

**The \$30
A Week
Cookbook**

**Take Action!
Stop Hunger!**

U32 Democracy in Action Raiders

Protein Oatmeal that Sticks

Whole oats – about 1 cup

1 tablespoon almond butter or peanut butter

(optional for sweetener) dried fruit:
cherries, raisins, currants – whatever
you've got

milk or creamer (optional)

- ★ Cook oats according to package directions. (just boil them in water till they soften – about 3 minutes)
- ★ add a small amount < ¼ cup of dried fruit
- ★ Add a bit of milk or cream if desired
- ★ When it is finished add a heaping tablespoon of peanut butter. If you can afford it, almond butter is higher in protein, but more expensive

Breakfast Omelet

2 eggs

2 slices of bacon

1 cup chopped green pepper

1 cup chopped tomato

½ cup grated cheese

- ★ Prep eggs, bacon, tomato, green pepper, and cheese
- ★ Prep frying pan with degreaser or butter
- ★ Set stovetop on medium
- ★ Put 2 eggs into the frying pan
- ★ When the eggs are almost done add in all the vegetables, bacon, and cheese

Hot Beans

1 20 ounce can baked beans
2 strips bacon
1/3 cup onion, chopped
1/4 cup water
1/2 teaspoon prepared mustard
dash of pepper
1/4 cup vinegar

- ★ Cut bacon in 1/2 inch pieces and fry until lightly brown
- ★ Add onion and brown lightly
- ★ Add remaining ingredients
- ★ Simmer until thickened
- ★ Serve hot

Rolls

2 cups warm water
2 Tbsp sugar
2 Tbsp shortening
1 pkg. dry yeast
2 tsp salt
5 cups bread flour

- ★ Mix all ingredients
- ★ Let rise for 1 hour
- ★ Shape into rolls and let rise for 1 hour more
- ★ Bake at 450 degrees for 15 minutes

Wrap Pinwheels

Large wraps
Cream cheese
Thin sliced ham
Chives
Plastic Wrap

- ★ Spread cream cheese on one side of the wrap
- ★ Place a few pieces of ham over the cream cheese
- ★ Sprinkle chives over the ham
- ★ Roll up wrap tightly and cover with plastic wrap
- ★ Cut horizontally into 1 inch slices to make pinwheels

Quesadillas

Large wraps
Cheese
Cooked chicken or any other meat
(optional)
Large skillet
Spatula
Veggies of your choice (optional)
Bean Dip (optional)

- ★ Heat skillet on medium, place large wrap in it
- ★ Sprinkle some cheese on the wrap
- ★ Place meat or veggies of your choice on the wrap
- ★ Sprinkle more cheese and place another wrap over all the toppings
- ★ When the bottom wrap is golden brown, flip the quesadilla over with the spatula
- ★ When both sides are golden brown take out of skillet and serve

Bacon & Beef Roll-Up

8-10 slices bacon
1 ½ lbs ground beef
¾ cup grated cheese
3 Tbsp catsup
2 Tbsp Worcestershire sauce
1 egg
¾ tsp salt
½ tsp pepper
¼ cup chopped onion

- ★ Place bacon on board
- ★ Combine ground beef and other ingredients
- ★ Shape into oblong roll and place on the bacon
- ★ Draw bacon strips around the mixture
- ★ Fasten with toothpicks
- ★ Slice between strips
- ★ Broil 5-7 minutes on each side
- ★ Makes 8-10 servings

Roasted Chicken and Root Vegetables

There are no precise measurements for this recipe.

One package of chicken legs or thighs – bone-in
salt
rosemary (optional)
olive oil

Any root vegetable will do: beets, carrots, potatoes, onions

Wild rice blend, rice, or pasta

- ★ Dice the vegetables into roughly 1 in. chunks
- ★ If using onions, place them peeled and halved, cut side down, on the baking sheet
- ★ Toss everything in olive oil until it is coated evenly and sprinkle with salt; coarse salt is preferable
- ★ Place everything on a baking sheet
- ★ Preheat the oven to 400
- ★ Place the baking sheet into the hot oven and turn the temperature down to 350
- ★ Roast for 35 – 45 minutes – vegetables should be soft enough to pierce easily with a fork
- ★ Serve with wild rice blend, rice, or pasta – or serve as is for a low-carb meal

Fettuccini with Hot Mexican Bean Sauce

16 oz (2 cups) canned pinto beans,
drained and rinsed

Vegetable oil or cooking spray

1 medium onion, chopped

1 clove garlic, minced

1 14½ ounce can stewed tomatoes,
undrained and chopped

1 10-ounce can tomatoes, undrained
and chopped

2 Tbsps chopped green chiles

1 Tbsp finely chopped fresh cilantro

1 teaspoon chili pepper

½ teaspoon sugar

¼ teaspoon dried whole oregano
crushed

4 cups hot, cooked fettuccine

- ★ Coat large skillet with oil, place over medium heat until hot
- ★ Add onion & garlic and saute until tender
- ★ Stir in tomatoes, green chilies, cilantro, chili powder, sugar and oregano
- ★ Cover and bring to a boil
- ★ Reduce heat and simmer 15 minutes stirring occasionally
- ★ Mash beans slightly, and stir into tomato mixture
- ★ Serve hot over fettuccini

Snow Balls

½ cup confectioner's sugar

¼ tsp salt

1 cup soft margarine

1 tsp vanilla

2 ¼ cup sifted flour

½ cup chopped nuts

- ★ Thoroughly cream together sugar, salt and margarine in a small bowl
- ★ Add vanilla and gradually stir in the flour
- ★ Work the nuts the dough and chill well
- ★ Form into 1 inch balls and place on an ungreased cookie sheet
- ★ Bake in a 400 degree oven 10 to 12 minutes until set, but not brown
- ★ Roll in powdered sugar
- ★ Store in airtight container when cooled

