



*Nutritious
Recipes*

ON A BUDGET

BARBARA BIANCHI

Country Style Pork Ribs



This oven baked country style pork ribs recipe uses an inexpensive cut of meat which makes this meal quite budget friendly. Follow my tips for perfectly tender juicy meat.

[Go to the blog for more tips on this recipe.](#)

Recipe for Country Style Pork Ribs:

Ingredients:

5 pounds of country style pork ribs
2 teaspoons of salt
2 teaspoons of pepper
1 teaspoon of thyme
1/2 cup of gluten free barbecue sauce optional
For brine:
3 tablespoons of salt
3 cups of water

Directions on the next page.

Directions for Country Style Pork Ribs:

First, tenderize your meat in a brine overnight for about 24 hours. Dissolve salt in water in your baking dish and immerse meat in the brine. Toss in flavorings like peppercorns and basil leaves if you'd like. Cover and refrigerate.

The next day when you're ready to cook, preheat your oven to 300°F.

Rinse the meat and pat it dry.

Discard the brine solution and wash out the dish before placing the meat back in to cook right in the same baking dish.

Rub the meat on all sides with a mixture of salt, pepper, and thyme.

Cover the dish with foil and bake for two hours.

Then take the ribs out of the oven and carefully drain the dish (there will be a lot of liquid).

Turn the oven down to 275°F.

If you would like, brush the ribs with barbecue sauce.

Then finish cooking uncovered, for another hour. Serve with a lot of napkins. Serves 6

Fried Cabbage And Knockwurst



Healthy and satisfying fried cabbage and knockwurst is a quick weeknight dinner or an easy meal to prep for grab-and-go lunches. You can go with sausage, kielbasa, bacon, hot dogs, or even chicken if you prefer. [Go to the blog for more tips on this recipe.](#)

Recipe for Fried Cabbage And Knockwurst:

Ingredients:

1/2 of a head of cabbage
1 large onion
8 tablespoons (one stick) of butter
1/2 teaspoon of salt
a dash of pepper
1/2 teaspoon of garlic powder
1 cup of gluten free chicken broth
1 pound of fully-cooked knockwurst
parsley for garnish

Directions on the next page.

Directions for Fried Cabbage And Knockwurst:

Slice your onion into thin strips and set aside. Then core and slice your cabbage into thin strips.

Melt your butter in a deep skillet over a medium heat. Add onions and cook until caramelized, about ten minutes. Season with salt, pepper, and garlic powder.

Then add your cabbage slices. It might look like they're overflowing, but you can cover the pan for a minute or two and they'll cook down pretty quickly. Then mix the onion and cabbage, continuing to sauté.

Add chicken broth and stir.

During this last few minutes of cooking, add your sliced fully-cooked knockwurst to the skillet and stir.

Once the cabbage and onion mixture is completely cooked down and browned on all the edges, about 15 minutes, turn the flame off.

Garnish with parsley and serve warm right from the skillet. Serves 4

Sloppy Joe Stuffed Peppers



Homemade sloppy joe stuffed peppers are loaded with seasoned ground beef and chunks of onions and peppers in a bright tomato sauce. Then they're roasted until browned and bubbly. [Go to the blog for more tips on this recipe.](#)

Recipe for Sloppy Joe Stuffed Peppers:

Ingredients:

2 green bell peppers to be stuffed

For sloppy joe filling:

1 tablespoon extra-virgin olive oil

1 pound ground beef

1/2 green bell pepper diced

1/2 red bell pepper diced

1 onion diced

1 tablespoon garlic minced

1/2 teaspoon thyme

salt to taste

15 ounce can tomato sauce

1 tablespoon Apple Cider vinegar

1 tablespoon gluten free Worcestershire sauce (Lee & Perrins is gluten free)

Directions on the next page.

