pampered chef®

Dinners on a Dime

Recipes are $3 US/ $4 CA or less per serving!



5 Budget-Friendly Dinners for Busy Weeknights



Taco Chili Mac

Serves 6 | Prep Time: 10 min | Total Time: 30 min

INGREDIENTS

Casserole

- 1 tbsp (15 mL) vegetable oil
- 1 medium onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 lb. (450 g) lean ground beef
- 1 tbsp (15 mL) **Everything Taco Seasoning**
- 1 can (15 oz./398 mL) black beans, drained and rinsed
- 1 can (15 oz./425 g) tomato sauce
- 2½ cups (625 mL) low-sodium beef broth
- 1 cup (250 mL) milk
- 8 oz. (250 g) macaroni

Toppings

- 2 cups (500 mL) tortilla chips, coarsely crushed
- 8 oz. (250 g) cheddar cheese, coarsely grated (2 cups/500 mL), divided
- 3 tsp (15 mL) Everything Taco Seasoning, divided
- ¼ cup (60 mL) sour cream
- 1 tbsp (15 mL) milk
- 2 tbsp (30 mL) cilantro leaves, roughly chopped, plus additional for garnishing

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Heat the oil in the **5-qt. (4.7-L) Nonstick Saute Pan** over medium-high heat for 3 minutes. Add the onion and pepper and cook until softened, about 3–4 minutes.
3. Add the ground beef to the pan, breaking it into chunks. Add the seasoning and cook until browned, about 5–7 minutes.
4. Stir in the black beans, tomato sauce, beef broth, and milk. Bring to a simmer and stir in the pasta. Simmer, uncovered, over medium heat until the pasta is tender, about 10 minutes, stirring occasionally. (If the pasta isn't tender, add more beef broth or water and continue cooking).
5. Meanwhile, combine the tortilla chips, 1 cup (250 mL) of the cheese, and 2 tsp (10 mL) of the seasoning; set aside.
6. In a small bowl, mix the sour cream, milk, and remaining 1 tsp (5 mL) of the seasoning; set aside.
7. Once the pasta is cooked, mix in the remaining cheese. Top with the tortilla chip mixture and bake, uncovered, for 6–8 minutes, or until the cheese is melted.
8. Right before serving, drizzle with the sour cream mixture and top with cilantro, if you'd like.

Cook's Tip:

For a leaner, budget-friendly option, try ground chicken or turkey instead of beef.



Pressure Cooker Italian Wedding Soup

Serves 8 | Prep Time: 15 min | Total Time: 50 min

INGREDIENTS

Turkey Meatballs

- 1 lb. (450 g) ground turkey
- ½ cup (125 mL) panko breadcrumbs
- 1 egg
- 1 tsp (5 mL) Italian seasoning
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) black pepper

Soup

- 2 tbsp (30 mL) oil
- 1 large onion, chopped
- 3 carrots, peeled and cut into ½" (1-cm) pieces
- 4 cups (1 L) firmly packed kale leaves
- 3 garlic cloves, pressed
- 1 tbsp (15 mL) Italian seasoning
- 1 tsp (5 mL) salt
- 8 cups (2 L) low-sodium chicken broth
- 1 can (14.5 oz./411 g) diced tomatoes, undrained
- ¾ cup (175 mL) pearl couscous or orzo
- Optional: Grated Parmesan cheese

DIRECTIONS

1. Combine all the meatball ingredients in a large mixing bowl. Form into 16 meatballs.
2. Set the **Deluxe Multi Cooker** to SEAR on high for 25 minutes. Heat the oil in the inner pot for 3 minutes.
3. Add the meatballs and sear on all sides, for about 15 minutes, or until well browned, rotating every few minutes. Remove and set aside.
4. Add the onion, carrots, kale, garlic, seasoning, and salt to the inner pot. Cook and stir, scraping the browned bits off the bottom of the pot, for 2 minutes, or until the onions are slightly softened. Press CANCEL.
5. Add the remaining ingredients to the inner pot. Set to SOUP for 7 minutes. When the timer is up, press CANCEL. Press STEAM RELEASE.
6. Serve with Parmesan cheese, if you'd like.

