



Recipes, Videos and Tips on Stretching Your Food Dollar Using Meat Alternatives

Recipes:

Stretching your protein dollar: Look for recipes that replace half or all the meat with other protein alternatives or veggies. See below for ideas and recipes.

1. Replace half of your ground beef with chopped black beans or refried beans.
2. Replace half of your meat with finely chopped veggies.
3. Replace half of your ground beef with beans and veggies when making hamburgers.
4. Have breakfast for supper.
5. Make bean or lentil soup.

Cooking with Ingredients You Already Have: <https://www.chopchopfamily.org/pantry-recipes/>

[Cooking Matters at Home packet:](#) tips on creating soups, pastas and casseroles, freezing fruits/veggies, unit pricing and tips for kids in the kitchen and much more!

[Cooking Matters Facebook page:](#) Videos and posts on recipes and cooking tips

[Cooking Matters recipes](#)

[Quarantine Recipes:](#) from www.allrecipes.com

[Bean and Legume Recipes](#) from www.allrecipes.com

[Canned Seafood Recipes](#) from www.allrecipes.com

What to Make with Canned Beans: <https://esmmweighless.com/what-to-make-with-canned-beans/>

Half Veggie Burgers: <https://www.splendidtable.org/recipes/half-veggie-burgers>

Veggie Lasagna: <https://www.inspiredtaste.net/22401/fresh-vegetable-lasagna-recipe/>

<https://thekitchen.com/beef-and-veggie-lasagna/>

Breakfast casserole: <https://twohealthykitchens.com/farmers-market-overnight-breakfast-egg-casserole/>

Half meat/veggie chili: <https://deliciousinadash.wordpress.com/2014/01/27/half-meat-half-veggie-chili/>

Veggie enchiladas: <https://midwestfoodieblog.com/my-favorite-veggie-enchiladas/>

Articles on Stretching your Food Budget and Cooking with Meat Alternatives

<http://www.meatmattersinfo.org/stretch-meat-dollar/>

<https://www.choosemyplate.gov/eathealthy/protein-foods/protein-foods-tips>

<https://www.choosemyplate.gov/eathealthy/budget>

Videos

Cooking Matters videos via our [YouTube channel](#). 30 Tasty-style recipe videos and other tip-based videos, like how to meal plan.

Cooking Dry Beans video: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/cooking-dry-beans>

[Cooking Matters tips and videos](#)