What’s for Supper?

You Can Eat Well on a Tight Food Budget

We all know it is a challenge to provide a simple, delicious and healthy meal for a family on a tight budget. To help, we’ve included a menu with lots of different vegetables and fruit for a complete dinner for under $10. It provides enough food for six people. If you have only two or three in your family—you can have a second meal of tasty leftovers!

Sensational Six-Layer Dinner
Yield: 6 servings

Ingredients:
2 - 3 medium sliced potatoes
2 cups sliced carrots
1/4 teaspoon black pepper
1/2 cup sliced onion
1 pound browned and drained ground beef
1 1/2 cups green beans
1 can tomato soup

Serve with:
low fat milk
100% whole wheat bread
cantaloupe

Instructions: 1. Lightly oil or spray baking dish with cooking spray. 2. Layer ingredients in order given. Cover. 3. Bake at 350 degree for 45 minutes or until tender and thoroughly heated. 4. Uncover and bake 15 more minutes.

Note: Canned green beans (drained) can be substituted for fresh green beans. Refrigerate leftover casserole within 2 hours. Casserole can be reheated in microwave to an internal temperature of 165 degrees.
**Sensational Six-Layer Dinner is Healthy AND Affordable!**

- 3 medium potatoes $ .33
- 2 cups sliced carrots .42
- 1/2 onion, sliced .13
- 1 pound ground beef $3.33
- 1 can green beans .42
- 1 can tomato soup .50

Plus bread, fruit and milk:
- 8 slices 100% whole wheat bread .80
- 1 medium cantaloupe $2.68
- 6 cups low fat milk $1.38

**Total cost for this meal is just $9.99!***

*Prices are meant to serve as a guideline. They may vary by location, store and season.

**How Can I Use My Vision Card to Stretch My Food Dollar?**

- Plan before going to the grocery store. Even if you are only buying a few things, make a shopping list.
- Shop from your list. You will buy less if you use a list.
- Shop when you are not hungry. This way you will not buy more than you want and need.
- Check the store’s sales. Pick things on your list that are on sale.
- Use coupons. These can be used with the Vision Card. Coupons can help your Vision Card buy more.
- Buy generic or store brands. They usually cost less.
- Check unit prices. Compare prices.
- Buy fresh fruits and vegetables when they are in season.
- Check out your local farmer’s market.

**Wash Melons Before Cutting**

To reduce the risk of getting salmonella or other foodborne illnesses from melons, including cantaloupes:

Wash hands with hot, soapy water before and/or after handling fresh melons.

Scrub whole cantaloupes by using a clean produce brush and cool running water before eating.

Cut away and do not eat bruised or damaged areas of melon.

Throw away leftover cut melon if left at room temperature for more than two hours.

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**Sensational Six-Layer Dinner Shopping List**

- 3 medium potatoes
- carrots
- onion
- 1 pound ground beef
- green beans
- 1 can tomato soup
- 100% whole wheat bread
- 1 medium cantaloupe
- low fat milk

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size: 1/8 complete meal</th>
<th>Servings Per Container: 6 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories: 440</td>
<td>Calories from Fat: 45</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>Total Fat: 5g</td>
<td>8 %</td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
<td>Trans Fat: 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 45mg</td>
<td>Sodium: 730mg</td>
<td></td>
</tr>
<tr>
<td>% Daily Value</td>
<td>Total Carbohydrate: 68g</td>
<td>23 %</td>
</tr>
<tr>
<td>Dietary Fiber: 11g</td>
<td>Sugars: 30g</td>
<td></td>
</tr>
</tbody>
</table>
| Protein: 33g | *

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| Calories: 2,000 | Calories: 2,500 |
|----------------|----------------|---|
| Total Fat: Less than 65g | 80g |
| Sat Fat: Less than 20g | 25g |
| Cholesterol: Less than 300mg | 300mg |
| Sodium: Less than 2,400mg | 2,400mg |
| Total Carbohydrate: 300g | 375g |
| Dietary Fiber: 25g | 30g |

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For more information, contact your local Extension Office.