



From the Food Bank Kitchen

A SNAP Cookbook—Good and Cheap

A SNAP Cookbook—Good and Cheap was created by Leanne Brown, who wanted to provide a resource that uses inexpensive ingredients. Cooking on a limited budget can be a challenge; this cookbook can help you make affordable meals without having much kitchen skill. The best part of this cookbook is that you can download it for FREE online!

1. Go to www.leannebrown.com
2. Click the FREE PDF button to get the cookbook
3. Print it or save it to your computer (or just print a couple recipes; it doesn't have to be the whole book)

Planning out meals is a great way to eat healthy and stretch your SNAP benefit:

- Visit the local Food Pantry once you receive your SNAP benefit each month, then use EBT to supplement later as needed, to help you plan better balanced meals.
- Cooking at home saves money—eating out can be expensive and can add up quickly (even fast food places)
- Build your pantry; having low-cost staples and spices, like flour and garlic powder, on hand can make throwing a meal together easier.

“There are thousands of barriers that can keep us from eating in a way that nourishes our bodies and satisfies our tastes. Money just needn't be one of them” - Leanne Brown

Corn Soup

Serves 4

Source: Adapted from [Good and Cheap Cookbook](#)

- 4 c fresh, canned or frozen corn
- 1 Tbsp butter
- 1 onion, finely chopped
- 2 sticks of celery, finely chopped
- 1 green or red bell pepper, finely chopped
- 1 small potato, diced
- 4 cloves garlic, chopped
- 1 chili pepper, chopped (optional)
- 1 Tbsp flour or cornmeal
- ½ tsp ground black pepper (optional)
- ½ tsp salt (optional)
- 5 c reduced sodium vegetable or chicken broth

Directions: Melt butter in large pot or Dutch oven on medium heat. Add onion, celery, bell pepper, and potato, then stir. Cover pot and let steam on low for 5 minutes. Take lid off and stir vegetables, add garlic and chili pepper (if using). Let vegetables cook, stirring occasionally for another 5 minutes, using a splash of water or broth to free any that get stuck to bottom of pot. Add corn and flour (or cornmeal) to the pot and stir. Add 5 cups of stock and bring to a boil. Cover and turn heat down to low and let simmer for about 30 minutes. Add pepper and salt to taste. To increase protein, serve with a hard-boiled egg, or toss in some beans or cooked leftover meat or chicken.

Nutrition Facts: Calories 260, Fat 5 gm, Saturated Fat 2 gm, Sodium 230 mg, Carbohydrate 50 gm, Fiber 5 gm, Sugars 6 gm, Protein 7 gm

Banana Pancakes

Makes 14 pancakes

Source: [Good and Cheap Cookbook](#)

- 2 c flour (optional: use half whole wheat flour)
- ¼ c brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 2 ripe bananas, sliced*
- 2 ripe bananas, well mashed
- 2 eggs
- 1½ c low fat milk
- 1 tsp vanilla extract

Directions: In medium bowl, mix flour, brown sugar, baking powder, baking soda, and salt. In another bowl mix the mashed banana, eggs, milk and vanilla. Add dry ingredients from first bowl to the second bowl. Gently stir together. Let mixture sit for 10 minutes. Place pan on medium heat. Use a 1/2 tsp of butter to coat heated pan. Ladle about 1/4 cup of batter on to hot pan. Add 3-4 pieces of sliced banana to uncooked side of pancake while in pan. Once pancake is dry on edges and the middle is starting to bubble, flip them over. Cook until browned on both sides.

Nutrition Facts for one pancake: Calories 130, Fat 1 gm, Saturated Fat 0 gm, Sodium 270 mg, Carbohydrate 27 gm, Fiber 1 gm, Sugars 10 gm, Protein 4 gm

* Tip: If you have bananas getting too ripe on your counter, peel and cut into chunks, then freeze in single layer in zip-lock bag till ready to cook with.