

Bulletin #4333, Thrifty Recipes: Main Dishes

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Thrifty Meals for Small Families

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Some small families tested and liked the recipes in the sample menus. Try them. You may like them too. Some of these recipes are new. Some are old favorites. In either case, they are

- **low in cost**—made with economical foods and seasonings;
- **nutritious**—they contain nutrient-rich foods and limited amounts of fat, sugar and salt.

Barbeque Beef Sandwich

Nutrition Facts	
2 servings per container	
Serving size 2 sandwich (255g)	
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 540mg	23%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 5g Added Sugars	10%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 102mg	8%
Iron 4mg	20%
Potassium 211mg	4%

1/2 pound lean ground beef

1/3 cup tomato sauce
1/4 cup onion, chopped
2 tablespoons vinegar
2 teaspoons sugar
1/4 teaspoon dry mustard
Dash pepper
2 hamburger rolls, whole grain

1. Cook beef until lightly browned. Drain fat.
2. Mix in remaining ingredients (except hamburger rolls).
3. Cover and cook over low heat for 20 minutes to blend flavors. Stir occasionally.
4. Spoon mixture onto bottom halves of rolls (about 1/2 cup per sandwich). Cover with top halves.

Makes two sandwiches.

Creole Beans

Nutrition Facts	
2 servings per container	
Serving size	1 cup (336g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 32g	12%
Dietary Fiber 11g	39%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 151mg	10%
Iron 3mg	15%
Potassium 701mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1/4 cup celery, sliced

1/4 cup onion, coarsely chopped

1/4 cup green pepper, coarsely chopped

1 teaspoon margarine

8 ounces canned tomatoes (about 1 cup)

1/8 teaspoon garlic powder

Dash pepper

1 1/4 cups peas (navy) beans, canned, drained

1. Cook celery, onion, and green pepper in margarine until tender, about 5 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and seasonings to cooked vegetables. Bring to a boil.
3. Add beans and return to a boil. Reduce heat, cover and boil gently until flavors are blended and liquid is reduced, about 30 minutes. Stir occasionally to prevent sticking.

Makes two servings of 1 cup each.

Bean Tamale Pie

Nutrition Facts	
2 servings per container	
Serving size	1 cup (340g)
Amount per serving	
Calories	270
<small>% Daily Value*</small>	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 52g	19%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 4mg	20%
Potassium 738mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

2 tablespoons green pepper, chopped

2 tablespoons onions, chopped

1 teaspoon oil

1 cup kidney beans, canned, drained

1/2 cup tomato puree

About 1 cup frozen whole-kernel corn

1 1/2 teaspoons chili powder

1/3 cup yellow cornmeal

3/4 cup water

1. Cook green pepper and onion in oil in small (8-inch) frying pan until tender.
2. Stir in beans, tomato puree, corn, and chili powder.
3. Cover and cook over low heat until flavors are blended, about 15 minutes.
4. Mix cornmeal and water.
5. Cook over low heat, stirring constantly, until very thick, about 3 minutes.
6. Spread cornmeal mixture over bean mixture to form a crust.
7. Cook over low heat, with lid ajar, until topping is set, about 7 minutes.

Makes two servings of about 1 cup each.

Beef and Peppers

Nutrition Facts	
2 servings per container	
Serving size	3/4 cup (298g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 8g	40%
Trans Fat 1g	
Cholesterol 75mg	25%
Sodium 90mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 3mg	15%
Potassium 708mg	15%

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*About 1 cup beef cubes, from chuck steak**

8 ounces canned tomatoes (about 1 cup)

1/8 teaspoon garlic powder

Dash pepper

1 small onion, sliced

1/2 medium green pepper, cut in 1-inch pieces

1. Brown beef cubes in saucepan until well browned.
2. Break up large pieces of tomatoes. Stir in garlic powder and pepper. Pour over beef. Cover and cook over low heat until beef is almost tender, about 1 hour.
3. Add onion and green pepper. Cover and continue cooking until vegetables and beef are tender, about 30 minutes.

Makes two servings of 3/4 cup beef mixture.

* **Note:** For beef cubes or strips, use a 1 1/2 pound blade chuck steak. Separate lean meat from fat and bone. Cut meat into 3/4-inch cubes or strips. Divide beef in half. Use half (about 1 cup) for Beef and Peppers recipe. Save remaining 1 cup for Beef with Noodles recipe.

