

Easy 30-Minute Recipes

Creamy Potato Soup

This recipe is a cozy, decadent dinner for cooking on a budget.

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

Ingredients

- ¼ cup unsalted butter
- 2 yellow onions, diced
- 2 garlic cloves, minced
- 1 ½ pounds white potatoes, peeled and diced into cubes
- 4 cups water
- 2 tablespoons chopped flat-leaf parsley
- ½ cup heavy cream
- Salt and pepper, to taste

Directions

1. Melt the butter in a large pot over medium heat.
2. Add the onions and sauté for 2-3 minutes or until soft.
3. Add the garlic and potatoes. Cook for 5 minutes.
4. Add the water and stir to combine. Cook for 20 minutes or until the potatoes are fork-tender.
5. Purée the soup with a hand blender.
6. Stir in the heavy cream.
7. Season with salt and pepper before serving.

Nutrition (per serving)

Calories 296, fat 17 g, carbs 32 g, sugar 4.4 g, Protein 4 g, sodium 108 mg

Cacio e Pepe

Craving a simple yet very satisfying pasta? Whip up this cheesy recipe!

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

Ingredients

- 7 ounces spaghetti
- 1 tablespoon unsalted butter
- 2 teaspoons freshly ground black pepper
- ½ cup grated parmesan cheese

Directions

1. Cook the spaghetti in a pot filled with salted boiling water for 7 minutes. Reserve ¼ cup of the pasta water before draining.
2. Toast the pepper in a large, deep skillet over medium heat for 2-3 minutes.
3. Transfer the pepper to a medium mixing bowl. Whisk it with the parmesan cheese and pasta water until well combined.
4. Transfer the drained spaghetti to the skillet. Stir in the black pepper sauce and mix vigorously until creamy.
5. Serve warm.

Nutrition (per serving)

Calories 194, fat 6 g, carbs 28 g, sugar 0 g, Protein 8 g, sodium 99 mg

Swedish Meatballs

These meatballs are similar to the ones you can get at IKEA—but they're so easy (and dare we say, fun?) to make at home. We usually have this over mashed potato, but if you have sub or sausage buns to use up, they're good as a meatball sub, too!

Serves 4 | Prep. time 10 minutes | Cooking time 25 minutes

Ingredients

- 1 tablespoon vegetable oil
- 1 egg
- 1½ pounds lean ground beef
- 1 medium yellow onion, diced
- ½ teaspoon ground nutmeg
- 1 (12-ounce) can low-fat evaporated milk
- Salt, pepper, and more nutmeg to taste
- Mashed potatoes, for serving

Directions

1. In a large mixing bowl, lightly beat the egg.
2. Add the ground beef, onion, and nutmeg. Season with salt and pepper.
3. Using gloved hands, gently knead the mixture until it comes together. Do not overmix.
4. Form about 15 meatballs.
5. Place a Dutch oven or heavy pan (you will need a lid) over medium-high heat and add the oil. Brown the meatballs on all sides, remove them to a plate, and cover them to keep warm.
6. Do not drain the pan, but you can spoon out some of the oil if it is too much.
7. Add the evaporated milk and deglaze the pan. Season with salt and pepper and add a bit of nutmeg if desired. Bring the gravy to a simmer and add the meatballs back in.
8. Cover, and cook on medium-low for 15 minutes, until cooked through.
9. Serve hot over mashed potatoes with a portion of the gravy.

Nutrition (per serving)

Calories 415, fat 33 g, carbs 5 g, sugar 3 g,
Protein 43 g, sodium 712 mg

Tuna Fritters

Not only this recipe is budget-friendly, but it's also satisfying and quick to put together.

Serves 4 | Prep. time 10 minutes | Cooking time 10 minutes

Ingredients

- 8 ounces canned tuna, drained
- Salt and pepper, to taste
- 2 tablespoons mayonnaise
- 1 teaspoon dried dill
- ¼ cup cornmeal
- 2 tablespoons breadcrumbs
- Oil, for frying

Directions

1. In a large bowl, flake the tuna with a fork. Season it with salt and pepper.
2. Add the mayonnaise, dried dill, cornmeal, and breadcrumbs. Mix until well combined.
3. Using your hands, form small patties from the mixture.
4. Heat the oil in a large frying pan or skillet over high heat.
5. Working in batches, fry the tuna patties for 2-3 minutes on each side. Drain over a plate lined with a paper towel.
6. Serve with Greek yogurt or a salad.

Nutrition (per serving)

Calories 176, fat 7 g, carbs 10 g, sugar 0.2 g, Protein 16 g, sodium 109 mg

Cauliflower Rice

This dish is simplicity itself and can be served as a side or a main dish.

Serves 4 | Prep. time 10 minutes | Cooking time 10 minutes

Ingredients

- 1 medium head cauliflower
- ½ cup almonds, chopped
- 2 tablespoons butter
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 2 tablespoons lemon and herb dry dip mix (or an herb mixture of your choice)
- Salt and pepper, to taste

Directions

1. Remove the core from the cauliflower head and separate the florets into chunks. Working in batches, place the cauliflower in a food processor until it is broken down into bits that resemble rice.
2. In a large skillet over medium heat, toast the almonds. Stir the almonds in the pan for 3 minutes, or until fragrant and lightly roasted. Set aside.
3. Return the skillet to the stovetop and melt the butter. Stir in the garlic and cook until it is aromatic about 30 seconds.
4. Add the cauliflower rice, salt, and black pepper to taste. Cook, stirring occasionally, for 7 to 10 minutes, or until the cauliflower rice is crisp-tender and beginning to turn light brown in spots.
5. Remove the skillet from the heat and add the lemon juice, seasoning mix or fresh herbs, and toasted almonds. Adjust with more salt, pepper, or lemon juice to taste.

Nutrition (per serving)

Calories 188, fat 13 g, carbs 16 g, sugar 4 g,
Protein 7 g, sodium 45 mg

Banana Foster

Amazingly delicious, this banana foster is super easy to put together and ready in just no time.

Serves 4 | Prep. time 10 minutes | Cooking time 15 minutes

Ingredients

- 4 bananas
- ¾ cup sugar
- 1 teaspoon vanilla extract
- ½ cup light cream
- 4 scoops vanilla ice-cream

Directions

1. In a non-stick frying pan, add the sugar and vanilla extract. Let it melt over -medium-low heat and pour in the cream.
2. Mix until a light caramel develops and add the halved bananas to the mixture.
3. Cook for 5 minutes and serve with vanilla ice cream.
4. Serve and enjoy.

Nutrition (per serving)

Calories 377, fat 8 g, carbs 73 g, sugar 59 g, Protein 3 g, sodium 37 mg

***These recipes and more are found in Louise Davidson's *Cheap and Wicked Good!: 30-Minute Budget-Friendly Recipes for Everyday Meals*. To get your own recipes, click on the cover below or click [here](#).

