

# Nourished Kitchen's Food Stamp Challenge: Week 2

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## ***Grocery List (with approximate prices): \$55.44***

- 1 lb Pink Beans: \$1.19
- 1 lb Split Peas: \$1.29
- ½-gallon Whole Milk (Sale): \$1.79
- 1 lb Butter (Sale): \$1.99
- 1 Frying Chicken: \$4.77
- 2 lbs Laura's Lean Beef (Sale): \$9.98
- 4.5 lbs Bananas (Sale): \$2.12
- 3.45 lbs Oranges (Sale): \$3.45
- 2.65 lb Cabbage: \$1.83
- 4.5 lbs Tomatoes (Sale): \$3.57
- 1 Acorn Squash (Sale): \$2.17
- 1 Spaghetti Squash (Sale): \$2.07
- 2 Yams (Sale): \$2.80
- 1 lb Raisins (Sale): \$1.50
- 1 lb Organic Salad Mix (Sale): \$4.99
- 2 Pineapples (Sale): \$5.98
- 1 Jar Natural Peanut Butter: \$2.10
- Rolled Oats: \$1.85

## Still in the Pantry from Last Week:

- Unrefined Sea Salt
- Extra Virgin Olive Oil
- Pepper
- Carrots
- Beets
- Whole Wheat Flour
- Pecans
- Onion
- Barley
- Omega-3 Eggs
- Bacon Fat

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## *Meal Plans*

Sunday:

Breakfast: Yogurt, Bananas, Pecans

Snack: Orange Slices

Lunch: Leftovers

Snack: Pineapple

Dinner: Meatloaf, Mixed Greens with Olive Oil, Pineapple

To Do: Soak oats, Prep Sourdough Bread, Prep All Veggies for the Week, Yogurt Should have been Prepared Saturday, upon returning from the store. Start another batch of sauerkraut.

Monday:

Breakfast: Oatmeal, Raisins

Snack: Orange Slices

Lunch: Leftover Meatloaf, Mixed Greens with Olive Oil, Sliced Tomatoes

Snack: Carrot Sticks, Peanut Butter

Dinner: Acorn Squash Custard, Sauerkraut, Sliced Tomatoes with Olive Oil, Bananas Fried in Butter

To Do: Bake Bread, Soak Oats

Tuesday:

Breakfast: Oatmeal, Raisins, Peanut Butter

Snack: Pineapple

Lunch: Leftover Acorn Squash Custard, Mixed Greens with Olive Oil, Orange Slices

Snack: Bananas, Pecans

Dinner: Roast Chicken, Mixed Greens with Olive Oil, Sauerkraut, Carrots in Butter, Roasted Beets

To Do: Soak Beans, Prepare Bone Broth

Wednesday:

Breakfast: Yogurt, Bananas, Pecans

Snack: Raisins

Lunch: Roast Chicken Sandwiches, Carrot Sticks, Orange Slices

Snack: Carrot Sticks, Peanut Butter

Dinner: Pink Beans with Olive Oil and Caramelized Onions, Fresh Tomatoes with Olive Oil, Mixed Green Salad, Sourdough Bread with Butter

To Do: Soak Oats

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Thursday:

Breakfast: Oatmeal, Raisins, Bananas and Yogurt

Snack: Carrot Sticks

Lunch: Leftover Beans, Fresh Tomatoes with Olive Oil, Pineapple

Dinner: Burger Salads, Baked Yams, Fresh Pineapple

To Do: Soak Oats, Soak Split Peas

Friday:

Breakfast: Oatmeal, Raisins, Yogurt

Snack: Peanut Butter, Carrots:

Lunch: Leftover Roast Chicken on Mixed Greens, Fresh Tomatoes with Olive Oil

Snack: Banana

Dinner: Pease Porridge, Sauerkraut, Oranges

To Do: Examine sales flyers

Saturday:

