

# Classic Chicken Soup

This comforting one-pot dish is easy to prepare and perfect for those cold winter evenings!



 **Average Cost: \$9.06**

 **Prep Time: 10 minutes**

 **Average Cook Time: 20 minutes**

 **Average Servings: 9**

Recipe Source: Tasty

## Ingredients

- 2 Tbsp oil
- 1 Large onion, chopped
- 3 Large carrots, sliced or diced
- 4 Stalks celery, chopped
- 3 Cloves garlic, chopped
- 2 Cups frozen broccoli
- 8 Cups low sodium chicken broth
- 8 Oz. egg noodles
- 3 Cups shredded rotisserie chicken
- Salt, to taste
- Black pepper, to taste

## Directions

### Step 1

Heat oil in a large soup pot over medium heat. Add the onion, carrots, and celery and cook until vegetables are softened, about 10 minutes.

### Step 2

Stir in the garlic and cook for 1 minute until fragrant. Add the stock and bring to a boil.

### Step 3

Add the frozen broccoli and noodles and reduce to low heat. Simmer soup until noodles are al dente.

### Step 4

Shred rotisserie chicken and stir into the soup. Continue cooking for 2 more minutes, until chicken is warmed through.

### Step 5

Season to taste with salt and pepper. Ladle soup into bowls and enjoy!

## Utensils Needed

- Cutting board
- Sharp knife
- Large soup pot

## NUTRITION FACTS

### Serving Size: 2 Cups

Nutrients	Amount
Calories	299
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	73 mg
Sodium	651 mg
Total Carbohydrates	18 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars	0 g
Protein	36 g



# Tuna Fish Tacos

A yummy stew straight from the south.



**Average Cost: \$13.90**



**Prep Time: 5 minutes**



**Average Cook Time: N/A**



**Average Servings: 8**

Recipe Source: SNAP4ct.org

## Ingredient

- 1 Can (15 oz) tuna, packed in water, drained and flaked
- 8 Whole wheat tortillas
- 1 Cup green or red cabbage, finely shredded
- 3/4 Cup Monterey Jack cheese, shredded
- 1 1/2 Cup of your favorite salsa

## Directions

### Step 1

Fill tortillas with flaked tuna and top with the shredded cabbage, cheese and salsa of your choice.

## Utensils Needed

- Measuring cups and spoons
- Fork
- Serving plates

## NUTRITION FACTS

### Serving Size: 2 Tacos with salsa

Nutrients	Amount
Calories	470
Total Fat	13 g
Saturated Fat	6 g
Cholesterol	N/A
Sodium	900 mg
Total Carbohydrates	50 g
Dietary Fiber	3 g
Total Sugars	0g
Added Sugars	0 g
Protein	37 g



# Roasted Chicken & Veggies

Root vegetables are great because they last a long time and they all taste so good together. Try mixing root vegetables you know that you like with new varieties you want to try!



**Average Cost: \$13.36**

**Prep Time: 15 minutes**

**Average Cook Time: 40 minutes**

**Average Servings: 9**

Recipe Source: [cookingmatters.org](https://cookingmatters.org)

## Ingredients

- 1 Pound carrots (5 medium carrots)
- 1 Large onion
- 1 Clove garlic
- 1 Pound root vegetables, such as red potatoes, beets, turnips, rutabagas, or parsnips (2 1/2 cups chopped)
- 1 Large lemon
- 1/4 Cup water
- 1/4 Cup canola oil
- 1 Tsp dried oregano
- 1 Tsp dried basil
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper
- 3 Pounds boneless, skinless chicken pieces (48 ounces of chicken, fresh or frozen)
- 1 Tsp fresh or 1/4 Tsp dried rosemary

## Directions

### Step 1

Preheat oven to 375°F.

### Step 2

Cut lemon in half and squeeze the juice into a large bowl. Discard seeds. Add vegetables, water, oil, Italian seasoning, salt, and pepper to the bowl. If using other herbs, add those as well. Toss to combine. Transfer vegetables to a pan. Leaving the leftover marinade in the bowl. Place pan with veggies in oven. Bake for 10 minutes.

### Step 3

While veggies bake, toss chicken in the remaining marinade. Let sit at room temperature for about 10 minutes.

### Step 4

Remove pan from oven. Add chicken pieces on top of veggies. Return to oven. Continue roasting until chicken is cooked through and a food thermometer reads 165°F, about 40 minutes more (when you cut into it there should be no pink). As the chicken roasts, use a mixing spoon to turn vegetables about every 15 minutes until cooked.

### Step 5

Serve immediately. Refrigerate leftovers within two hours.

## Utensils Needed

- Baking sheet
- Cutting board
- Large bowl
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Slotted spoon
- Vegetable peeler
- Food thermometer

## NUTRITION FACTS

**Serving Size: 3 Oz of chicken, and 1/2 cup of veggies**

Nutrients	Amount
Calories	280
Total Fat	12 g
Saturated Fat	2 g
Cholesterol	110 mg
Sodium	200 mg
Total Carbohydrates	12 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars	0 g
Protein	30 g



# Sweet Potato Hash and Eggs

Sweet potatoes are high in Vitamin A – an antioxidant that is especially great for your eyes, skin, and immune system! Try this recipe over rice for a perfect dinner meal!



