THE BARRETT TOP 50

Cookbook

Let's Get Cooking

Welcome to my collection of favorite recipes! I have curated this list over the past decade and these are the ones we consistently come back to as our favorites. I love these recipes because they help me cook efficiently and affordably, while keeping my family healthy and satisfied.

While I absolutely love to cook, I don't love doing it every day. These recipes are great because most of them make enough for 2-3 nights for a family. This allows me to enjoy cooking a few nights a week and get some time off from the kitchen the remainder of the week.

Cooking at home allows us to eat healthier, save money (how can you beat $2 per person per meal for dinner!), enjoy time together at home as a family, and on busy nights, pull leftovers out of the refrigerator when we are all going in different directions.

Enjoy!

Laura Barrett

Table of Contents

01

Quick Rotisserie Chicken Gumbo

02

Chicken Paprikash

03

Cauliflower, Tomatoes, and Pepperoni Pasta

04

Peanut Chicken Lettuce Wraps with Ginger Garlic Sauce

05

ItalianWedding Soup

06

Creamy Chicken and Wild Rice Soup

07

Shredded Chicken Stew

08

Lemon Chicken

09

Sheet Pan Meatballs with Crispy Turmeric Chickpeas

10

Spicy Chicken-Tortilla Chip Casserole

Like this compilation? Help us make the next one!

If you like this recipe compilation, and want more, please support us at no cost to you just by using the following affiliate links:

GROCERY DELIVERY:

- ✓ Shipt
- ✓ FreshDirect
- ✓ Postmates (use "GETFOOD" to get $100 in delivery fee credits)
- ✓ Instarcart

ALTERNATIVES

(not under $2 per person per meal, but offer options):

- ✓ GrubHub (use promo code "AFFFREEDEL" for free delivery)
- ✓ Door Dash
- ✓ PlateJoy
- ✓ eMeals
- ✓ Hello Fresh
- ✓ Wine Insiders

Quick Rotisserie Chicken Gumbo

Active: 30 min | Total: 50 min | Yield: 8 servings

This recipe is from the Oct 2017 issue of Food Network Magazine. We absolutely loved it! It ended up making about 8 'person' meals, as Brad says, or 4 nights of dinner for the two of us. We ate it twice this week and put two portions in the freezer.

Notes about the recipe:
- I left out the fresh thyme and frozen okra.
- I use bouillon cubes to make broth.
- I accidentally left off the scallions at the end, (I just forgot when we went to serve it)
- I used about 1/3 of a package of rotisserie chicken meat from Costco that sells for$12 ($4 for the chicken for this recipe) and I used 13 oz of smoked andouille sausage that I got for about $3.

Ingredients:

1/2 pound andouille sausage, cut into 1/4-inch-thick slices

1/2 pound Polska kielbasa sausage, cut into 1/4-inch-thick slices

1/2 cup peanut oil

1/2 cup all-purpose flour

1 cup chopped yellow onion

1 cup chopped green bell pepper

1 cup chopped celery

2 garlic cloves, chopped

1 1/2 teaspoons chopped fresh thyme

1 1/2 teaspoons Creole seasoning

1/4 teaspoon cayenne pepper

5 cups low-sodium chicken broth

4 cups shredded rotisserie chicken (from 1 large rotisserie chicken)

1 14.5-ounce can diced tomatoes, undrained

1 1/2 cups frozen cut okra

2 teaspoons Worcestershire sauce

4 cups hot cooked white rice

1/4 cup sliced scallions

Hot sauce (optional)

Directions:

1. Cook the sausages in a large nonstick skillet over medium heat until browned, about 8 minutes. Remove the sausages from the skillet and drain on paper towels.

2. Heat the oil in a large Dutch oven over medium-high heat; gradually whisk in the flour and cook, whisking constantly, until the flour is a deep caramel color, 7 to 10 minutes.

3. Reduce the heat to medium. Stir in the onion, bell pepper, celery, garlic, thyme, Creole seasoning and cayenne pepper; cook, stirring constantly, about 5 minutes. Gradually stir in the broth; add the chicken, tomatoes, okra, Worcestershire sauce and sausage.

4. Increase the heat to medium high and bring the mixture to a boil. Reduce the heat to low and simmer, stirring occasionally, until all the vegetables are tender and the broth has thickened slightly, about 20 minutes. Serve the gumbo over the hot cooked rice topped with the scallions. Serve with hot sauce, if desired.