Beef with Noodles

Nutrition Facts	
2 servings per container	
Serving size	3/4 cup (492g)
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 8g	40%
Trans Fat 1g	
Cholesterol 110mg	37%
Sodium 680mg	30%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 4mg	20%
Potassium 562mg	10%

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*About 1 cup beef from chuck steak**

- 1 1/2 cups water*
- 1/4 teaspoon salt*
- Dash pepper*
- 1 bay leaf*
- 1 small onion, coarsely chopped*
- 2/3 cup celery, diced*
- 1 tablespoon flour*
- 1 tablespoon water*
- 1 1/2 cups noodles, cooked, unsalted*

1. Brown beef cubes in saucepan until well browned.
2. Add 1 1/2 cups water, salt, pepper, and bay leaf. Cover and cook over low heat until beef is almost tender, about 1 hour.
3. Add onion and celery. Continue cooking until meat and vegetables are tender, about 20 minutes.
4. Remove bay leaf.
5. Mix flour and water until smooth. Stir into beef mixture. Cook, stirring constantly, until thickened, about 2 minutes.
6. Serve over noodles.

Makes two servings of 3/4 cup beef mixture and 3/4 cup noodles each.

***Note:** For beef cubes or strips, use a 1-1/2 pound blade chuck steak. Separate lean meat from fat and bone. Cut meat into 3/4 inch cubes, or strips. Divide beef in half. Use half (about 1 cup) for Beef with Noodles recipe. Save remaining 1 cup for Beef and Peppers recipe.

Braised Turkey Drumsticks *(Provides cooked turkey for 3 meals)*

2 pounds turkey drumsticks, fresh or frozen

1/8 teaspoon poultry seasoning

Pinch salt

Dash pepper

1 1/2 cups water

1. Thaw frozen drumsticks in refrigerator.
2. Brown drumsticks in hot frying pan about 15 minutes.
3. Sprinkle with seasonings.
4. Add water. Bring to a boil. Reduce heat, cover, and simmer until tender, about 1-1/2 hours. Turn drumsticks halfway through cooking.
5. Measure cooking liquid. Spoon off as much of the fat layer as possible. Add water to liquid, if necessary, to make 1 1/2 cups. Save 1/2 cup for Turkey with Gravy recipe.
6. Separate meat from skin and bones. Dice and save 2/3 cup turkey for Turkey Spanish Rice recipe. Dice and save 3/4 cup turkey for Turkey-Potato Salad recipe.

Turkey with Gravy

Nutrition Facts	
2 servings per container	
Serving size	3 ounce turkey and 1/4 cup gravy (153g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 105mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 258mg	6%

1 tablespoon flour

1 tablespoon water

1/2 cup turkey cooking liquid (from making Turkey Drumsticks)

About 6 ounces turkey (from making Turkey Drumsticks)

1. Mix flour and water until smooth. Stir into turkey cooking liquid.
2. Cook, stirring constantly, until thickened, about 2 minutes.
3. Serve over braised turkey.

Makes two servings of about 3 ounces turkey and 1/4 cup gravy each.

Eggs Foo Yung

Egg Mixture:

2 eggs*
1 cup bean sprouts, fresh
1/2 cup chicken or beef, cooked, diced
2 ounce can mushrooms, stems and pieces, drained
1 teaspoon instant minced onion
2 teaspoons oil

Sauce:

1/2 cup water
2 teaspoons soy sauce
2 teaspoons cornstarch

1. Beat eggs with electric mixer until very thick and light, about 5 minutes.
2. Fold in bean sprouts, chicken or beef, mushrooms, and onion.
3. Heat oil in frying pan over moderate heat.
4. Pour egg mixture by half cupfuls into the pan. Brown on one side; turn and brown the other side. Keep warm while preparing sauce.
5. Mix sauce ingredients in small saucepan until smooth.
6. Cook over low heat, stirring constantly, until thickened.
7. Serve sauce over patties.

Makes two servings of 2 patties and 2 tablespoons sauce each, 155 calories per serving.

* **Note:** Use only clean eggs with no cracks in shells.

