The Ration Plan

by Harmon & Rebecca Huff

budget friendly recipes

www.thatorganicmom.com

about this ebook

In life there are ups and downs. During a particularly difficult period of time my son and I came up with a plan to save money on the food budget. Being a fan of history, he referred to our menu and grocery list as "the ration plan" and it stuck.

While not everyone has the same budget, the star of each of these recipes is a food that is typically lower in price and goes a long way toward feeding the family.

We saved hundreds of dollars using the ingredients and recipes outlined below and were able to get past the struggle. Although, the meals are so delicious, we kept them in our rotation and still prepare them from time to time.

I hope you'll use and enjoy the Ration Plan.

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BUDGET FRIENDLY GROCERY LIST

- Potatoes, sweet or white
- Cabbage
- Onions
- Carrots
- Celery
- Canned Tomatoes
- Eggs
- Garlic
- Dried Beans
- Lentils
- All purpose Flour
- Cornmeal
- Oatmeal

MEAT

- Ground beef
- Chicken
- Canned wild caught salmon

MEAL SUGGESTIONS

- Mashed Potatoes
- Potato Salad
- Egg Salad
- Bread: biscuits, flatbread, tortillas, cornbread
- Cole Slaw
- Twice Baked Potatoes
- Potato Wedges
- Potato Soup
- Latkes
- Fried Potatoes
- Steamed Cabbage
- Fried Rice w/ Cabbage and eggs
- Potato Gnocchi
- Mashed Potato and cabbage pancakes
- Minestrone
- Chicken Dumplings
- Vegetable Soup
- Tacos
- Egg Roll in a Bowl
- Burritos, burrito bowls
- Chili topped baked potatoes
- Goulash

The Recipes
POTATOES

Potatoes

POTATOES ARE SO VERSATILE

There are so many ways to make potatoes the star of the dinner table! *see resources page at the end of this book for more potato recipes!

Potato Croquette

Delicious cheesy potato ball breaded and fried. Dip in ketchup or ranch dressing. Alternatively, these can be baked at 400 degrees for 12–15 minutes.

INGREDIENTS

- 2 cups mashed potato, cold
- 5 eggs, divided use
- 1/2 cup mozzarella, shredded
- salt and pepper, to taste
- 1/2 cup parsley, optional
- 1 tbsp flour, all purpose or gluten-free
- 1/4 cup milk
- 3/4 cup breadcrumbs

1. Mix cold potato, 2 eggs, cheese, flour, seasonings, and parsley if using.
2. Roll into bite-sized balls and rest on a parchment lined baking tray.
3. Mix 3 eggs + milk in a shallow pie plate.
4. In a separate shallow pie plate, add breadcrumbs.
5. Heat oil for deep frying.
6. Roll potato balls in eggwash, then breadcrumbs, then fry for 3 minutes each.
7. Transfer to paper towel to drain. Then enjoy.

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Potato Scones

HOMEMADE FAVORITES

These scones are savory, not sweet and can be consumed for either breakfast, lunch or dinner!

INGREDIENTS

- 1.5 pounds potatoes
- 1/4 cup butter
- 1/2 cup flour, all-purpose
- salt and pepper to taste

1. Boil, then peel potatoes. (or reverse, it's up to you.
2. Mash cooked potatoes.
3. Add butter and seasonings.
4. Divide "dough" into four equal portions.
5. Roll each portion out to 1/4" thickness.
6. Using a fork, poke holes to perforate seams, dividing the rolled dough into sixths, then cut apart.
7. Over medium-high to high heat, cook scones until brown, flip and brown the second side.
8. Enjoy! – Serve with eggs, bacon, sausage, or as is!

The Recipes
CABBAGE

Curry-Cabbage

INDIAN INSPIRED

Our local Indian restaurant has a similar dish on the menu which I enjoy on the rare occasion we've been out to eat.

INGREDIENTS

- 4 cups cabbage, chopped
- 2 garlic cloves
- 1 tsp minced ginger
- 1 tsp curry powder
- 1/2 tsp cumin
- 1 tbsp neutral oil
- red chili flakes
- 1/3 cup water
- 2 tbsp lemon juice
- salt and pepper to taste

1. Mince the garlic and ginger into a small bowl, set aside.
2. Add oil to a large skillet and heat over medium high, add cumin and curry powder, allow seasonings to bloom.
3. Add cabbage and water then reduce to medium, stir to combine.
4. After most of the water evaporates, add garlic and ginger, stir well and then add lemon juice.
5. Continue cooking until cabbage is done (I like mine soft and almost caramelized, but you can cook it less if you like.)

Mom's Cabbage Soup

HOMEMADE FAVORITES

Comfort in a bowl!