TOTAL COST OF MEAL:

$4 for chicken
$3 for sausage
$5 (approximately) for the other items (onion, pepper, celery, tomatoes, chicken broth, etc)
$12 Total - $1.50 per person

Chicken Paprikash

Total: 45 min | Yield: 8 servings

This recipe is from the Richmond Times Dispatch; however, I am not sure when. I believe that it was a few years ago.

Notes about the recipe:

- I make my own chicken broth using bouillon cubes.
- I don't use hot or smoked paprika. I just use an extra teaspoon of regular paprika and I add some cayenne pepper since we like a bit of spice.
- The one thing I do that is different from the recipe is once you add the tomatoes & broth and you return the chicken to the pot, I then cook it on low for another 1-2 hours, instead of 10 minutes. I found if I cooked it for 10 minutes, the chicken was not very tender. When I cook it low & slow for 1-2 hours, the chicken basically shreds apart, which we love.

Ingredients:

3.pounds boneless, skinless chicken thighs

Kosher salt AND ground black pepper

1 tablespoon canola oil

2 large yellow onions, quartered Jength-wise and thinly sliced crosswise

2 garlic cloves, finely minced

2 tablespoons all-purpose flour

2 tablespoons sweet paprika

1 teaspoon smoked or hot paprika (optional)

2 bay leaves

1 14-ounce can crushed tomatoes

2 cups low-sodium chicken broth

¾ cup sour cream

1 16-ounce bag egg noodles

Directions:

1. Season the chicken with salt and pepper. In a very large, deep heavy saute pan (such as a cast-iron skillet) over medium high, heat the oil. When the oil is hot, add the chicken and cook for about 4 minutes. Flip the chicken and cook for another 4 minutes; it will not be cooked through. Transfer the chicken to a plate. It's fine if there are bits stuck to the pan.

2. Return the pan to medium heat and add the onions. Saute for 5 minutes, or until softened and moderately browned. Stir in the garlic and saute for an additional 1 minute. Stir in the flour and both varieties of paprika, stirring for 1 minute, or until well-mixed. Add the bay leaves, tomatoes and broth. Bring to a-simmer, stirring occasionally and scraping the bottom to loosen any stuck bits.

3. Return the chicken to the pan, along with any juices on the plate. Cook for an additional 10 minutes, or until the chicken is cooked through.

4. Meanwhile, bring a large pot salted water to a boil and cook the egg noodles according to package directions. Drain and divide among serving plates. When the chicken is cooked, remove the pan from the heat. Remove the bay leaves from the sauce and discard, then stir in the sour cream. Top each portion of noodles with chicken and sauce.

5. Increase the heat to medium high and bring the mixture to a boil. Reduce the heat to low and simmer, stirring occasionally, until all the vegetables are tender and the broth has thickened slightly, about 20 minutes. Serve the gumbo over the hot cooked rice topped with the scallions. Serve with hot sauce, if desired.

