

Budget-Friendly One-Pot Recipes

Cream of Broccoli Soup

This easy-to-prepare soup recipe offers fresh broccoli paired with indulgent heavy cream.

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

Ingredients

- 2 tablespoons olive oil
- 1 cup onion, chopped
- 3 cloves garlic, minced
- 7 cups large broccoli florets
- 3 cups low-sodium vegetable broth
- ⅓ cup frozen spinach, thawed
- 1 tablespoon Dijon mustard
- ½ teaspoon dried basil
- Salt and black pepper, to taste
- 1 ½ cups heavy cream

Directions

1. Heat oil in a large, non-stick pot or Dutch oven.
2. Add the onion and broccoli. Sauté for 5 minutes or until softened.
3. Add the garlic. Cook for 30 seconds or until aromatic.
4. Add the broth, mustard, spinach, and thyme. Season with salt and pepper.
5. Lower the heat to medium. Cook until all the vegetables are tender, about 15 minutes.
6. Use an immersion blender to purée the soup.
7. Slowly add the heavy cream, stirring to combine.
8. Serve warm.

Nutrition per serving

Calories 317, fat 25 g, carbs 16 g, Protein 9 g, sodium 688 mg

One-Pot Ground Turkey Spaghetti

Spaghetti is always a crowd-pleasing dish. You'll love it even more when making this simple one-pot recipe.

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

Ingredients

1 tablespoon olive oil
1 pound lean ground turkey
3 cloves garlic, minced
½ cup onion, diced
Salt and black pepper, to taste
3 cups marinara sauce
2 ½ cups chicken broth
1 tablespoon apple cider vinegar
1 tablespoon Italian seasoning
12 ounces dried spaghetti
Grated parmesan cheese, for serving

Directions

1. Heat olive oil a large Dutch oven or pot over medium heat.
2. Add the turkey meat. Season with salt and pepper, and use a wooden spoon to break the meat apart. Cook for 7-10 minutes or until the meat is no longer pink.
3. Add the garlic and onion. Cook for 1 minute or until aromatic.
4. Add the marinara sauce, broth, vinegar, and Italian seasoning. Stir to combine.
5. Break the spaghetti in half and add to the pot. Bring to a boil.
6. Cover and lower heat to a simmer. Cook for 13-15 minutes or until pasta is tender.
7. Turn off the heat and let the pasta rest for 2-3 minutes to absorb more of the sauce. Serve warm with parmesan cheese, if desired.

Nutrition per serving

Calories 603, fat 20 g, carbs 67 g, Protein 37 g, sodium 1353 mg

Mom's Super Easy Shepherd's Pie

This shepherd pie is super easy to make in one pot Dutch oven and will soon become a family favorite.

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

Ingredients

1 pound ground beef
1 cup onion, diced
1 teaspoon garlic powder
2 tablespoons ketchup, plus more for serving
1 tablespoon Worcestershire sauce
3 cups canned corn or frozen corn, thawed and drained
3 cups mashed potatoes

Directions

1. In a Dutch oven or cast-iron skillet, brown the ground beef and onion over medium-high heat. Drain off any excess fat. Reduce heat to medium and stir in the garlic powder and continue cooking for 1 minute. Add the ketchup and Worcestershire sauce. Stir to combine well and remove from heat.
2. Top the beef with an even layer of corn followed by a layer of mashed potatoes.
3. Place the lid on the Dutch oven (or cover with foil for the skillet) and bake for about 25 minutes or until warmed through and bubbly.
4. Remove lid and broil for a few minutes to color the mashed potatoes.
5. Serve warm with extra ketchup if desired.

Nutrition (per serving)

Calories 367, fat 17 g, carbs 35 g, Protein 18 g, sodium 222 mg

One-Pot Tuna Casserole

This classic casserole dish is extra-convenient since you don't have to bake it.

