

\$16 Grocery List

- 25 oz jar unsweetened applesauce
- 15 oz can black beans
- 14.5 oz can sliced carrots, no salt added
- 15.25 oz can whole kernel corn, no salt added
- 14.5 oz can cut green beans, no salt added
- 14.5 oz can diced tomatoes, no salt added
- 15 oz can sweet peas, no salt added
- 5 oz can tuna packed in water
- 5 oz can chicken packed in water
- 18 oz jar peanut butter
- 32 oz brown rice
- 12 oz whole wheat pasta

These grocery items should total around \$16, which is the minimum Food Stamp benefit that people who qualify will get each month. Actual food prices may vary, so check for deals and sales at your local store. See other side for a recipe idea using some of these ingredients!



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- 12 oz pkg English muffins (6 ct)
- two 8 oz cans tomato sauce, no salt added
- 10 oz reduced sodium soy sauce
- 8 oz low fat shredded mozzarella cheese
- 16 oz frozen shelled edamame (soybeans)
- 16 oz frozen stir fry vegetables
- 32 oz brown rice
- 8 oz fresh sliced mushrooms
- one garlic bulb
- one bunch green onions (scallions)

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- ½ gallon low fat milk (1%)
- 18 oz old fashioned oatmeal
- 32 oz low sodium chicken broth
- 28 oz diced tomatoes, no salt added
- 24 oz bag frozen mixed vegetables
- 1 lb dry kidney beans
- 12 oz whole wheat pasta
- four bananas

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- 16 oz pkg whole wheat tortillas (8 ct)
- 28 oz can diced tomatoes, no salt added
- 8 oz low fat cheddar cheese block
- dozen large eggs
- 16 oz bag frozen pepper strips
- 16 oz bag frozen broccoli, corn, and red peppers
- 16 oz bag dry black beans
- onion (one large or about ½ lb)

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English Muffin Pizza

Ingredients

- 2 English muffins (4 halves)
- ½ cup of shredded cheese
- 8 oz can tomato sauce
- ½ cup mushrooms, sliced

Instructions

Split English muffins in half and open. Spread tomato sauce evenly on each half. Top with cheese and sliced mushrooms. Bake on a cookie sheet in the oven at 325 degrees for about 5-6 minutes until the cheese has melted. Serves 2.

Cost per recipe: about \$2.00

For more recipe ideas, visit <http://recipefinder.nal.usda.gov/>



Black Bean and Chicken Chili

Ingredients

- 1 can of cooked chicken
- 1 can black beans
- 1 can diced tomatoes, low sodium
- Chili powder

Instructions

Drain and rinse beans. Drain chicken. Add to pot with tomatoes. You could also add other vegetables like corn or peppers to the chili if you have them. Heat chicken, beans, and vegetables. Add chili powder to taste. Serves 2-3.

Cost per recipe: about \$3.50

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Vegetable Quesadillas

Ingredients

- 4 whole wheat tortillas
- 1 cup of shredded cheese
- ½ cup diced tomatoes, drained
- 1 cup black beans, cooked or canned
- 1 cup frozen pepper strips, cooked

Instructions

Heat frozen pepper strips (in microwave or skillet). Combine with cooked black beans and diced tomatoes. Place one tortilla in skillet over medium heat. Sprinkle about ¼ cup cheese on tortilla and heat until it begins to melt. Scoop in some of the vegetable and bean filling. Fold tortilla in half in the pan and press flat using a spatula. Remove from heat. Repeat steps with the remaining tortillas. Serves 4.

Cost per recipe: about \$4.00

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Simple Minestrone Soup

Ingredients

- 16 ounces frozen vegetables, any type
- 1 can diced tomatoes, no salt added
- 1 cup pasta, dry, any type
- 1 cup beans, cooked or canned
- 32 ounces broth, low sodium

Instructions

In a large pot, combine frozen vegetables, tomatoes, broth, and beans. Bring the soup to a boil and add the pasta. Reduce to low heat. Let simmer for 8-10 minutes or until the pasta and vegetables are tender. Serves 5-6.

Cost per recipe: about \$6.00

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