Recipes

Looking for affordable and delicious recipes for your clients? Look no further! Explore ingredient-specific and budget friendly recipes below.

Helpful Sites
Good and Cheap Cookbook
USDA “What’s Cooking?”

Northwest Harvest Recipes by Ingredient
Basics of Cooking Dried Beans (tear-off)
Basics of Cooking Pasta (tear-off)
Basics of Cooking Oatmeal (tear-off)
Basics of Cooking Rice (tear-off)
Baked Eggs with Tomatoes and Herbs
Baked Potatoes Primavera
Bean and Tomato Stew with Sage
Black Bean Quesadillas with Corn Salsa
Cheddar, Corn and Potato Chowder
Chickpea Curry
Chickpea or Edamame Stew
Crispy Potatoes with Spicy Tomato Sauce
Dressed-up Tomato Soup
Easy Mexican Casserole
Easy Minestrone Soup
Fried Rice
Green Beans and New Potatoes
Mashed Chickpea Pitas
Mashed Potato Recipes
Oatmeal & Peanut Butter Bars
Pasta Fagioli
Potatoes au Gratin
Potatoes Madras
Quick & Easy Peanut Butter Oatmeal
Salsa Bean Soup
Smoky Chili Joes
Spanish Rice
Spinach and Bean Casserole
Tomato and Rice Soup
Vegetarian Chili
Indian Tomato Chicken
Shepherds Pie
Zucchini Corn Fritters
Green Pea Cookies
Ranch Roasted Chickpeas
Black Bean Cakes (Burgers)