Directions for Sloppy Joe Stuffed Peppers:

Preheat oven to 375°F

Cut two of your green peppers in half. Remove the seeds and membranes (you can do this with a spoon). Place them in a slightly oiled baking dish and cover with aluminum foil.

Partially cook them in your oven for about 15 minutes.

Meanwhile, sauté your diced peppers and onions in olive oil for 5 minutes.

Add garlic and cook for 1 more minute. Remove from the pan and set aside.

Brown beef in the same pan. Then add tomato sauce, vinegar, Worcestershire sauce, thyme, and salt.

Stir peppers and onions back in with the beef and simmer for 10 minutes.

By now, your pepper halves should have become slightly softened in your oven. Take them out and fill them with your beef mixture. Divide the mixture between the halves, gently packing down the mixture.

Pop them back into the oven for 20 minutes until browned and bubbly. Serves 4

Orange Herb Roasted Chicken



Roast chicken is one of my favorite budget friendly recipes. Whole chickens are great because you can use the bones to make chicken broth. This roasted chicken is marinated for several hours in orange juice and an herb mixture for an effortless and elegant meal.

[Go to the blog for more tips on this recipe.](#)

Recipe for Orange Herb Roasted Chicken:

Ingredients:

1 Whole Chicken (Today I have an organic 4 lb. chicken)

3 cloves garlic pressed

1/4 teaspoon oregano

1/4 teaspoon marjoram

1/4 teaspoon rosemary crushed

1/4 teaspoon basil

1 teaspoon salt

1 tablespoon chili powder

1 cup orange juice

Directions on the next page.

Directions for Orange Herb Roasted Chicken:

Remove the chicken from the packaging, remove any giblets, and rinse under cold water – inside and out. Pat dry with a paper towel and place chicken in a shallow baking dish.

Combine garlic, oregano, marjoram, rosemary, basil, salt, and chili powder in a small bowl.

Pour orange juice over the chicken and rub the herb mixture onto the whole chicken. Place in the refrigerator to marinate for 1-3 hours.

When you are ready to roast your chicken, preheat oven to 375°F

Place chicken breast side up on a rack in a shallow roasting pan. Roast uncovered for 1 3/4 hours (about 20-25 minutes per pound). Serves 4

Amazing Slow Cooker Pot Roast



For this recipe, I choose an inexpensive rump roast or bottom round. It's lean and easy to slice. Simmering the spice-rubbed meat with sweet carrots and potatoes low and slow all day in the natural juices tenderizes the meat and is such a nutritious way to cook. And the clean up is so fast and easy too. [Go to the blog for more tips on this recipe.](#)

Recipe for Amazing Slow Cooker Pot Roast:

Ingredients:

4-5 pound bottom beef roast
extra virgin olive oil EVOO
1 tablespoon rosemary
1 teaspoon salt
3 cloves garlic thinly sliced
a handful of fresh parsley roughly chopped
1 cup gluten free beef broth homemade or store bought
4 carrots peeled and cut into large chunks
1 medium onion diced
3-4 potatoes peeled and cubed

Directions on the next page.

Directions for Amazing Slow Cooker Pot Roast:

Rub roast with oil.

Combine rosemary, garlic, parsley, and salt in a small bowl and rub over the entire roast.

In a skillet, brown the roast on all sides and transfer to your slow cooker fat side up.

Heat a tablespoon of oil in the same skillet. Add carrots and onions and sauté for 5 minutes.

Transfer carrots and onions to the slow cooker.

Add potatoes to the slow cooker as well.

Pour beef broth into the slow cooker over the roast.

Cover and cook for 7 hours on low.

Remove the meat to a cutting board and slice it thinly against the grain.

