

## 5 Meals for \$5 Shopping List

Note: Because each meal uses only a portion of some ingredients you will pay more out of pocket for each meal if you purchase everything at once. However, once you've made these purchases you'll have plenty to make additional recipes with some of the ingredients so you won't need to buy everything again. That's where the savings comes in!

### Shopping List:

1 - 3 Lb. Bag of White Rice	\$1.56	Walmart	This is 5 cups of dry rice, that's about 1 1/2 cups more than you actually need!
1 Can Cream of Chicken Soup	\$0.59	Aldi	
1 Bag Frozen Chicken Breast (3 lbs.)	\$6.98	Walmart	Note: I can frequently find sales for around \$2 per lb so look for other options or buy in bulk to save on your meat because this is the most expensive item.
1 Jar of Spaghetti Sauce	\$1.00	Walmart	Note: I never pay more than \$0.50 per jar, but this is the regular price
Ground Beef (2 lbs.)	\$5.98	Aldi	\$2.99 per lb.
1 Box of Pasta	\$1.00	Walmart	Note: I can almost always get this for \$0.50-\$0.67 per box
1 Can Green Beans	\$0.59	Aldi	
1 Loaf French Bread	\$1.00	Walmart	
1 Can Chili Beans	\$0.59	Aldi	
1 Can Kidney Beans	\$0.59	Aldi	
1 Can of Corn	\$0.59	Aldi	
1 Can of Diced Tomatoes	\$0.59	Aldi	
1 Package of Taco Seasoning	\$0.39	Aldi	
1 lb. Carrots	\$0.78	Walmart	This is double the amount you actually need for the recipe.
1 - 15 oz. Bottle of Soy Sauce	\$1.88	Walmart	This is way more than you need, but it's the smallest portion I could find.
1 Dozen Eggs	\$1.98	Walmart	Remember you only need 2 Eggs, Check to see if you have these on hand already.
1 - 3-Pack of Active Dry Yeast	\$1.24	Walmart	This is enough to make 3 Pizzas!
1 - 5 lb. Bag of Flour	\$2.46	Walmart	This is almost 20 Cups of Flour! You only need 3 :)
1 - 8 oz. Cans of Tomato Sauce	\$0.33	Aldi	
1 - Package of Pepperoni	\$1.00	Dollar Tree	
1 - 8 oz. Package Mozzarella Cheese	\$2.64	Walmart	Note: This frequently goes on sale for \$2 per bag in my area so watch for sales!

**Total - \$33.76**

**Assumed On Hand:** Salt, Pepper, Vegetable Oil, Garlic Powder, Onion Powder, Sugar, Oregano, & Onion Flakes.

Note: You can typically buy spices at Walmart for \$0.88 for a huge jar; Aldi also carries all of these basic spices if you don't have these on hand. Another substitution would be to buy pre-made Pizza Sauce rather than purchasing the individual spices.

## Meal #1 - Spaghetti, French Bread & Green Beans

I can FREQUENTLY get Spaghetti Sauce at Target for around \$0.50 per jar, Pasta is also on sale for \$1 or less and I always stock up when I can get a great deal for Less than \$1. I can also add in a can of green beans and a loaf of French Bread all for under \$5!

### Here's what you need:

- 1 Jar of Spaghetti Sauce - \$1.00 at Walmart (I typically pay \$0.50 at Target)
- 1 Cup of Cooked Ground Beef added to sauce- \$1.49 (I pre-cook this and freeze it, about 1/2 lb. of meat equals 1 Cup of Cooked Meat)
- 1 Box of Pasta - \$1.00 at Walmart
- 1 Can of Green Beans - \$0.59 at Aldi's
- 1 Loaf of French Bread - \$1 at Walmart

### Directions:

Combine Ground Beef & Spaghetti Sauce in a pan and simmer over medium heat for about 10 minutes.  
Boil Water for noodles, when boiling add in noodles and cook for 10 minutes stirring frequently  
Slice French Bread and Heat according to Directions  
Cook Green Beans in a covered dish in the microwave for 4-5 minutes. Drain liquid, Salt and Pepper to taste

Total: \$5.08 for everything you need for a Full Meal!!! Under \$5 if you skip the Green Beans or find something on sale!

## Meal #2 - Chicken & Rice

Another one of my All Time Favorite meals is Chicken & Rice. This is also one of my favorites because I can make it ahead of time and it freezes well or you can put it in the oven to bake and dinner is ready a few hours later!

### Here's what you need:

1 1/2 Cups White Rice - \$0.48 at Walmart  
1 Can Cream of Chicken Soup - \$0.59 at Aldi's  
2 Cans of Water  
4 - 4 oz. Chicken Breasts - \$2 (I pay typically around \$2 per lb.)  
Salt & Pepper to taste

### Directions:

Combine Cream of Chicken Soup & Water in a 9x13 Baking Pan  
Stir until well mixed  
Slowly add in 1 1/2 Cups of White Rice  
Place Chicken on Top of Rice Mixture  
A little Salt & Pepper to taste (I normally sprinkle the top of the pan with both)  
Bake at 350 Degrees for 1 hour and 30 minutes

**Total: \$3.07** - I almost always add in a bag of Baby Carrots and a Cucumber or some kind of fresh fruit to this meal. You can easily do that and still stay under \$5! :)

## Meal #3 - Taco Soup

I am not a fan of Soup in the summer for the most part, but this is one meal I can eat just about any time. We love Taco Soup at our house, even my kids love it! It's filling and so easy to make in the crockpot + You can grab everything you need for under \$5!

