

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 \(tear-off\)](#)

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[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](#)

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[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](#)

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[Ranch Roasted Chickpeas](#)

[Black Bean Cakes \(Burgers\)](#)