Cook's Tips:

Speed up your meal by using frozen meatballs. Add them with the remaining ingredients in step 5.

You can use fresh or frozen spinach instead of the kale.

Make a big batch of the turkey meatballs ahead of time and freeze them. You'll have precooked meatballs to add to this soup, pasta, or even meatball subs.



Honey Sriracha Chicken

Serves 6 | Prep Time: 5 min | Total Time: 25 min

INGREDIENTS

- 2 tbsp (30 mL) olive oil
- 2 lbs. (1 kg) boneless, skinless chicken thighs (about 6 pieces), cut into thirds
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) pepper
- 1 onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 head broccoli, cut into bite-sized pieces
- 1 garlic clove, pressed
- 1 tbsp (15 mL) **Honey Sriracha Seasoning**
- 1 tbsp (15 mL) low-sodium soy sauce
- ¼ cup (60 mL) honey
- ½ lime, juiced
- 2 tbsp (30 mL) cornstarch
- 2 tbsp (30 mL) water
- Optional: Green onions, chow mein noodles, lime wedge, cooked rice

DIRECTIONS

1. Heat the oil in the **5-qt. (4.7-L) Nonstick Saute Pan** over medium-high heat for 3 minutes.
2. Season the chicken on both sides with salt and pepper. Brown the chicken, undisturbed, for 5 minutes. Flip and cook for another 3 minutes.
3. Add the onion, bell pepper, and broccoli and cook for 3 minutes, stirring frequently. Add the garlic and cook for 1 more minute.
4. Combine the seasoning, soy sauce, honey, and lime juice. Pour the sauce over the chicken and vegetables. Reduce the heat to medium and bring to a simmer, tossing often.
5. Combine the cornstarch and water in a small bowl to create a slurry. Slowly stir the slurry into the pan. Bring to a simmer and continue cooking until sauce is thickened, about 3 minutes.
6. Serve over cooked rice with sliced green onions, chow mein noodles, and a lime wedge, if you'd like.

Cook's Tip:

Try it with chicken breast, sliced pork, beef, or tofu to change things up!

Serve the leftover chicken pieces on sweet rolls for a quick and flavorful lunch slider!

If you have leftover spaghetti or other cooked noodles, toss those in at the end for a pasta spin.



Ravioli Lasagna

Serves 12 | Prep Time: 10 min | Total Time: 60 min

INGREDIENTS

Ravioli

- 1 jar (32 fl. oz./946 mL) pasta sauce
- 1 can (15.5 oz./411 g) petite diced tomatoes, undrained
- 2 tsp (10 mL) Italian seasoning
- 36 oz. (1 kg) frozen cheese ravioli
- 1 pkg (16 oz./450 g) frozen spinach, thawed and firmly squeezed dry
- 16 oz. (450 g) mozzarella cheese, coarsely grated (4 cups/1 L)

Garlic Twists

- 1 pkg (13.8 oz./391 g) pizza dough
- 2 tbsp (30 mL) butter
- 1 tbsp (15 mL) **Garlic Parmesan Seasoning**

DIRECTIONS

1. Preheat the oven to 400°F (200°C)
2. To make the sauce, combine the pasta sauce, diced tomatoes, and Italian seasoning in a large microwave-safe bowl. Microwave, covered, for 5 minutes, stirring halfway through.
3. Spoon a third of the sauce into the bottom of the **Stone Rectangular Baker**. Place a third of the ravioli over the sauce in a single layer. Crumble half of the spinach over the raviolis. Top the spinach with a third of the cheese. Repeat.
4. Place the final layer of raviolis over the top of the cheese. Spread the remaining sauce over the ravioli and top with the remaining cheese. Bake, uncovered, for 45 minutes.
5. Meanwhile, unroll the pizza dough and cut into 8 equal strips. Fold the strips in half and twist into 6" (15-cm) sticks. Place on the **Stone Serving Tray**.
6. Microwave the butter in a small microwave-safe bowl for 30–45 seconds, or until melted. Stir in the seasoning. Brush each twist with the butter.
7. With 15 minutes of cooking time remaining, place the tray on top of the baker. Bake until the garlic twists are cooked through and browned, about 15 minutes, flipping halfway through.
8. Remove the baker from the oven. Let the lasagna rest, with the tray on top, for 10 minutes.

