

27 Fast & Frugal Meals

BREAKFAST FOR DINNER

Oatmeal Pancakes (from leftover oatmeal)
Ham and Egg Cups, toast
Veggie Breakfast Scramble, biscuits
Pumpkin Spice French Toast, fruit
Waffle Sandwiches
(made w/ Homemade Freezer Waffles)

SOUPS

Southwest Chicken Chili
Black Bean Chicken Chili
Slow Cooker Chipotle Chili
Spicy Chicken and Black Bean Soup
Navy Bean and Ham Soup
Easy Beef and Veggie Soup
Easy Potato Soup, cheese toast triangles

BEANS

(some recipes contain meat but you can limit the meat or skip it all together)

BBQ Chicken and Black Bean Tostadas
Bean Burritos made w/ Easy Refried Beans
Burritos made w/ Beantastic Taco Meat
Baked Nachos *(Top chips w/Easy Refried Beans & cheddar cheese; bake 350 degrees for 15-20 minutes until cheese is melted.)*
Spicy Black Beans and Rice

PASTA

Ham and Spinach Pasta, romaine salad
Spaghetti w/ marinara, garlic toast triangles
Sloppy Lasagna Bake, green salad
Italian Chicken Pasta Salad, french bread
Cheeseburger Casserole, steamed green beans

OTHER

Mexican Peppers, green salad
Homemade Pizza (10 Min Pizza Crust)
Easy Cheese Quesadillas, Tropical Fruit Salad
Turkey Pepper Jack Grilled Cheese, pickle
Baked Potatoes w/ bacon, broccoli and shredded cheese
Easy Chicken Stir Fry, rice