Pork Fajitas

Nutrition Facts	
2 servings per container	
Serving size	2 tortillas (177g)
Amount per serving	
Calories	320
	<small>% Daily Value*</small>
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 710mg	31%
Total Carbohydrate 39g	14%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 2mg	10%
Potassium 399mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

1 cup pork

- 1 tablespoon lime juice*
- 1/4 teaspoon chili powder*
- 1/2 green pepper, sliced*
- 1/2 onion, sliced*
- 4 flour tortillas (6-inch size)*
- Optional salsa*

1. Cut meat into 1-inch strips.
2. Mix lime juice with chili powder and pour over meat. Set aside for a few minutes or for up to three hours.
3. Slice vegetables, add to meat mixture, and stir.
4. Spray a skillet with non-stick cooking spray and stir-fry meat and vegetables until done.
5. Warm tortillas in microwave about 50 seconds on high or in non-stick skillet. Fill each tortilla with meat mixture and serve with salsa.

Makes two servings of 2 tortillas each.

Quick Pizza

Nutrition Facts	
4 servings per container	
Serving size	2 slices (232g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 380mg	17%
Total Carbohydrate 46g	17%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 424mg	35%
Iron 2mg	10%
Potassium 307mg	6%

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1 refrigerated pizza crust, 12-inch diameter

3/4 cup canned tomato sauce

1 teaspoon oregano leaves

1/2 teaspoon garlic powder

1 small onion, sliced

1/2 small green pepper, thinly sliced

1 cup mushrooms, fresh, sliced

1 cup mozzarella cheese, part skim milk, shredded (about 4 ounces)

1. Preheat oven to 450°F (very hot).
2. Place crust on ungreased pizza pan or baking sheet.
3. Mix sauce, oregano, and garlic powder. Spread evenly over crust.
4. Place vegetables on top of tomato sauce.
5. Sprinkle with cheese.
6. Bake until cheese melts and vegetables are tender, about 15 minutes.

Makes four servings of 2 slices each.

Roast Pork Shoulder **(Provides cooked pork for 3 meals)**

2 1/2 pounds fresh picnic shoulder with bone

1. Place picnic shoulder on rack in shallow roasting pan. If meat thermometer is used, insert it in center of roast so the tip does not touch bone or fat.
2. Roast, uncovered, at 325°F (slow oven) until done, about 2 1/2 to 3 hours. To test for doneness, make a small cut next to bone into thicker part of meat. Juices will be clear when meat is done. Meat thermometer, if used, should read 170°F.
3. Remove fat from drippings. Defatted drippings will measure about 2 tablespoons. Use for Roast Pork with Gravy recipe.

4. Separate meat from rind, fat, and bone. Using the smaller pieces of pork, dice and save 1 cup of meat for Pork Fajitas recipe. Slice remaining meat. Save half for sandwiches and half for Roast Pork with Gravy recipe. Cooked pork will keep 3 to 4 days in the refrigerator.

Roast Pork with Gravy

Water as needed

1 tablespoon defatted pork drippings (from roast pork shoulder, step 3)

1 tablespoon flour

About 5 ounces roast pork, sliced (from Roast Pork Shoulder recipe, step 4)

1. Add water to pork drippings to make 1/2 cup.
2. Pour small amount of liquid into saucepan. Stir in flour. Add remaining liquid.
3. Cook, stirring constantly, until thickened, about 2 minutes.
4. Serve over sliced roast pork.

Makes two servings, about 2 1/2 ounces pork and 1/4 cup gravy each, 195 calories per serving.

Sesame Fish

1/2 pound cod fillets, fresh or frozen

1/2 teaspoon margarine, melted

1 tablespoon lemon juice

1/2 teaspoon dried tarragon leaves

1/8 teaspoon salt

Dash pepper

1 tablespoon sesame seeds

1 tablespoon parsley, chopped

1. Thaw frozen fish in refrigerator overnight or defrost briefly in a microwave oven. Cut fish into 2 portions.
2. Place fish on a broiler pan lined with aluminum foil. Brush margarine over fish.
3. Mix lemon juice, tarragon leaves, salt, and pepper. Pour over fish.
4. Sprinkle sesame seeds evenly over fish.
5. Broil until fish flakes easily when tested with a fork—about 12 minutes.

Makes two servings, about 2-1/2 ounces each.

