Center

Ingredients

- 2 sprays of nonstick cooking spray
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 medium sweet potato, cooked and cut into pieces
- 1 cup black beans, canned low-sodium
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large jalapeno pepper
- 8 whole wheat tortillas
- 1/2 cup baby spinach
- 1/4 cup cheddar cheese, reduced-fat
- sour cream, low-fat
- (2 Tablespoons optional or reduced fat plain yogurt)



Directions

1. Sauté onion and garlic (using nonstick cooking spray) in a medium size pan until soft.
2. Add sweet potatoes, black beans, garlic, onions, spices, and jalapeno.
3. Heat until just warm.
4. Spread potato mixture over tortilla, then top with baby spinach and cheese.
5. Top with second tortilla.
6. Heat a pan on high heat and spray with nonstick cooking spray.
7. Brown quesadilla about one minute on each side until the inside is warm and the cheese is melted.

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