



## Budget-Friendly Recipes (August 2024)

### Teriyaki Meatball Rice Bowls (4 servings, about \$8.86/recipe)

#### **For the meatballs:**

1 lb. ground pork  
1 large egg  
½ cup breadcrumbs  
1 clove garlic, minced  
1 tsp grated fresh ginger  
½ tsp. soy sauce  
2 green onions, sliced

#### **For the Teriyaki sauce:**

2½ cups soy sauce  
½ cup brown sugar  
2 tsp. grated fresh ginger  
2 cloves garlic  
1 cup water  
2 Tbsp. cornstarch

#### **For the rice:**

1 cup jasmine rice  
2 cups water  
2 green onions  
1 Tbsp. sesame seeds  
1 lb. broccoli florets

Preheat the oven to 400°F. Begin with the meatball mixture. Add the ground pork, egg, breadcrumbs, minced garlic, ginger, soy sauce, and sliced green onions to a bowl. Use your hands to mix the ingredients until evenly combined. Divide and shape the meatball mixture into 16 ping pong ball-sized balls. Place the shaped meatballs on a baking sheet lined with parchment paper. Bake meatballs for about 20 minutes, or until they are golden brown and have reached an internal temperature of at least 160°F.

While the meatballs are cooking, start the rice. Add the jasmine rice and water to a sauce pot and season it as desired. Place a lid on top and turn the heat onto high. Bring the pot up to a full boil, then turn the heat down to low and allow it to simmer, undisturbed, for 15 minutes. After simmering for 15 minutes, turn the heat off and let it sit with the lid still in place for an additional 5 minutes. Fluff with a fork before serving.

While the rice and meatballs are cooking, prepare the teriyaki sauce. Combine the soy sauce, brown sugar, minced garlic, grated ginger, water, and cornstarch in a medium sauce pot. Stir to dissolve the cornstarch. Place the pot over medium heat. Stir and cook the sauce until it begins to simmer, at which point the sauce will thicken and turn from opaque to a shiny sauce. Remove the sauce from the heat.

If serving the meatball bowls immediately, cook the broccoli florets. Once the meatballs have finished baking, add them to the sauce pot with the teriyaki sauce and stir to coat. To build the bowls, divide the cooked rice and broccoli florets between four bowls or containers. Add four meatballs to each bowl, then drizzle the extra sauce over top. Finish the bowls by adding sliced green onion and sesame seeds to each bowl.

### **Church Window Cookies (15 servings, about \$4.77/recipe)**

2 cups semi-sweet chocolate chips  
½ cup butter, cubed  
1 pkg. (10 oz.) pastel miniature marshmallows  
½ cup chopped walnuts, toasted  
2 cups flaked coconut

In a large saucepan, melt chocolate chips and butter over low heat, stir until smooth. Cool slightly. Stir in marshmallows and walnuts. Divide mixture into three portions; place each portion on a piece of waxed paper and shape each into a 10-inch long roll. Roll in coconut. Wrap tightly in waxed paper and refrigerate 2 hours or until firm. Cut crosswise into ½-inch slices.

### **Buffalo Chicken Pasta (4 to 6 servings, about \$10/recipe)**

1 boneless, skinless chicken breast (about ¾ lb.)  
½ tsp. garlic powder  
½ tsp. onion powder  
½ tsp. cayenne pepper  
¼ tsp. salt  
1 Tbsp. cooking oil  
2 Tbsp. butter  
8 oz. penne pasta  
1 can (15 oz.) petite diced tomatoes  
1-1/2 cups chicken broth  
4 oz. cream cheese  
¼ cup hot sauce  
½ tsp Worcestershire sauce  
½ cup shredded Monterey Jack cheese  
2 green onions, sliced (optional)

Cut the chicken into ½- to ¾-inch pieces. Combine the garlic powder, onion powder, cayenne pepper, and salt, then sprinkle it over the chicken pieces. Toss the chicken in the spices until everything is well coated. Heat the cooking oil in a large deep skillet over medium-high heat until very hot. Once hot, add the chicken and brown pieces on all sides. (The chicken does not need to be cooked through at this point.) Add the uncooked pasta, canned diced tomatoes (with the liquid), and the chicken broth to the skillet with the chicken. Stir to dissolve all of the browned bits off the bottom of the skillet. Place a lid on the pot and allow the broth to come up to a strong simmer. The broth will not fully cover the pasta, but that is okay. Once the broth is simmering, briefly stir the pasta, replace the lid, then turn the heat down to medium-low. Allow the pasta to simmer in the broth for 10 to 12 minutes or until the pasta is tender and most of the liquid has been absorbed, stirring once or twice throughout, and always replacing the lid after stirring. Once the pasta is tender and only a small amount of thickened liquid remains in the skillet, cut the cream cheese into chunks and add it to the pasta along with the butter, hot sauce, and Worcestershire sauce. Stir and cook over medium-low heat until the cream cheese has fully melted into the pasta. Add the shredded Monterey jack cheese and stir until melted into the sauce. Top with sliced green onions, then serve hot.