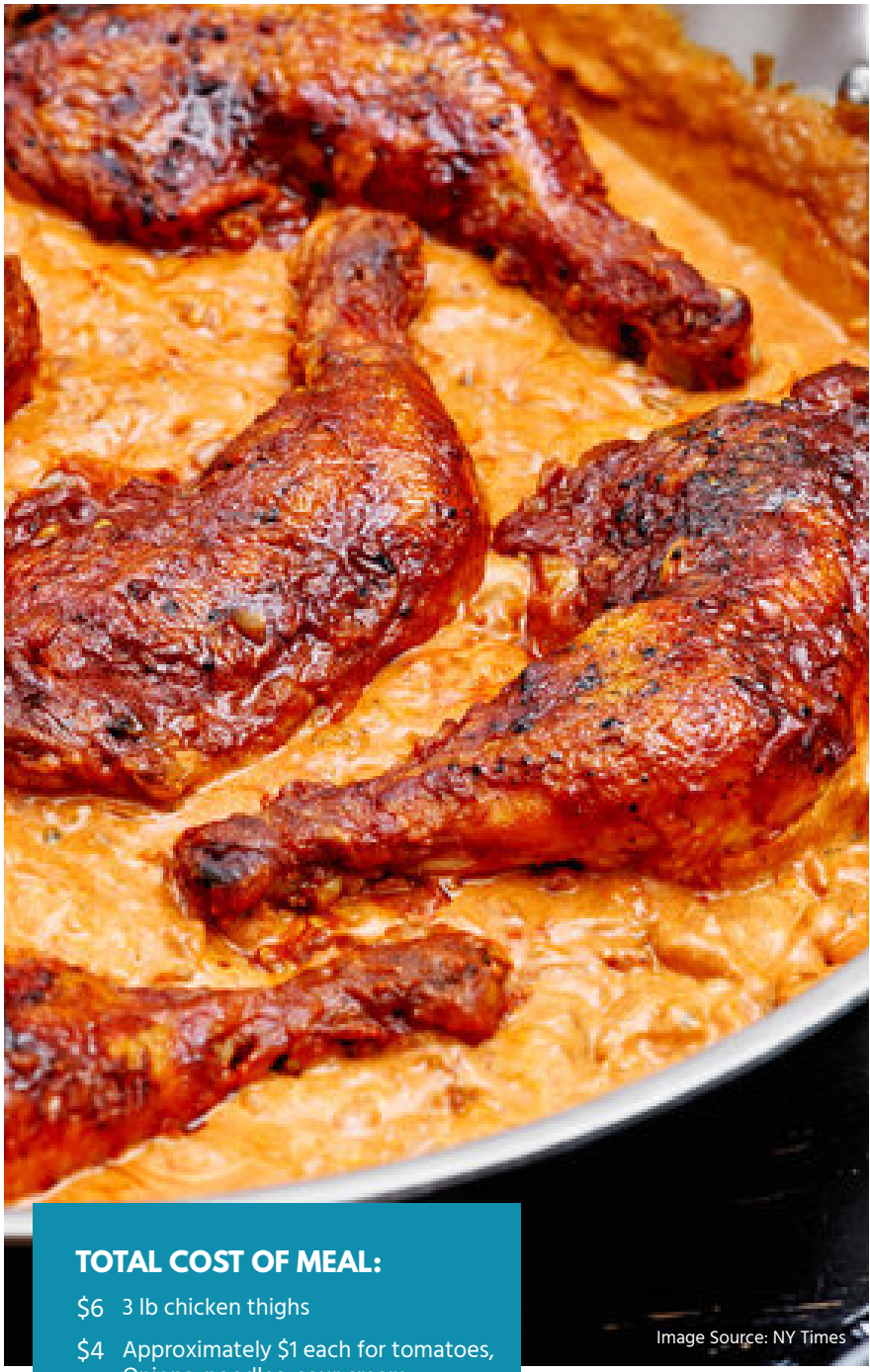


Image Source: NY Times

TOTAL COST OF MEAL:

$6 3 lb chicken thighs

$4 Approximately $1 each for tomatoes, Onions, noodles, sour cream

$10 Total - $1.25 per person

Cauliflower, Tomatoes, and Pepperoni Pasta

Active: 15 min | Total: 30 min | Yield: 4 servings

This recipe is from the January 2013 issue of Woman's Day; It's a unique pasta dish that is one of Brad's favorite recipes. This makes about 4-6 'person meals', or 2-3 nights of dinner for two of us. I didn't think this would freeze well, but we tried it once and it came out great.

Notes about the recipe:

- I made it the first time exactly as is. Neither of us loved the tomatoes so we sub them out and replace with sliced onions since we love roasted onion. I put the onions on the roasting pan exactly when the recipe says to add the tomatoes. We do everything else the same. I would imagine it might be very good with the tomatoes and onions.
- We use double the pepperoni and the biggest head of cauliflower I can find.

Ingredients:

1 small head cauliflower

2 tbsp. olive oil

Kosher salt

Pepper

12 oz. medium shells or other short pasta

1 pt. grape tomatoes

3 oz. pepperoni

1/2 c. chopped fresh flat-leaf parsley

Directions:

1. Heat oven to 425 degrees F. On a large rimmed baking sheet, toss the cauliflower, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast for 12 minutes.

2. Meanwhile, cook the pasta according to package directions. Drain the pasta and return it to the pot.

3. Add the tomatoes to the cauliflower, toss to combine, and roast for 6 minutes more. Scatter the pepperoni over the vegetables and roast until the cauliflower is golden brown and tender, 6 to 8 minutes more. Toss the pasta with the cauliflower mixture and parsley.

