



15

"EASIER THAN TAKEOUT"

Emergency Meals

frugal
friends

Taco Bowl

Ingredients

- Ground Beef or turkey
- Beans (refried, black, kidney, etc)
- Base (tortillas, rice, cauliflower rice, lettuce, etc.)
- Toppings (tomatoes, lettuce, cheese, corn, etc.)
- Sauce (verde, hot sauce, salsa, chipotle dressing, etc.)

Instructions

1. Cook/ assemble base
2. Cook ground beef / turkey
3. Add refried beans to side of pan to heat
4. Add beans and meat to base, add toppings
5. Enjoy!

Wraps

Ingredients

- Deli meat or leftover meat
- Wrap (tortilla, naan, lavash, pita, etc.)
- Toppings (lettuce, tomatoes, avocado, cheese, etc.)
- Sauce (hummus, ranch, salsa, etc.)

Instructions

1. Lay out your wrap
2. Add sauce
3. Lay down meat
4. Add toppings
5. Wrap it up!

Salad

Ingredients

- Base (romaine, spinach, kale, etc.)
- Something crunchy (seeds, nuts, veggies, etc.)
- Something soft (cheese, roasted veg, avocado, etc.)
- Protein
- Dressing

Instructions

1. Lay down the base
2. Add protein
3. Add soft and crunchy elements
4. Top with dressing

Hot Sandwich

Ingredients

- Bread (sliced, rolls, sub, etc.)
- Protein (deli meat, leftovers from fridge or freezer, etc.)
- Cheese (shredded, soft, sliced, etc.)
- Sauce (mayo, dressing, etc.)

Instructions

1. Prepare your protein from the freezer or get to room temperature
2. Top bread with sauce, protein, and cheese
3. Enjoy as is or grill both sides in a pan before serving

Examples: grilled cheese, cheesesteak, breakfast sandwich

Pasta

Ingredients

- Pasta
- Sauce
- Protein
- Vegetable
- Cheese

Examples: spaghetti, pasta salad, lo mein, Swedish meatballs

Instructions

1. Prepare pasta, drain, save $\frac{1}{2}$ cup of pasta water
2. Prepare protein, add vegetable(s), add sauce
3. Mix everything together, top with cheese
4. If pasta seems dry, add reserve pasta water to preference

Sheet Pan

Ingredients

- 1-2 Veggies
- Protein
- Carb (potatoes, frozen gnocchi, chickpeas, etc.)
- Seasoning blend
- Olive oil

Instructions

1. Pre-heat oven to 400 degrees
2. Toss protein, carb, and vegetables in oil and seasoning blend, put on sheet pan, roast for 30 minutes
3. If using seafood, add it in last 15 minutes of baking

Frittata

Ingredients

- 6 eggs
- 1/4 cup heavy cream or whole milk
- 1/2 teaspoon of the kosher salt
- 1 cup cheese
- 2 cups veggies and/or protein

*Adapted from The Kitchn

Instructions

1. Pre-heat the oven to 400°F.
2. Cook or heat up the protein and veggies in cast iron skillet.
3. Whisk the eggs, salt, and cream together in a bowl.
4. Add cheese to skillet and pour egg mixture over everything
5. Bake 8-10 minutes, let cool for 5 minutes.

Hash

Ingredients

- Protein- thinly sliced, cubed, or shredded
- Allium (Onion, leek, pearl onion, or shallot)
- Potato chopped in ¼ inch cubes (1-2 fresh or frozen)
- 1-2 other veg (leftovers work great!)
- Egg (1 per person)

Instructions

1. Cook the protein, if needed, set aside
2. Saute allium and potato
3. Add other vegetables
4. Push hash to side to cook egg or crack egg on top. Put lid on and cook 5 min or to preference.

