

5 meals under \$5.00



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Chicken and Noodles

½ a whole chicken
1 pkg egg noodles
½ onion chopped
5 to 7 stalks of celery cut into ½ inch slices
1 can cream of chicken soup
2 chicken bouillon cubes

Boil chicken onion and celery in water, use enough water to cover. You can cut up chicken and remove skin if you prefer. Boil for 20 to 25 minutes until done. Turn down heat to medium low, add egg noodles, bouillon cubes and can of soup. Let simmer for 15 to 20 minutes more, add salt and pepper to taste.

Note—you can add carrots, or a bag of frozen carrots and peas, but I prefer it this way. If you don't want to use the can of cream of chicken soup, you can just add a few tablespoons of flour but the soup won't be as rich or thick.

Cabbage and Rice

1 cabbage cleaned and sliced
3 or 4 slices of salt pork bacon
Salt and pepper to taste

2 cups of rice, water

Fry up salt pork in a large pot. Add cabbage and stir until cabbage starts to wilt. Cover and simmer for a few minutes. Salt and pepper to taste.

Prepare rice according to package directions.

When cabbage is tender serve cabbage and a slice to two of salt pork over rice.

Note—if you don't want to use the pork, just sauté cabbage in a 3 to 4 tablespoons of melted butter or margarine.

Brown Beans and Hot Water Cornbread

Beans:

1 lb package of pinto beans, or beans of your choice
Water
3 to 4 tablespoons of sugar
salt and pepper to taste
1 ham hock or smoked turkey leg.

Hot Water Cornbread

Cornmeal
Hot boiling water
Salt

Clean beans and soak in water overnight. Rinse beans in clean water in the morning and place in large pot. Cover beans in about 8 to 10 cups of water

Add either ham hock or pieces of the smoked turkey leg. At the grocery store get a package of the turkey leg and have the butcher cut turkey legs crosswise. I prefer to use turkey. You can use the extra turkey in other dishes or heat and eat by itself.

Add sugar and about 1 teaspoon of salt and ½ teaspoon of pepper.

Cook over medium heat about 1 ½ hours or until beans are tender.

Hot Water Cornbread

Mix equal parts cornmeal and boiling hot water. 1 cup each will yield 3 to 4 corn cakes. Let the mixture cool will be slightly thick. When cooled add salt to taste. Drop by the tablespoonful into hot oil. My grandmother used to cook these in hot bacon fat. I make them in vegetable oil. Cook on both sides until brown. They should be crispy on the outside and moist on the inside.

You can add other ingredients to the bread; some people add a tablespoon of sugar or sour cream. This is the ultimate “making do” recipe and you only need three ingredients.

Barbeque Garlic Chicken Baked Sweet Potatoes and French Cut Green Beans

½ whole chicken or use a whole chicken depending on how many people you are serving

1 whole garlic bulb for each person you are serving

your favorite barbeque sauce

salt and pepper to taste

Prepare chicken to roast in oven, salt and pepper to taste. Cut the top off each bulb of garlic and place on the same pan as chicken, place bulbs on and around chicken. Bake chicken in 375 degree oven for 25 to 30 minutes. When chicken is almost done, take out of the oven and pour ¼ c. barbeque sauce over chicken. Place back in oven and bake for another 10 minutes.

Serve sliced chicken along with one bulb of garlic, squeeze garlic out of the bulb onto individual plates, they will be soft gooey and delicious.

Baked Sweet Potatoes

1 whole sweet potato for every two people served.

Your choice of garnishes, salt pepper, brown sugar and butter

Clean sweet potatoes cover in foil and back on hot oven until done should be around 45 minutes.

Serve with desired garnishes.

French Cut Green Beans

1 can French cut green beans

¼ c chopped onion

2 tablespoons of butter or one slice of bacon

1 chicken bouillon cube.

Sauté onion in butter or cook bacon and sauté onion in bacon grease along with bacon.

Place drained green beans in same pan add ¼ c of water and bouillon cube. Heat over medium heat until mixture is hot. Serve immediately.

Salmon Croquettes and Rice

1 can of Salmon
2 eggs
6 crackers
Corn meal
Oil
2 teaspoons of lemon juice
Salt and pepper to taste
½ finely chopped onion

Rice
Water salt

Crumble crackers in a medium size bowl stir in with eggs onion and salmon and lemon juice and salt and pepper to taste. Mix well and form into patties roll patties in cornmeal and fry hot oil until brown on both sides. Drain on paper towels.

Cook rice according to package directions serve hot with warm croquettes

Note—you can find a few really good brands of canned salmon at the .99 cents store.