TOTAL COST OF MEAL:

$0.80	12 oz pasta
$2	7 oz bag of pepperoni
$2.50	Head of cauliflower 1
$1	large onion
$6.30	Total - $1.57 per person

Peanut Chicken Lettuce Wraps with Ginger Garlic Sauce

Active: 10 min | Total: 15 min | Yield: 4 servings

This recipe is from the the Pinch of Yum website/ food blog. It's a great website with fantastic recipes. This makes about 4 'person meals', or 2 nights of dinner for two of us.

Notes about the recipe:

- I pretty much follow the recipe as it is. I think letting the ground turkey sit in the sauce before you cook it is what makes it so flavorful.
- I do use the rice vinegar & cornstarch, as I think the vinegar adds a good flavor.
- I use about 1.5 lb of ground turkey, to ensure that it is enough for two dinners for us.
- I use iceberg lettuce because I think it holds up well as the 'wrap' and I just use whatever nuts I have around the house (peanuts, cashews, toasted walnuts).
- I have made this with and without the noodles. It's a little heartier with the noodles, but you can use thin spaghetti or angel hair pasta instead of the rice noodles (good way to save money).
- I have included $1.50 for small amounts of soy sauce, honey, chili paste, rice vinegar, etc. I always have these things in the house, so using a couple tablespoons probably doesn't even cost me a dollar. You may have to buy a couple of these things for the first time you make the dish, but after that the cost is dramatically less per meal.

Ingredients:

For The Sauce

4 tablespoons soy sauce

3 tablespoons oyster sauce

3 tablespoons water

1 tablespoon sambal oelek (chili paste)

1 tablespoon honey

1 tablespoon fresh ginger (I use a paste)

Juice of 2 limes

2 garlic cloves, minced

4 green onions, minced

1 tablespoon rice vinegar (optional – makes it more tangy)

1 teaspoon cornstarch (optional – helps the sauce thicken)

For the Lettuce Wraps:

2 tablespoons sesame oil

1 lb. ground chicken or turkey

1/2 cup lightly salted peanuts, chopped

6 ounces rice noodles

12 leaves of lettuce (I used Boston lettuce)

Chopped cilantro, green onions, and peanuts for topping

Directions:

1. Whisk all the sauce ingredients together in a small bowl. Pour about 3/4 of the sauce into a bowl with the ground chicken and peanuts. Stir to combine – marinate for 15 minutes.

2. Soak the rice noodles in a large bowl of water while the meat is marinating. When the noodles are softened, drain and rinse with cold water. Cut into small pieces.

3. In a large skillet, heat the sesame oil over medium heat. Add the meat and peanut mixture and sauté for 10 minutes or until cooked through. Add the noodles and stir-fry for another 5 minutes or until soft, adding a splash of water, oil, soy sauce, oyster sauce, or lime juice to moisten the pan as you see fit.

4. Remove from heat, scoop mixture into lettuce leaves, top with cilantro, green onions, peanuts, and the reserved sauce.

TOTAL COST OF MEAL:

$4	12 oz pasta
$1	7 oz bag of pepperoni
$1	Head of cauliflower
$0.30	1 large onion
$1.50	Honey, soy, chili paste, lime juice
$7.80	Total - $1.95 per person

Italian Wedding Soup

Active: 15 min | Total: 35 min | Yield: 8 servings

This recipe is from the December 2015 issue of the Food Network magazine. We love this recipe. This makes us 6 'person meals', or 3 nights of dinner for two of us (using as a main dish) by adding extra meat.

Notes about the recipe:

- I make my own chicken broth using bouillon cubes.
- I don't use the parsley at the end.
- I usually add extra meat so that this can be 3 nights of dinner instead of 2. It freezes really well so I'd rather get more meals out of it. If you're going to add some extra meat, go ahead and use a little more ricotta cheese, pesto & parmesan cheese in the meatballs too. You may also need a 5th cup of chicken broth.
- I use spinach instead of escarole.

Ingredients:

Meatballs:

1 small onion, grated

1/3 cup chopped fresh Italian parsley

1 large egg

1 teaspoon minced garlic

1 teaspoon salt

1 slice fresh white bread, crust trimmed, bread torn into small pieces

1/2 cup grated Parmesan

8 ounces ground beef

8 ounces ground pork

Freshly ground black pepper

Soup

12 cups low-sodium chicken broth

1 pound curly endive, coarsely chopped (1 pound of escarole would be a good substitution)

2 large eggs

2 tablespoon freshly grated Parmesan, plus extra for garnish

Salt and freshly ground black pepper

Directions:

1. To make the meatballs: Stir the first 6 ingredients in a large bowl to blend. Stir in the cheese, beef and pork. Using 1 1/2 teaspoons for each, shape the meat mixture into 1-inch-diameter meatballs. Place on a baking sheet.