Chili

Ingredients

- 2 cans of beans (kidney, pinto, black, etc.)
- 1 lb of meat (ground beef, turkey, shredded chicken, etc.)
- 1 Onion and 2 cloves garlic
- 28 oz of tomatoes (crushed, diced, green chilis, etc.)
- Chili spices (store-bought or custom blend)

Instructions

1. Cook meat in dutch oven
2. Add onion and garlic and cook for 5 min
3. Add spices, tomatoes, and a cup of water or broth, simmer for 30 min
4. Add beans and simmer until warmed through

Chicken & Rice

Ingredients

- 1lb chicken breast or thighs
- 1 cup rice
- 1-2 vegetables (onion, carrots, celery, etc.)
- 2 cups liquid (water, broth, coconut milk, etc.)

Instructions

1. Season & cook chicken for 4 min on each side, set aside
2. In same pan cook veggies for 5 min
3. Add rice and toast for 1 min
4. Add liquid, bring to boil
5. Add chicken back to pan
6. Cover and cook on low for 15 minutes. If rice is dry add $\frac{1}{2}$ cup more water, cover and simmer 5 more minutes.

Soup

Ingredients

- 2 cups of mirepoix (onion, carrot, celery)
- 1 tsp of dried herbs (oregano, thyme, chili powder, etc.)
- 4 cups water or stock
- Protein (shredded chicken, pork, ground beef, turkey, etc.)
- Carb (pasta, rice, potato, etc.)

Instructions

1. Saute mirepoix 10 minutes
2. Add herbs, pre-cooked protein, and liquid, bring to a boil, then reduce heat, partially cover and simmer for 30 minutes
3. Add pre-cook protein and carb, simmer until heated throughout

Stir Fry

Ingredients

- 1 lb Protein
- 4 cups vegetables (frozen stir fry mix or fresh onion, peppers, carrots, broccoli, etc)
- Stir fry sauce, pre-made or:
 - 3 cloves garlic, 3 Tbsp soy sauce, 1Tbsp rice vinegar, 1 Tbsp brown sugar, ½cup water, 1 ½bsp cornstarch)
- Rice
- Egg

Instructions

1. Cook protein in pan and set aside
2. Add veggies (and optional ginger) cook for 10 minutes.
3. Move veggies to the side and cook egg, set aside.
4. Add sauce, heat until thickened, add protein back, mix thoroughly.
5. Top with egg

Pizza

Ingredients

- Crust (defrosted frozen pizza dough, tortilla, pita, naan, etc)
- Sauce (marinara, bbq, buffalo, etc)
- Cheese
- Protein (pre cooked)
- Veggies (pre cooked)

Instructions

1. Preheat oven to 400 degrees
2. Top crust with toppings and bake for 7-10 minutes.
3. If using raw pizza dough, bake for 5 minutes in a 450°F preheated oven then increase the oven to 500°F degrees and bake pizza w/ toppings 7-10 min.

Curry

Ingredients

- 1 Tbsp each of fresh ginger and curry powder
- 1 can coconut milk
- Vegetables (onion, broccoli, carrots, etc.)
- Protein
- Base (cooked rice, quinoa, etc.)

Instructions

1. Cook vegetables 10 min
2. Add ginger, curry, and coconut milk, simmer 15 min
3. Add pre cooked protein, heat throughout
4. Serve over base of your choice

Baked Potato



Ingredients

- Potatoes (1 per person)
- Protein (beans, bacon, shredded chicken, turkey, beef, etc.)
- Toppings (sour cream, cheese, onion, etc.)

Examples: Loaded, pizza, pulled pork, bbq chicken, Mexican, chili dog

Instructions

1. Preheat the oven to 425°F
2. Poke a few holes into the potatoes with a fork, rub with olive oil, and sprinkle salt.
3. Bake 45-60 minutes, or until the potato is fork-tender and the skin is crisp.
4. Slice open & top

Want More?

Get 50% off our Monthly Money Challenge Membership!

Are you ready to take control of your finances, grow your savings, and develop smart money habits?

Join our Monthly Money Challenge Membership to
save \$4,000 in ONE YEAR
with a new fun money challenge every month!

Use code EMERGENCY at checkout for 50% off!

[CLICK HERE TO START SAVING!](#)