Cook's Tips:

Using refrigerated ravioli cuts down the cooking time. Follow the instructions and in step 4, cook for 25–30 minutes, or until the temperature reaches 165°F (74°C).

Wrap your leftovers in foil and freeze. After thawing in the refrigerator, bake, covered, at 350°F (280°C) for 25–35 minutes, then uncovered for 10 minutes.

Try using meat- or spinach-filled ravioli instead of cheese.



Chicken Gnocchi Soup

Serves 10 | Prep Time: 5 min | Total Time: 30 min

INGREDIENTS

Alfredo Sauce

- 4 tbsp (60 mL) butter
- ½ cup (125 mL) flour
- 2 cups (500 mL) milk
- 2 oz. (60 g) Parmesan cheese, finely grated (1 cup/250 mL)
- 1 tbsp (15 mL) **Garlic Parmesan Seasoning**

Soup

- 1 tbsp (15 mL) olive oil
- 1 medium onion, chopped
- 2 tsp (10 mL) salt
- 2 cups (500 mL) packed spinach leaves
- ¾ lb. (350 g) red B-size potatoes, diced in ½" (1-cm) pieces (about 3 potatoes)
- 2 medium carrots, peeled and julienned
- 8 cups (2 L) unsalted chicken broth
- 3 cups (750 mL) cooked chicken, shredded
- 1 lb. (450 g) potato gnocchi
- 1 zucchini, chopped into ½" (1-cm) pieces
- Optional: Grated Parmesan cheese and crusty bread

DIRECTIONS

1. To make the Alfredo sauce, melt the butter in the **2-qt. (1.9-L) Nonstick Sauce Pan** over medium-low heat. Stir in the flour and cook for 2 minutes, or until it's golden.
2. Whisk in the milk and continue cooking until the sauce is thick and coats the sides of the pan, about 5 minutes. Remove the pan from the heat. Whisk in the cheese and seasoning. Set aside.
3. Heat the oil in the **8-qt. (7.6-L) Nonstick Stock Pot** over medium heat for 2–3 minutes. Add the onion and salt; cook and stir until the onion has softened, about 3–4 minutes. Add the spinach, potatoes, and carrots. Continue cooking until the spinach has cooked down completely, about 4 minutes.
4. Add the chicken broth and Alfredo sauce. Stir to combine. Bring to a boil, then reduce the heat and simmer for 5 minutes.
5. About 5 minutes before serving, add the chicken, gnocchi, and zucchini to the pot. Stir and cook until the zucchini is tender and gnocchi are cooked, about 3–5 minutes.
6. If you'd like, top with grated Parmesan cheese and serve with bread.

Cook's Tips:

Double the Alfredo recipe and save the extra to top fettuccine and cooked chicken on a busy night.

This recipe makes a lot of servings, so it's a great way to stock your freezer with premade meals for fast dinners. Follow the directions through step 4, then freeze it. When you're ready, bring your frozen soup up to a boil and start again at step 5.

Grocery Lists

By Recipe

Taco Chili Mac

Produce
1 medium onion
1 red bell pepper
Cilantro

Meat/Protein
1 lb. (450 g) lean ground beef

Dairy/Eggs
Milk
8 oz. (250 g) cheddar cheese
¼ cup (60 mL) sour cream

Grains
8 oz. (250 g) macaroni
2 cups (500 mL) tortilla chips

Pantry & Staples
Vegetable oil
1 can (15 oz./398 mL) black beans
1 can (15 oz./425 g) tomato sauce
2½ cups (625 mL) low-sodium beef broth