**Average Cost: \$13.80**



**Prep Time: 20 minutes**



**Average Cook Time: 20 minutes**



**Average Servings: 4**

Recipe Source: SNAP4CT

## Ingredients

- 2 Large sweet potatoes, peeled, diced
- 1 Small yellow onion, diced (about 3/4 cup)
- 1 Bell pepper, seeds removed, diced (about 1 cup)
- 2 Cloves garlic, peeled and minced (about 1 Tbsp)
- 4 Large eggs
- 1 Cup water
- 2 Tbsp + 1 Tsp vegetable oil

## Directions

### Step 1

Heat 1 Tbsp oil over medium heat in a deep skillet. Add potatoes and cook, stirring occasionally, about 5 min.

### Step 2

Add another 1 Tbsp oil, along with onion, bell pepper, and garlic to the skillet with the sweet potatoes. Cook about 5 minutes, stirring occasionally, until the onion is soft and the sweet potatoes are tender. Divide the hash between 4 plates and return skillet to the stove.

### Step 3

Heat 1 Tsp oil in the skillet over medium heat. One at a time, add each egg to the skillet. Cook about 1-2 minutes, until the whites are nearly solid (no longer clear). Flip the egg and cook for one more minute.

### Step 4

Top sweet potato hash with an egg, and serve right away.

## Utensils Needed

- Deep skillet
- Cutting knife
- Measuring cups and spoons
- Stove
- Stirring spoon and spatula for flipping eggs
- Serving plates, forks and knives

## NUTRITION FACTS

### Serving Size: 1 cup hash and 1 fried egg

Nutrients	Amount
Calories	220
Total Fat	14 g
Saturated Fat	3 g
Cholesterol	N/A
Sodium	100 mg
Total Carbohydrates	17 g
Dietary Fiber	3 g
Total Sugars	0g
Added Sugars	0 g
Protein	8 g



# Pasta con Ceci

"Pasta con Ceci" simply means "Pasta with Chickpeas!" This simple one pan meal is ready in minutes and is a family favorite. Feel free to add any other veggies that you like to this dish



**Average Cost: \$6.60**



**Prep Time: 10 minutes**



**Average Cook Time: 45 minutes**



**Average Servings: 3**

Recipe Source: SNAP4CT

## Ingredients

- 3 Cloves garlic, peeled and minced (or 1 Tbsp pre-minced garlic)
- 3 Tbsp tomato paste
- 1 Can (15 oz) chickpeas or other white beans, drained and rinsed
- 1/2 Cup dry pasta (elbows work well)
- 1/4 Cup olive oil (or vegetable oil of your choice)
- 1 1/2 – 2 Cups boiling water

## Directions

### Step 1

In a large pot or skillet, heat the oil. Add the garlic and cook, stirring until it becomes fragrant, about 1 minute.

### Step 2

Stir in the tomato paste and cook for about 30 seconds.

### Step 3

Add the chickpeas, pasta, and boiling water.

### Step 4

Stir to scrape up any browned bits on the bottom of the pot. Lower the heat, and simmer until the pasta is cooked and most of the liquid has been absorbed, about 15 to 20 minutes.

## Utensils Needed

- Large pot or skillet
- Cutting knife
- Measuring cups and spoons
- Stove
- Stirring spoon
- Serving bowl and fork

## NUTRITION FACTS

### Serving Size: 1 Cup

Nutrients	Amount
Calories	380
Total Fat	21 g
Saturated Fat	3 g
Cholesterol	N/A
Sodium	210 mg
Total Carbohydrates	41 g
Dietary Fiber	7 g
Total Sugars	0g
Added Sugars	0 g
Protein	10 g



# Bean and Rice Botana

Botana means “appetizer.” But this dish is so much more! It makes a great meal when paired with a salad. And, it’s delicious wrapped up in a tortilla.



**Average Cost: \$12.42**



**Prep Time: 20 minutes**



**Average Cook Time: 30 minutes**



**Average Servings: 8**

Recipe Source: SNAP4CT

## Ingredients

- 2 Cups cooked brown rice
- 3 Small onions, diced
- 1 Medium green bell pepper, diced
- 1 Small clove garlic, chopped finely
- 1/2 Cup low fat Monterey Jack cheese, shredded
- 2 Cans (15 oz each) pinto or black beans, drained and rinsed
- 2 Tbsp canola oil
- 1 Can (15 oz) tomatoes, no salt added, diced or crushed
- 1 Tbsp chili powder
- 1 Tsp cumin
- 1 Tsp dried oregano
- 1/2 Tsp cayenne pepper (spices are optional, but they will enhance flavor)

## Directions

### Step 1

Preheat oven to 350°F. Add oil to a pan and set it at medium heat on the stove. Add onions, garlic, and bell pepper. Cook, stirring frequently, until veggies are soft and just starting to brown.

### Step 2

Add spices, beans, and canned tomatoes with juices. Simmer mixture on low until thickened, about 15 minutes.

### Step 3

Spray a 9×9 or 9×13 inch baking dish with cooking spray and spread cooked rice on the bottom. Cover rice with bean and vegetable mixture and sprinkle cheese on top.

### Step 4

Bake for 5-10 minutes until cheese is melted and botana is warmed all the way through.

## Utensils Needed

- Oven
- Cutting knife
- Measuring cups and spoons
- Stove
- Stirring spoon
- 9×9 or 9×13 baking dish
- Serving plates, forks and knives

## NUTRITION FACTS

### Serving Size: 1 Cup

Nutrients	Amount
Calories	220
Total Fat	6 g
Saturated Fat	1.5 g
Cholesterol	N/A
Sodium	240 mg
Total Carbohydrates	33 g
Dietary Fiber	3 g
Total Sugars	0g
Added Sugars	0 g
Protein	9 g

