



BUDGET BYTES

DELICIOUS RECIPES DESIGNED FOR SMALL BUDGETS

Curried Chickpeas Meal Prep

GROCERY ITEMS	
	Onion, 1 small
	Garlic, 2 cloves
	Ginger, 1 inch
	Spinach, 8 ounces
	Cauliflower, 1 head
	Red onion, 1/2 large
	Frozen peas, 1/2 cup
	Yogurt, plain, 1/3 cup
	Egg, large, 1
	Tomato sauce, 15 oz can
	Chickpeas, (2) 14.5 oz cans

PANTRY ITEMS	
	Olive oil, 1/2 cup
	Curry powder, 2 Tbsp
	Crushed red pepper, 1/4 tsp
	Salt, 1 tsp
	Pepper
	Active dry yeast, 2 tsp
	Sugar, 1 tsp
	All purpose flour, 2 1/2 cups

*Remember: Shop your pantry before you shop the store so you know what needs to be restocked and what you already have on hand.