Stove-Top Beans

Nutrition Facts	
4 servings per container	
Serving size	1 cup (374g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 46g	17%
Dietary Fiber 14g	50%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 147mg	10%
Iron 4mg	20%
Potassium 739mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

3 1/4 cups pea (navy) beans, canned

1 cup water

2/3 cup tomato puree

1/2 cup onion, chopped

1 medium apple, unpared, finely chopped

1 tablespoon prepared mustard

1 1/2 teaspoons worcestershire sauce

2 teaspoons sugar

1/8 teaspoon pepper

1. Mix beans with other ingredients in saucepan. Bring to a boil. Reduce heat, cover, and boil gently 30 minutes.
2. Continue cooking, uncovered, until sauce is of desired consistency—about 10 minutes.
3. Serve half of the beans, and refrigerate remaining 2 cups for use at another meal within 3 to 4 days.

Makes four servings of about 1 cup each.

Taco Salad

Nutrition Facts	
2 servings per container	
Serving size	2 1/3 cup (345g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 680mg	30%
Total Carbohydrate 28g	10%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 5mg	30%
Potassium 975mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1/3 pound ground beef

- 2 tablespoons onion, chopped*
- 1 teaspoon flour*
- 1 cup kidney beans, canned, drained (reserve liquid)*
- 1/3 cup tomato puree*
- 2 tablespoons bean cooking liquid, or water*
- 1 teaspoon chili powder*
- 1/4 teaspoon oregano leaves*
- 1/8 teaspoon salt*
- 1/8 teaspoon garlic powder*
- 2 cups lettuce, torn in bite-sized pieces*
- 1 small tomato, cut in chunks*
- 1/4 cup green pepper, coarsely chopped*
- 8 cornmeal chips, crumbled*

1. Cook beef and onion until beef is well browned. Drain. Stir in flour.
2. Stir in beans, tomato puree, bean liquid or water, and seasonings.
3. Cook over low heat until thickened, about 10 minutes.
4. Mix lettuce, tomato chunks, and green pepper.
5. To serve, place half of lettuce mixture (about 1 1/2 cups) on each plate. Mound half of beef mixture (about 3/4 cup) in center of lettuce mixture. Sprinkle crumbled cornmeal chips over beef mixture. Serve immediately.

Makes two servings of about 2 1/3 cups each.

Turkey Spanish Rice

Nutrition Facts	
2 servings per container	
Serving size	1 cup (266g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 310mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 2mg	10%
Potassium 460mg	10%

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1/4 cup onion, cut in pieces

1/4 cup green pepper, chopped

2 tablespoons celery, sliced

1/4 cup rice, uncooked

1/2 teaspoon margarine

8 ounces canned tomatoes (about 1 cup)

2/3 cup turkey, cooked, diced (from braised turkey drumsticks)

1/4 cup water

1/4 teaspoon chili powder

1/16 teaspoon salt

Dash pepper

1 bay leaf

1. Cook vegetables and rice in margarine in a small saucepan until onion begins to brown, about 4 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and remaining ingredients to rice mixture.
3. Bring to a boil. Reduce heat, cover, and cook slowly until rice is tender, about 25 minutes. Stir as needed to prevent sticking.
4. Remove bay leaf.

Makes two servings of about 1 cup each.

Turkey-Potato Salad

Nutrition Facts	
2 servings per container	
Serving size	1 cup (207g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 530mg	23%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 551mg	10%

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3/4 cup turkey, cooked, diced (from Braised Turkey Drumsticks

recipe)

1/4 cup celery, chopped

1 cup potato, cooked, peeled, diced

1 tablespoon onion, chopped

2 tablespoons green pepper, chopped

2 tablespoons salad dressing, mayonnaise-type

1/4 teaspoon prepared mustard

1/8 teaspoon salt

1. Mix turkey, celery, potato, onion, and green pepper.
2. Mix salad dressing, mustard and salt. Stir lightly into turkey mixture.
3. Chill.

Makes two servings of about 1 cup each.

See the other bulletins in the Thrifty Meals for Small Families series:

- [Planning Thrifty Meals for Small Families \(#4330\)](#)
- [Ideas for Planning Thrifty Menus \(#4331\)](#)
- [Buying Food for Thrifty Small Families \(#4332\)](#)
- [Thrifty Recipes: Salads and Soups, Breads and Desserts \(#4334\)](#)

Originally adapted from "Thrifty Meals for Two: Making Food Dollars Count," USDA Home and Garden Bulletin #244.

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