### Here's what you need:

- 2/3 lb. Ground Beef Cooked - \$1.99
- 1 Can Chili Beans - \$0.59 at Aldi or \$0.68 at Walmart
- 1 Can Kidney Beans - \$0.59 at Aldi
- 1 Can of Corn - \$0.59 at Aldi
- 1 Can Diced Tomatoes - \$0.59 at Aldi
- 1 Package of Taco Seasoning - \$0.39 at Aldi

### Directions:

Combine all ingredients in a Crock Pot and cook on High for 3-4 Hours!

**Total: \$4.74** - You can also serve over Rice or Chips and with Cheese if you would like! It's also fun to add in sour cream, salsa and other ingredients you might already have on hand.

## Meal #4 - Chicken Fried Rice

This is a GREAT way to use up left over chicken. I always use leftover Grilled Chicken but you can also add another lb. of Chicken to the Chicken & Rice Recipe and save the extra chicken for this recipe! Or you can grill a lb. of chicken for this recipe. I just love being able to use leftovers in a new dish because my family never even realizes we are eating leftovers :)

### Here's what you need:

2 Tbsp. Vegetable Oil  
8 oz. Peeled & Thinly Sliced Carrots - \$0.39 for 1/2 lb. of Fresh Carrots at Walmart  
2 Cups Uncooked Rice, Cook with 4 Cups Water and allow to cool completely - \$0.62 at Walmart  
1 lb. Cooked Chicken - I typically pay around \$2 per lb.  
½ tsp. Garlic Powder  
½ tsp. Onion Powder  
¼ tsp. Pepper  
2 Tbsp. Soy Sauce - \$0.37  
2 Eggs - \$0.32 (Based on a \$1.97 per dozen price at Walmart)

### Directions:

Heat Vegetable Oil in a Skillet  
Add Green Pepper and Carrots and Saute for 1 Minute  
Add Rice and Chicken and Stir Until Everything is Heated  
Add Garlic Powder, Onion Powder, and Pepper to Mixture  
Make a Space in the Center of the Rice  
Break Eggs into Empty Space in the Center of the Rice  
Stir Slowly until eggs are fully cooked and completely mixed in to the rice  
Slowly add in Soy Sauce and continue to Stir  
Serve Immediately

**Total: \$3.70** - We don't typically eat much with this but you could easily add in a frozen vegetable, salad or other side dish. You also can easily double this recipe without increasing the chicken which is the most expensive part and you'll still come out really close to \$5!

## Meal #5 - Homemade Pizza

We love making homemade pizza around here! It's so simple and you can make one big pizza for your entire family or break the dough up into smaller sections and let the kids each make their own!

### Here's what you need:

#### Pizza Crust:

- 1 Package Active Dry Yeast - \$0.41
- 1 Cup Warm Water
- 1 Tbsp. Sugar
- 1 tsp. Salt
- 3 Cups Flour - \$0.36

#### Pizza Sauce:

- 2 - 8 oz. Cans of Tomato Sauce - \$0.33 each at Aldi
- 1 Tablespoon of Oregano
- 1 Tablespoon of Onion Flakes
- 2 teaspoons of Sugar
- 1 teaspoon of Garlic Powder
- 1 teaspoon of Salt
- 1 teaspoon of Pepper
- 1 teaspoon of Basil

Note: If you don't have all the spices on hand you can buy pre-made pizza sauce for around \$1 at Walmart

#### Toppings:

- 1 - 8 oz. Bag of Mozzarella Cheese, \$2.64
- 1 - Package of Hormel Pepperoni, \$1 at Dollar Tree

#### Directions:

##### For the Pizza Sauce:

Stir the ingredients together and you're ready to go. Note: Technically you can cook this recipe first but I have found that it cooks great while it's in the oven so I've never really cooked this before using it on the Pizza.

##### For the Pizza Crust:

1. Dissolve Yeast in the 1 Cup Warm Water, Let Stand 5 Minutes
2. Stir in Sugar and Salt into Yeast Mixture.
3. Slowly Mix in 1½ Cups Flour
4. Add the Rest of the Flour and stir until the dough forms a Ball
5. Knead Dough for 5 Minutes and Let Rise 15 Minutes
6. Divide in 2 Balls, Roll out Crusts and Top with Toppings and Cheese
7. Bake for 15-20 minutes at 400 Degrees

**Total: \$5.07** - OK so just a little bit over :) But close enough! If you can get your cheese on sale this frequently goes on sale for \$2 per bag at my local grocery stores but since that's the most expensive part of this dish I didn't want to underestimate.