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[Cheap Meal Ideas](#) don't usually necessarily mean sacrificing good taste. The proceeding recipes are light about the pocket but heavy with flavor.

[Vegetarian Chili Recipe](#)

Elements

1 pot chopped onions
1 1/2 teaspoons dried basil
three cloves garlic, minced
1 tablespoon vegetable oil
1 pot chopped eco-friendly bell pepper
1 pot chopped red bell pepper
3/4 pot chopped celery
1 1/2 teaspoons dried oregano
3/4 pot chopped carrots
1 (28 ounce) can peeled tomatoes with liquid, chopped
1 tablespoon chili powder
1 1/2 cups chopped fresh mushrooms
1 (19 ounce) can kidney beans (with liquid)
1 (11 ounce) can whole kernel corn, not drained
1 tablespoon terrain cumin

Guidance

Raise the temperature of the oil inside a saucepan on medium high temperature. Sauté the carrots, garlic and onions until they're soft. Combine the peppers, chili powder and celery. Prepare for 6 minutes. Stir in the mushrooms. Prepare for 4 minutes.

Combine the tomatoes, corn and kidney beans. Combine some oregano, cumin and basil. Bring this with a boil. Arranged the high temperature to medium. Put the cover on. Allow it simmer for 20 minutes, stirring each now and then.

Chili Recipe II

Elements

2 bay leaves
1 tablespoon olive oil
1 tablespoon salt
1 teaspoon terrain cumin
2 tablespoons dried oregano
1/2 medium onion, chopped
2 celery stalks, chopped
2 jalapeno peppers, chopped
2 eco-friendly bell peppers, chopped
2 (4 ounce) cans drained and chopped eco-friendly chili peppers
three cloves garlic, chopped
1/4 pot chili powder
1 tablespoon of terrain black pepper
1 (15 ounce) can of garbanzo beans, drained
1 (15 ounce) can of kidney beans, drained
1 (15 ounce) can of whole kernel corn
1 (15 ounce) can black beans
Vegetarian burger crumbles

three (28 ounce) cans of whole peeled tomatoes, crushed

Guidance

Raise the temperature of the oil inside a pot at medium high temperature. Combine the onion. Stir in the salt, cumin, oregano and bay leaves. Keep stirring until the onion receives soft.

Throw in the peppers, garlic and celery. Following the veggies are hot, include the burger crumbles. Arranged the high temperature to reduced. Put a lid about the pot. Allow it simmer for five minutes. Toss in the tomatoes. Combine some chili, chili powder and pepper.

Stir in the beans. Bring this with a boil. Reduced the high temperature. Allow it simmer for 45 minutes. Stir in the corn and make for five more minutes.

[Hamburger Casserole Recipe](#)

Elements

- 1 pot chopped onions
- 1 1/2 cups frozen lima beans
- 1 1/2 cups shredded cheddar cheese
- 1 eco-friendly bell pepper, chopped
- 1 1/2 cups of frozen corn kernels
- 2 teaspoons Worcestershire sauce
- 2 teaspoons salt
- 1/3 pot flour
- 2 cups potatoes thinly sliced
- 1/2 teaspoon chili powder
- 2 cans (14.5 ounces every) diced tomatoes
- 1 lb terrain chuck

Guidance

Raise the temperature of the oven to 375 F. Mix the chuck, onion, tomatoes, salt and Worcestershire sauce. Place it in the casserole. Best with the other elements. Bake for 45 minutes and best with cheese. Bake for an additional 30 minutes.

As these recipes show, you don't have to spend a fortune to get high high quality dishes. With these dishes, simple but tasty treats are only moments away.

Generating delicious foods does not necessarily mean you've to shell out plenty of funds. Uncover some inexpensive meal tips and relish inexpensive but sumptuous treats. Make hamburger casseroles and fulfill your cravings for good food.

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