





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

TAP to find more recipe ideas at SNAP Ed's UMN Extension

Link: https://reallifegoodfood.umn.edu/recipe-search













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

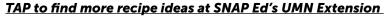
1 pound chicken breasts, cut into 1 inch pieces

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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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

11/2 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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