2. To make the soup: Bring the broth to a boil in a large pot over medium-high heat. Add the meatballs and curly endive and simmer until the meatballs are cooked through and the curly endive is tender, about 8 minutes. Whisk the eggs and cheese in a medium bowl to blend. Stir the soup in a circular motion. Gradually drizzle the egg mixture into the moving broth, stirring gently with a fork to form thin stands of egg, about 1 minute. Season the soup to taste with salt and pepper.

3. Ladle the soup into bowls and serve. Finish soup with parmesan cheese if desired.

TOTAL COST OF MEAL:

$6	1.5 - 2 lb ground turkey
$0.75	Ricotta cheese
$1	Store bought pesto
$2	8 oz bag spinach
$1	Onion, garlic, parmesan cheese
$0.50	Crusty bread for dipping
$11.65	Total - $1.45 per person

Creamy Chicken and Wild Rice Soup

Active: 32 min | Total: 40 min | Yield: 6 servings

This recipe is from the October 2017 issue of Cooking Light magazine. We love this recipe. This made us 6 'person meals', or 3 nights of dinner for two of us (using as a main dish) .

Notes about the recipe:

- I make my own chicken broth using bouillon cubes.
- I left out the thyme & mushrooms.
- I used about¼ of a package of Costco's pre packaged Rotisserie chicken meat. They sell it in a 2.5 lb package of just the rotisserie chicken breast meat.
- I use spinach instead of kale.
- I used regular white rice instead of wild rice.

Ingredients:

5 bacon slices, chopped

1 cup chopped onion

1 cup thinly sliced carrot

1/2 cup thinly sliced celery

1 tablespoon fresh thyme leaves

1 (8-oz.) package presliced cremini mushrooms

4 garlic cloves, minced

4 cups unsalted chicken stock

1 cup water

4 cups lightly packed chopped curly kale

1 teaspoon kosher salt

1/2 teaspoon black pepper

6 ounces shredded skinless, boneless rotisserie chicken breast (about 1 1/2 cups)

1 (8-oz.) package precooked wild rice (such as Simply Balanced)

1 cup half-and-half

1 1/2 ounces all-purpose flour (about 1/3 cup)

Directions:

1. Heat a Dutch oven over medium-high. Add bacon to pan; cook 4 minutes or until crisp. Remove bacon from pan with a slotted spoon, reserving 1 tablespoon drippings. Add onion, carrot, and celery to drippings in pan; sauté 3 minutes. Add thyme, mushrooms, and garlic; sauté 5 minutes. Add stock and 1 cup water; bring to a boil. Reduce heat, and simmer 8 minutes or until vegetables are tender. Add kale, salt, and pepper; cook 3 minutes. Stir in chicken and rice.

2. Combine half-and-half and flour in bowl, stirring with a whisk. Stir into soup; cook 2 minutes or until thickened. Top with bacon.

TOTAL COST OF MEAL:

$3	Rotisserie chicken
$1	Bacon (about 1/3 lb)
$1	Half & Half
$2	8 oz bag spinach
$0.50	Rice
$1.25	Onion, carrot, celery, broth, garlic
$0.25	Crusty bread for dipping
$9	Total - $1.50 per person

Shredded Chicken Stew

Active: 45 min | Total: 3 hours | Yield: 6 servings

My dad found this recipe in a magazine years ago. The name of the magazine is cut off so I don't know where it's from. The original recipe calls for rabbit meat, but we use chicken. So you'll see the recipe constantly referring to rabbit. The recipe makes 6 servings, as written. We recently made this for our whole family while they were in town for Christmas and it made 12 servings by doubling the recipe.

Notes about the recipe:

- I left out the anchovy, bay leaves and thyme.
- I use 2 lb of boneless chicken thighs for the regular recipe; when we doubled it for our family I used 4-4.5 lb.
- We serve it over rice, instead of pappardelle noodles, although I'm sure that would be good too.
- I cook the chicken the same way the recipe says to cook the rabbit. When it's all cooked after the 2 hours, 1 shred all of the chicken, instead of leaving some pieces large.

