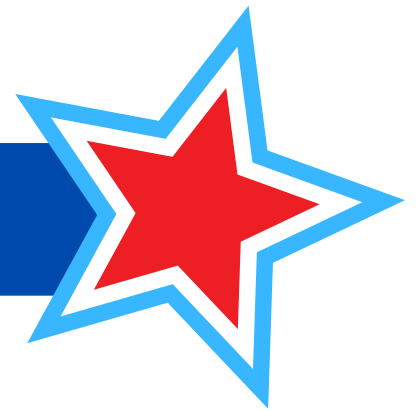




JULY 2023



cheaprecipeblog.com

American Apple Pie Overnight Oats

In a jar or container, combine 1/2 cup oats, 1/2 cup milk, 1/2 cup applesauce, and cinnamon or pumpkin pie spice. Mix well, cover with a lid or plastic wrap, and place in the fridge overnight. Enjoy cold or warmed up in the microwave the next day for breakfast.



thespruceeats.com

Farmer's Pie

In a skillet, cook diced onion and chopped mixed vegetables (corn, peas, carrots, etc.) until soft. Add canned, drained pork and Italian seasoning and transfer mixture to a greased baking dish. In a pot, heat canned, drained potatoes with butter, garlic powder and sour cream. Mash with a potato masher or mixer and spread on top of pork mixture. Drizzle gravy over mashed potatoes and bake at 350°F for 20-30 minutes.



savoryonline.com

Cheesy Rice

In a large skillet, bring 1 can broth to a boil. Add 2 cups uncooked rice, 1/2 pound Velveeta cheese (cut into small cubes), 1-2 cups of your favorite chopped veggies (broccoli, peas, peppers, etc.), and 1-2 cups of your favorite chopped, cooked protein (chicken, tuna, beans, etc.). Cook until rice and veggies are done and cheese is melted.