Breakfast: Oatmeal, Bananas, Yogurt

Snack: Raisins

Lunch: Leftover Pease Porridge, Pineapple

Snack: Banana

Dinner: Ground Beef and Tomatoes over Spaghetti Squash, Mixed Green Salad, Fruit Salad

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## ***Low-cost Recipes***

### ***Low-cost Meatloaf:***

Ingredients:

- 1 lb Ground Beef
- 4 Carrots, Grated
- ½ Onion, Grated
- 2 Eggs, Beaten
- Salt and Pepper to Taste

Instructions:

1. Mix all ingredients together.
2. Shape meat and vegetable mixture into a loaf.
3. Bake at 375 F for 90 minutes or until done.

### ***Low-cost Acorn Squash Custard:***

Ingredients:

- 1 large Acorn Squash
- ½ Stick Butter
- ½ Yellow Onion, Sliced
- 6 Eggs, Beaten
- Salt and Pepper to Taste

Instructions:

1. Split acorn squash, remove seeds.
2. Invert squash on a cookie sheet, oil the skin and add about 1/4-inch water.
3. Bake at 350F until a knife easily pierces the skin and flesh.
4. Allow the squash to cool, then scoop out the flesh and reserve.
5. Heat ½ the butter in a skillet, and fry the onions until caramelized.
6. Mix onions, reserved squash and remaining ingredients together.
7. Return them to your skillet and bake at 350F for about 45 minutes.

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## ***Low-cost Peppered Roast Chicken***

Ingredients:

- 1 Broiler
- 2 Tablespoons Pepper
- Salt to Taste
- ½ Stick Butter

Instructions:

1. Beat butter, salt and pepper together.
2. Coat chicken with mixture.
3. Bake at 350F for 2 hours.
4. Raise the temperature to 400F for ½ hour.
5. Serve.

## ***Low-cost Carrots with Butter and Honey***

Ingredients:

- 6 Large Carrots, Peeled
- 2 – 3 Tablespoons Butter
- 2 Teaspoons Honey
- Salt to Taste

Instructions:

1. Boil carrots until bright orange, but still crisp. Drain and reserve.
2. Heat butter in a pan until foamy.
3. Add carrots, salt and honey.
4. Cook carrots until coated with butter and honey.
5. Serve.

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## ***Low-cost Pink Beans with Olive Oil and Caramelized Onions***

Ingredients:

- 1 Small Onion, Sliced Thin
- 1 Quart Chicken Broth
- ½ lb Pink Beans
- ½ Stick Butter
- Salt and Pepper to Taste
- Olive Oil to Serve

Instructions:

1. Soak beans overnight with a tablespoon or two of yogurt.
2. Drain and boil until soft and tender.
3. Drain again, and add beans to chicken stock.
4. Simmer.
5. In a separate pan, heat butter until foamy then add sliced onions.
6. Cook onions until caramelized and fragrant.
7. Serve onions over beans with plenty of olive oil.

## ***Low-cost Burger Salads***

Ingredients:

- ½ lb Ground Beef
- Mixed Greens
- Fresh Tomatoes
- Fresh Onions, Sliced
- Olive Oil to Dress

Instructions:

1. Brown beef, serve over fresh vegetables and mixed greens.
2. Dress with olive oil, salt and pepper to taste.

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## *Low-cost Pease-porridge*

### Ingredients:

- ¼ Cup Rendered Bacon Fat
- ½ Yellow Onion, Chopped Fine
- 3 Carrots, Chopped Fine
- ½ lb Split Peas
- 1 Quart Chicken Broth
- Salt and Pepper to Taste
- Butter as Desired

### Instructions

1. Soak peas overnight in water with a bit of yogurt or other acidic medium.
2. Drain peas and reserve.
3. Fry chopped onion and carrots in bacon fat and reserve.
4. Add onion, pease, chicken broth and salt and pepper to slowcooker.
5. Cook all day on high heat, adding water as necessary.
6. Cut in desired amount of butter before serving – usually about 1 teaspoon to 1 tablespoon per person.