Ingredients:

2 lbs boneless chicken thighs

1/4 cup olive oil

1 anchovy (optional)

1 medium onion, diced

1 carrot, diced

1 stalk celery, diced

Pinch of red-pepper flakes

1 tablespoon minced garlic

1 teaspoon tomato paste

1 cup dry red wine

1 cup seeded, chopped San Marzano tomatoes

1 cup low-sodium chicken broth 2 bay leaves

2 sprigs thyme

2 tablespoons unsalted butter, cut into pieces

12 ounces pappadelle

Pecorino Romano cheese. for grating.

Directions:

1. Pac the rabbit pieces dry and season with salt and pepper. In a Dutch oven over medium-high heat, add the oil and brown the pieces, working in batches if needed to avoid crowding. Transfer to a plate.

2. Reduce the heat to medium. Add the anchovy (if you choose) and mash it until it dissolves into the oil. Add the onion, carrots and celery, stirring until soft, about 5 minutes. Then add the red-pepper flakes, garlic and tomato paste, stirring for another minute. Deglaze the pan with the wine, tum the heat to high and boil to burn off the alcohol, about 4 minutes. Add the tomatoes, broth, bay leaves and thyme. Return the rabbit pieces to the pot, spacing them evenly so they are partly covered by the liquid. Bring to a boil and then reduce the heat and simmer, covered, until the rabbit is falling off the bone, about 2 hours, Turn the pieces at least once.

3. Turn off the heat and discard the thyme and bay leaves. Remove the rabbit from the sauce and let cool; then pull the meat from the bones. Shred some pieces and leave ochers large. Return the meat to the pan and simmer the sauce until thickened, 10 to 15 minutes. Stir in the butter, piece by piece. Season to taste with salt and pepper.

4. Bring a large pot of salted water to a boil. Cook the pappardelle until al dente. Before draining, save a cup of the pasta water. Toss the pappardelle with the sauce over low heat, adding pasta water as necessary if the sauce is too thick. Divide among pasta bowls and top with the grated cheese.

Photo Credit: Joe Lingeman

TOTAL COST OF MEAL:

$8.50	4.25 lb boneless chicken thighs
$2.50	2 cups red wine
$1.25	Tomato paste+ crushed tomatoes
$1	Rice
$2	2 onions, carrot, celery, broth made from bouillon cubes
$15.75	Total - $2.65 per person

Lemon Chicken

Active: 35 min | Total: 35 min | Yield: 4 servings

This is my mom's recipe that she's been making for years. I think it's something she got from someone in her family so there is no one specifically who gets credit for this recipe. It's simple and easy and doesn't require many ingredients.

Ingredients:

½ cup flour

1 tsp pepper

1.5 lb boneless chicken breast

1 stick butter

2 cups chicken broth (1 use bouillon to make my own broth) 1/3 cup white wine

+/- 1/3 cup lemon juice (depends on how lemony you like it)

Directions:

1. Mix flour & pepper together. Cut chicken into one inch squares and coat in flour mixture:
2. Melt butter in large pan over medium high heat. Once it is melted, add chicken pieces to the pan. Cook one one side until chicken is golden brown on outside. Then flip each piece over to brown the other side.
3. After chicken is browned, add broth. Cook 5 minutes.
4. Add wine & lemon juice and cook another 5-10 minutes.
5. Serve over rice & enjoy.

TOTAL COST OF MEAL:

$3	1.5 lb boneless chicken breast
$1	Wine, lemon juice, broth
$1	Rice
$0.75	Stick of butter, flour, pepper
$15.75	Total - $3.93 per person

Sheet Pan Meatballs with Crispy Turmeric Chickpeas

Total: 60 min I Yield: 4-6 servings

This recipe is from the Smitten Kitchen website, one of my favorite food biogs. We just recently made this for the first time and loved it! This made us 5 'person meals', or 2 nights of dinner for two of us and one extra dinner or lunch. We served everything on one plate: chickpeas, meatballs, some of the sliced lemon onions, Naan bread and the yogurt sauce for dipping. If you like Middle Eastern flavors, you'll love this. The meatballs were so light & fluffy.