Serves 6 | Prep. time 10 minutes | Cooking time 20 minutes

Ingredients

1 pound egg noodles
10 ounces frozen green peas, thawed
¼ cup butter
1 (10 ¾-ounce) can condensed cream of mushroom soup
5 ounces canned tuna, drained
¼ cup whole milk
1 cup shredded cheddar cheese

Directions

1. Bring a large pot of salted water to a boil. Add the egg noodles and cook until al dente per package directions. Add the green peas to the pot for the last 3 minutes of cooking.
2. When done, drain the pasta and peas. Set them aside.
3. To the same pot, melt the butter over medium heat.
4. Add the mushroom soup, milk, tuna, and cheddar cheese. Cook until smooth, about 7-10 minutes, stirring regularly.
5. Return the noodles and peas to the pan. Stir until everything is well-coated with the sauce.
6. Serve warm.

Nutrition per serving

Calories 380, fat 20 g, carbs 30 g, Protein 18 g, sodium 529 mg

Vegetarian Lasagna

This vegetarian lasagna will satisfy even the most die-hard carnivores. This version is also easier on the budget versus its meat-based counterpart.

Serves 2 | Prep. time 10 minutes | Cooking time 50-60 minutes

Ingredients

1 tablespoon olive oil
1 onion, diced
1 teaspoon garlic, crushed
1 cup zucchinis, cubed
2 carrots, peeled and diced
1 red bell pepper, cored, seeded, and diced
 $\frac{3}{4}$ cup mushrooms, diced
1 (14-ounce) can diced tomatoes with their juices
1 cup water or vegetable stock
Salt and black pepper, to taste
1 teaspoon dried oregano
 $\frac{1}{2}$ cup cream cheese
6 ounces dried lasagna sheets, broken into 2 or 3 pieces
1 $\frac{1}{2}$ cups mozzarella, sliced

Directions

1. Preheat oven to 350°F (177°C).
2. Heat the oil in a large ovenproof pot or Dutch oven over medium heat.
3. Add the onion. Sauté until translucent, about 4-5 minutes.
4. Add the garlic, carrots, zucchini, mushrooms, and bell pepper. Cook for 10 minutes or until vegetables are tender.
5. Add the water, diced tomatoes, oregano, salt, and pepper. Bring to a simmer. Cook for 10 minutes or until the sauce thickens.
6. Add the spinach and cream cheese, stirring to incorporate.
7. Add the lasagna pieces, submerging them in the sauce.
8. Arrange the sliced mozzarella on top on the mixture.
9. Transfer the pot to the preheated oven. Bake without a lid for 20 minutes.
10. Increase the temperature to 400°F (204°C). Cook for another 10 minutes or until the cheese has browned.
11. Serve warm.

Nutrition per serving

Calories 775, fat 40 g, carbs 86 g, Protein 21 g, sodium 341 mg

Chocolate Pudding

This creamy, rich chocolate pudding is the ultimate indulgence, especially during summer when you're craving cool treats!

Serves 2 | Prep. time 10 minutes

Refrigerating time 4 hours | Cooking time 10 minutes

Ingredients

¼ cup granulated sugar
2 tablespoons unsweetened cocoa powder
2 tablespoons cornstarch
1 ½ cups whole milk, divided
1 large egg yolk
1 tablespoon butter
1 teaspoon pure vanilla extract
¼ cup semi-sweet chocolate chips

Directions

1. Add the cocoa powder, sugar, and cornstarch to a 1-quart saucepan. Stir to combine well.
2. Add ½ cup of milk, whisking until smooth.
3. Add remaining milk and egg yolk, whisking constantly to combine.
4. Bring to a simmer for 5 minutes over medium heat, stirring often. Once the mixture simmers, stir constantly for 2 minutes or until it starts to thicken.
5. Reduce heat to low. Cook, stirring constantly for 2 minutes.
6. Remove from heat. Stir in the butter, vanilla, and chocolate chips.
7. Transfer to 2 serving bowls and seal the bowls with plastic wrap.
8. Refrigerate for at least 4 hours before serving.

Nutrition per serving

Calories 433, fat 18 g, carbs 61 g, Protein 8 g, sodium 83 mg

****These recipes and more are found in Louise Davidson's *Cheap and Wicked Good! Budget-Friendly One-Pot Meal Recipes*. To get your own copy, click on the cover below or click [here](#).**