Pampered Chef Seasonings
Everything Taco Seasoning

Pressure Cooker Italian Wedding Soup

Produce
1 large onion
3 carrots
4 cups (1 L) kale leaves
3 garlic cloves

Meat/Protein
1 lb. (450 g) ground turkey

Dairy/Eggs
Eggs
Parmesan cheese

Grains
½ cup (125 mL) panko breadcrumbs
¾ cup (175 mL) pearl couscous or orzo

Pantry & Staples
Oil
Salt
Pepper
Italian seasoning
8 cups (2 L) low-sodium chicken broth
1 can (14.5 oz./411 g) diced tomatoes

Ravioli Lasagna

Dairy/Eggs
16 oz. (450 g) mozzarella cheese
2 tbsp (30 mL) butter

Frozen
1 pkg (16 oz./450 g) frozen spinach
36 oz. (1 kg) frozen cheese ravioli

Grains
1 pkg (13.8 oz./391 g) pizza dough

Pantry & Staples
1 jar (32 fl. oz./946 mL) pasta sauce
1 can (15.5 oz./411 g) petite diced tomatoes
Italian seasoning

Pampered Chef Seasonings
Garlic Parmesan Seasoning

Grocery Lists

By Recipe

Honey Sriracha Chicken

Produce
1 onion
1 red bell pepper
1 head broccoli
1 garlic clove
1 lime
Green onions

Meat/Protein
2 lbs. (1 kg) boneless, skinless chicken thighs

Grains
Rice (white or brown)
Chow mein noodles

Pantry & Staples
Olive oil
Salt
Pepper
Corn starch
Low-sodium soy sauce
¼ cup (60 mL) honey

Pampered Chef Seasonings
Honey Sriracha Seasoning

Chicken Gnocchi Soup

Produce
1 zucchini
2 medium carrots
¾ lb. (350 g) red B-size potatoes
2 cups (500 mL) fresh spinach
1 medium onion

Meat/Protein
3 cups (750 mL) cooked chicken

Dairy/Eggs
2 cups (500 mL) milk
4 tbsp (60 mL) butter
2 oz. (60 g) Parmesan cheese

Grains
1 lb. (450 g) potato gnocchi
Crusty bread

Pantry & Staples
8 cups (2 L) unsalted chicken broth
Flour
Olive oil
Salt

Pampered Chef Seasonings
Garlic Parmesan Seasoning

Grocery Lists

Compiled

Produce
4 onions
5 carrots
2 red bell peppers
1 zucchini
1 head broccoli
1 garlic bulb
1 lime
¾ lb. (350 g) red B-size potatoes
1 bag (8 oz./250 g) fresh spinach
1 bag (16 oz./450 g) fresh kale
Cilantro
Green onions

Meat/Protein
1 lb. (450 g) lean ground beef
3 cups (750 mL) cooked chicken
2 lbs. (1 kg) boneless, skinless chicken thighs
1 lb. (450 g) ground turkey

Dairy/Eggs
Milk
Eggs
Butter
Sour cream
8 oz. (250 g) cheddar cheese
2 oz. (60 g) Parmesan cheese
16 oz. (450 g) mozzarella cheese

Frozen
1 pkg (16 oz./450 g) frozen spinach
36 oz. (1 kg) frozen cheese ravioli

Grains
1 box (1 lb./450 g) macaroni noodles
1 lb. (450 g) potato gnocchi
1 box pearl couscous or orzo
1 pkg (13.8 oz./391 g) pizza dough
Panko breadcrumbs
Tortilla chips
Rice (white or brown)
Crusty bread
Chow mein noodles

Pantry & Staples
Vegetable oil
Olive oil
Salt
Pepper
Italian seasoning
Flour
Corn Starch
Low-sodium soy sauce
Honey
1 can (15 oz./398 mL) black beans
1 can (15 oz./425 g) tomato sauce
1 jar (32 fl. oz./946 mL) pasta sauce
2 cans (14.5 oz./411 g) diced tomatoes
2 cans (14.5 oz./411 g) low-sodium beef broth
4 cartons (32 oz./946 mL) unsalted or low-sodium chicken broth

Pampered Chef Seasonings
Everything Taco Seasoning
Garlic Parmesan Seasoning
Honey Sriracha Seasoning

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