With a slotted spoon, transfer potatoes and carrots to a serving dish. Serves 6

British Style Meat Pie



This is a British style meat pie recipe with low carb ingredients. Today I have an inexpensive chuck roast cut into two thick steaks. Your meat will turn out mouthwateringly tender in a luscious gravy with a fun cauliflower crust. *If you're not following a low carb diet, go ahead and make this recipe with my [velvety gravy](#) and bake it in your favorite pie shell. [Go to the blog for more tips on this recipe.](#)*

Recipe for British Style Meat Pie:

Ingredients:

2 pounds beef chuck roast cut into thick steaks
3 tablespoons of avocado oil
1 onion minced
1 small carrot diced
2 cups of gluten free chicken broth
1 teaspoon of garlic powder
1 tablespoon of gluten-free tomato paste
1 tablespoon of gluten-free tomato sauce
2 teaspoons of gluten-free Worcestershire sauce Lee & Perrins is gluten free
1 teaspoon of thyme
1 teaspoon of salt
pepper to taste
1 cup of red wine
1 tablespoon of powdered gelatin
3 tablespoons of butter

Ingredients for cauliflower crust on the next page.

Ingredients for cauliflower crust:

1 head of cauliflower
1/2 cup of water
1 egg beaten
1/2 cup of parmesan cheese grated
1/2 teaspoon of salt
pepper to taste

Directions on the next page.

Directions for British Style Meat Pie:

Take the meat out of the refrigerator an hour before you're ready to cook, if you can, to bring it to room temperature. Pat the meat dry with paper towels.

Additionally, pound the meat with a meat tenderizer to soften the fibers of the meat.

You don't want to pound it too hard, but a light pounding with the rough edge of a meat mallet will do the trick.

Trim excess fat, remove any gristle, and set aside.

In a large pot, cook onion in oil until caramelized (about 5 minutes). Transfer onions to a bowl and set aside.

Next heat 3 more tablespoons of oil in your pot for a minute or two. Then season your meat with salt and place it in the pot to sear.

After about 3 minutes, flip the meat over and sear the other side for another 3 minutes. This will add tremendous flavor to your pot of stew.

Transfer your meat to a cutting board and deglaze the pot with wine scraping up the brown bits. Simmer until the wine is reduced by half (about 5-7 minutes).

Meanwhile, cut the meat against the grain into strips and then each strip into one-inch cubes. It will just be seared on the outside, not cooked all the way through.

Return the caramelized onions and beef cubes to the pot. Add chicken broth, carrots, garlic powder, tomato paste, tomato sauce, Worcestershire sauce, and thyme.

Now let that simmer for 1 hour with the lid slightly ajar to keep the temperature low. We want this to cook low and slow, not boil.

After 1 hour, prepare your gelatin.

First, sprinkle the powdered gelatin into 1 cup of cold water and let it sit for 5 minutes.

This is called blooming.

Add this gelatin mixture to your stew, and it will dissolve evenly. Add butter and stir.

Season with salt and pepper to taste.

Directions for cauliflower crust on the next page.

Directions for cauliflower crusts:

Preheat your oven to 375°F. Line a baking sheet with parchment paper and brush with olive oil.

Pulse a few florets of cauliflower at a time in your food processor until the cauliflower pieces are the size of couscous, about 3 cups.

Next bring ½ cup of water to a boil in a small saucepan. Add the cauliflower to the pan. Stir. Turn the heat off and cover the pan. Let the pan sit covered for 10 minutes.

Then remove the lid. Transfer to a cheesecloth and twist cheesecloth into a pouch. Squeeze out as much of the moisture as possible, almost 1 cup of liquid. It's important for the cauliflower rice to be dry.

Then place in a large mixing bowl and add egg, cheese, salt and pepper. Mix well. Divide into 8 sections on the oiled parchment paper. Shape into circles to fit each crock or ramekin. Bake for 10-15 minutes and set aside.

Assemble your pot pies:

Using a spatula, gently place one baked cauliflower crust on the bottom of each oven-safe crock or ramekin. Fill each with your luscious beef mixture and top with another cauliflower crust.

Score each top with a sharp knife for ventilation. Bake for 20 minutes until bubbly.
Serves 4