INGREDIENTS

- 15 oz can whole peeled tomatoes
- 1 small green cabbage, sliced into 1/4" strips
- 1 sweet onion, chopped
- 1 tsp ghee or butter
- 2 tsp neutral oil or extra ghee
- 4 cups chicken broth or bone broth
- 1/2 tsp cumin
- salt and pepper to taste

1. Heat oil and/or ghee in a heavy bottom pot over medium heat, then add onion and spices, cooking until onions soften.
2. Add cabbage and season with salt and pepper.
3. Next, add tomatoes with juice and stir.
4. Add broth and bring to a simmer.
5. Lower heat and cover, simmering for half an hour or until the cabbage is cooked, break up any large pieces of tomato.
6. Serve and enjoy!

Rice

Fried Rice w/ Eggs

EASY PEASY FRIED RICE

This recipe is useful for cleaning out the fridge. If you have leftover veggies, toss them into a stir-fry, it's easy!

- 2 tbsp toasted sesame oil
- 4 cups rice, any variety will do really – we use short grain, but long grain rice may be more traditional
- 3 eggs
- small diced leftover or fresh veggies such as peas, carrots, green onions, bell pepper, zucchini, onion, etc.
- 3 cloves garlic, minced
- 2-3 tbsp soy sauce or coconut aminos

1. Heat skillet over high medium high heat until hot, add oil
2. Add veggies, stirring until cooked.
3. Add garlic and stir.
4. Add rice, stir, make a well in the center of the rice and add lightly beaten eggs.
5. Cook and incorporate eggs into rice until the eggs are done.
6. Season with soy sauce and top with green onions or chives if you have them, sprinkle with sesame seeds or everything seasoning if you have it.

Rice Balls

INGREDIENTS

- 2 cups warm cooked rice
- 1/2 cup ham, minced
- 2 cups baby spinach
- 2 scallions, finely chopped
- 1/2 tsp toasted sesame oil
- sesame seeds, optional

1. Heat skillet with oil, wilt spinach and scallion.
2. Combine rice, ham, spinach in a bowl and mix well.
3. Using a cookie scoop, take a uniform amount of rice and shape it into a ball.
4. Optionally, sprinkle with sesame seeds.
5. Eat and enjoy

**alternatively if you have a rice mold for onigiri, you can use it – see my photo below and garnish with edible flowers if you grow them! I've use nasturtium on a bed of home grown sprouts in the photo below.

Flour

Flatbread
(naan)

INGREDIENTS

- 1/4 cup sourdough discard
- 1/4 cup water
- 1 tbsp Greek Yogurt, plain
- 2 tbsp oil
- 1/2 tsp salt

1. Mix discard, water, oil, and yogurt in a good sized bowl.
2. Add flour and salt, mixing by hand or in a stand mixer.
3. Cover dough and let it rest for 2 hours.
4. Divide dough into equal sized pieces 6–8 servings.
5. On a lightly floured surface, roll out each portion about 1/4" thick
6. Preheat skillet over high heat, cooking until golden brown on each side.
7. Serve while warm.

NOTE: a dry pan will work and not stick if the heat is high, but if you're worried, you can use oil, butter, lard, or ghee in the pan.

Lentils and Beans

BEANS AND LENTILS

Are inexpensive and also very filling so they're a superb budget-friendly ingredient..

Lentil Soup with Spinach and Carrots

MEXICAN FIESTA

Bring the flavors of Mexico right into your home.

INGREDIENTS

- 2 tbsp neutral oil or ghee
- 3 carrots, peeled, diced small
- 2 celery stalks, diced
- 1 onion, diced
- 3 garlic cloves, minced
- 2 tsp cumin
- 14 oz can diced tomatoes
- 10 oz lentils
- 4 c. broth (vegetable, chicken, or beef will all work)
- 4 c. spinach leaves, fresh
- salt and pepper to taste

1. Over medium high heat, add oil to large pot, then carrots, onion, celery, let soften for about 5 minutes.
2. Next, add garlic and cumin, stir, then season with salt and pepper.
3. Add tomatoes, lentils and broth, then bring to a boil.
4. Reduce heat and cover partially allowing it to simmer until the lentils are done, if the liquid evaporates before lentils are done, add water.
5. Stir in fresh spinach and cook until lightly wilted, about 2 minutes.
6. Taste, season with salt, pepper, hot sauce or pepper flakes if desired.

OTHER BUDGET FRIENDLY RECIPES:

- Salt and Vinegar Potatoes
- Creamy New Potatoes
- Golden Potato Soup
- Sweet Potato Fritters
- Easy Verde Chicken
- Chickpea Tacos
- Kraut Burgers
- Okonomiyaki – Japanese Cabbage Pancake
- Tamagoyaki – Rolled Japanese Omelet
- Easy Creamy Tomato Soup
- Quickie White Chicken Chili

RECOMMENDED PRODUCTS AND COMPANIES

- Recommended

HAPPY COOKING!

I hope you enjoy our "ration plan" recipes, let us know what you think.

Rebecca & Harmon