

5-Ingredient Budget-Friendly Everyday Recipes

Banana Vanilla Pancakes

Serves 4–5 | Prep. time 5 minutes | Cooking time 12 minutes | \$

Ingredients

- 2 cups almond milk or whole milk
- 2 tablespoons raw sugar
- 3 cups all-purpose flour
- 2 ripe bananas, peeled and mashed
- ½ teaspoon vanilla extract
- Cooking oil

Directions

1. Combine all the ingredients in a blender or food processor.
2. Blend until smooth.
3. Add the oil to a skillet or saucepan and heat it over medium heat.
4. Add ⅓ cup of the mixture and cook for 2–4 minutes per side until evenly brown.
5. Repeat the process with the remaining batter and serve the pancakes warm.

Nutrition (per serving)

Calories 346, fat 4g, carbs 23g, protein 14g, sodium 106mg

Bacon Potato Soup

Serves 6 | Prep. time 5 minutes | Cooking time 30 minutes | \$\$

Ingredients

- 1 medium yellow onion, peeled and diced
- 5 medium russet potatoes, peeled and cubed
- 2 tablespoons butter
- 1 quart low-sodium chicken broth
- ½ cup heavy cream
- Salt and black pepper
- Bacon, cooked and crumbled (to garnish)

Directions

1. To a skillet or saucepan, add the butter and heat it over high heat.
2. Add the onion and stir-cook to sauté for about 5 minutes or until softened.
3. Add the chicken broth and potatoes.
4. Reduce the heat to medium-low and simmer the mixture. Cover it with a lid and cook for 20–22 minutes, until the potatoes are soft.
5. Add the cream and stir gently.
6. Blend the soup mixture in a blender until creamy and smooth.
7. Return the soup mixture to the pot. Season with black pepper and salt to taste.
8. Serve warm with crumbled bacon on top.

Nutrition (per serving)

Calories 365, fat 12g, carbs 46g, protein 10 g, sodium 217mg

Cheesy Baked Chicken

Serves 6 | Prep. time 5 minutes | Cooking time 45 minutes | \$\$

Ingredients

- 1 cup breadcrumbs
- ½ cup milk
- 6 chicken breast halves
- 1 cup Monterrey Jack cheese, shredded
- 1 ounce powdered ranch dressing mix
- Black pepper and salt to taste

Directions

1. Season the chicken with some black pepper and salt.
2. Preheat the oven to 350°F or 175°C. Grease a baking dish with melted butter.
3. Mix the dressing mix with cheese and breadcrumbs in a mixing bowl. Season with a pinch of black pepper and salt.
4. Coat the chicken breasts in the milk in another bowl. Then coat them with the crumb mixture.
5. Arrange over a greased baking dish.
6. Bake for 40–45 minutes. Serve warm.

Nutrition (per serving)

Calories 208, fat 6g, carbs 7g, protein 27g, sodium 264mg

Rosemary Lamb Chops

Serves 4 | Prep. time 5 minutes | Cooking time 15 minutes | \$\$

Ingredients

- 8 lamb loin chops, about 2 pounds
- 1 teaspoon dried rosemary
- 1 teaspoon seasoned salt
- ½ teaspoon black pepper
- 2 tablespoons olive oil
- ¼ cup balsamic vinegar
- 1 tablespoon honey
- 1–2 tablespoons butter, melted

Directions

1. Season the lamb chops with the salt, black pepper and rosemary.
2. Add the oil to a skillet or saucepan and heat it over medium heat.
3. Add the lamb chops; stir-cook for 4–5 minutes on each side or until cooked well. Transfer to a container and cover with aluminum foil.
4. Add the vinegar and honey to the skillet or saucepan; stir the mixture.
5. Cook for 3–5 minutes on low heat to thicken the sauce.
6. Stir in the butter and mix well.
7. Return the lamb chops to the saucepan and combine well.
8. Serve warm.

Nutrition (per serving)

Calories 415, fat 18g, carbs 16g, protein 45g, sodium 421mg

Classic Cheese Pizza

Serves 4 | Prep. time 10 minutes | Cooking time 30 minutes | \$\$

Ingredients

- ½ cup tomato sauce
- 1 store-bought pizza dough
- 2 cloves garlic, crushed
- ¾ cup herbed goat cheese, crumbled
- 1 cup Mozzarella cheese, chopped

Directions

1. Preheat the oven to 450°F or 230°C.
2. Roll the dough out onto a floured surface to make a 12-inch round shape.
3. Place it on a parchment-lined baking sheet or a pizza stone.
4. Top it with the tomato sauce, garlic and both the cheeses.
5. Bake for 25–30 minutes or until the crust is golden brown.
6. Slice and serve the pizza warm.

Nutrition (per serving)

Calories 428, fat 16g, carbs 8g, protein 15g, sodium 547mg

Blueberry Cobbler Delight

Serves 8 | Prep. time 5–8 minutes | Cooking time 60 minutes | \$

Ingredients

- 1 cup whole milk
- 1 cup all-purpose flour
- 1 quart blueberries
- 1 cup white sugar
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ½ cup butter, melted

Directions

1. Preheat the oven to 350°F or 175°C. Grease a baking dish with melted butter.
2. In a mixing bowl, combine the flour, salt and baking powder.
3. Add the milk and sugar to the bowl and combine until smooth.
4. Add the blueberries.
5. Pour the batter into the greased baking dish.
6. Bake the cobbler for 60 minutes or until the top is golden brown.
7. Cool down for a while, slice and serve.

Nutrition (per serving)

Calories 315, fat 15g, carbs 35g, protein 7g, sodium 246mg

***These recipes and more are found in Louise Davidson's *Cheap and Wicked Good! Vol. 2: 5-Ingredient Budget-Friendly Recipes for Everyday Meals*. To get your copy, click on the cover below or click [here](#).