Notes about the recipe:

- I left out the fennel seed.
- I used 20 oz of ground turkey.
- I use Trader Joe's frozen naan bread for the pita. It's $2 for 4 pieces.
- The meatballs were enough for the 5 person meals. The second night we had it, I made the chickpeas again, so I needed 4 cans of chickpeas and two red onions, total.

Ingredients:

Meatballs

1 pound (455 grams) ground turkey

1/2 cup panko, or another plain, dry breadcrumb

1/4 cup plain yogurt

2 tablespoons water

1 teaspoon kosher salt

1 large egg

2 garlic cloves, minced

1/2 teaspoon ground coriander

1/2 teaspoon ground cumin

1/2 teaspoon ground turmeric

1/ 4 teaspoon cayenne, hot paprika, or red pepper flakes, plus more to taste

2 tablespoons chopped cilantro, flat-leaf parsley or mint leaves, or a mix thereof. plus more to garnish

Chickpeas

2 (15-ounce) cans chickpeas. drained and rinsed

1 tablespoon fennel seed

1 teaspoon ground cumin

1 teaspoon ground turmeric

1 large red onion, thinly sliced, divided

2 tablespoons olive oil

Kosher salt and freshly ground black pepper

Directions:

1. Heat oven to 400 degrees. Combine chickpeas, fennel seed, cumin, 1 teaspoon turmeric and half the red onion slices on a rimmed baking sheet. Drizzle with olive oil. season with salt and pepper and toss to coat. Roast for 25 minutes, until beginning to firm/crisp up.

2. Meanwhile, make meatball mixture. Mix all ingredients in a large bowl with a fork or (my recent discovery) a potato masher to mix. Form into 1.75-inch meatballs; I use a #40 cookie scoop, which holds about 12/3 tablespoons.

3. Remove sheet pan with chickpeas from the oven (leave oven on) and move the chickpeas to the sides of the chickpeas to the outer edges of the baking sheet. Lightly coat center with a thin coat of oil, either brush or spray 't on. just to be safe. Place baking sheet in oven and bake 10 to 15 minutes. or until meatballs are cooked through. Meanwhile, toss remaining onion slices with 2 tablespoons lemon juice and season with salt and pepper; set aside.

4. Combine yogurt with remaining 1 tablespoon lemon juice and season with salt and pepper; set aside.

TOTAL COST OF MEAL:

$3.50	Ground turkey
$2.50	4 cans chickpeas
$2.50	2 large red onions
$0.75	1 cup plain yogurt
$1	2 pieces of naan bread
$1	Spices, lemon juice, bread crumbs
$11.25	Total - $1.87 per person

Spicy Chicken-Tortilla Chip Casserole

Active: 20 min | Total: 60 min | Yield: 6 servings

This is from Food Network magazine, a few years back but I don't have the exact date. I thought it sounded like it would be just a bunch of chicken and tortilla chips, but it was super flavorful. It reminded me of a white chicken chili served on nachos, but instead it was all baked together. The recipe says it makes 6 servings. That is definitely possible, however, we will feeling a little hungry the night I made it, so it made us 5 servings.

Notes about the recipe:

- I followed the recipe exactly as it is written; no adjustments.
- You could definitely reduce the cost of this recipe by making your own chicken instead of using the Rotisserie chicken ($5) it calls for. Slow cook a pound of chicken breast ($2) in chicken broth & then shred or dice it up. I was a bit short on time, so I used the Rotisserie chicken and it was delicious but it would be just as delicious if you made your own.

Ingredients:

2 tablespoons unsalted butter, plus more for the dish

1 bunch scallions, chopped

2 cloves garlic, chopped

2 tablespoons all-purpose flour

1 teaspoon ground cumin

1/2 teaspoon dried oregano

1/4 teaspoon cayenne pepper

1 1/2 cups low-sodium chicken broth

1 cup heavy cream

1 1/2 cups salsa verde

3 cups cubed rotisserie chicken, skin removed

1 15-ounce can white beans, drained and rinsed

1 cup fresh cilantro, plus more for topping

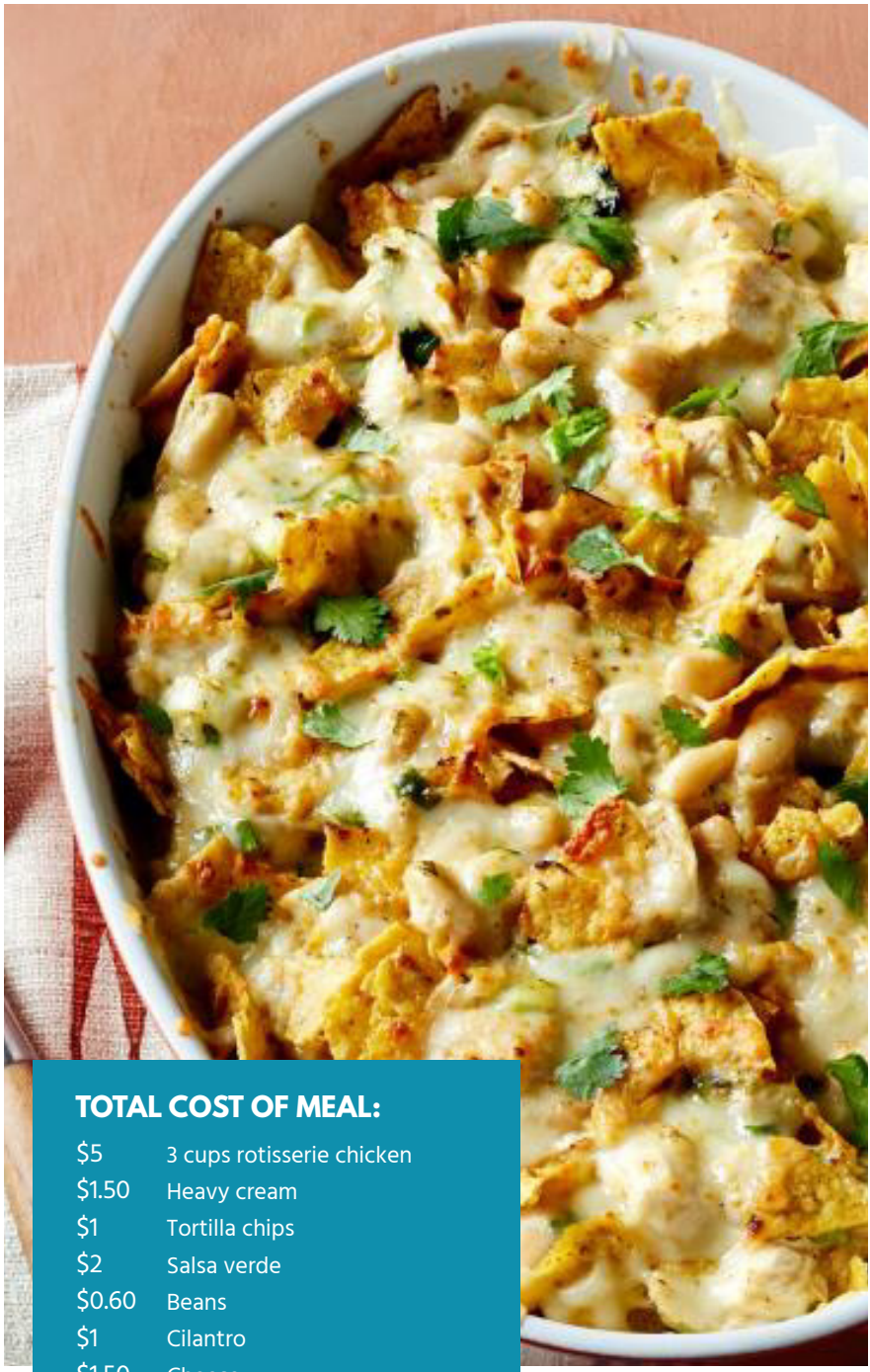
1 8-ounce bag tortilla chips, coarsely crushed (about 4 cups)

2 cups shredded mild cheddar cheese (about 8 ounces)

Directions:

1. Position a rack in the upper third of the oven; preheat to 400 degrees F. Melt the butter in a large pot over medium heat. Add the scallions and garlic and cook until softened, about 2 minutes. Sprinkle in the flour, cumin, oregano and cayenne and stir until coated. Add the chicken broth and heavy cream and bring to a simmer. Cook until slightly thickened, about 2 minutes. Stir in the salsa and remove from the heat. Stir in the chicken, white beans and 1 cup cilantro.

2. Butter a 3-quart baking dish. Spread one-third of the crushed tortilla chips in the bottom. Top with half of the chicken mixture. Spread another layer of tortilla chips on top and sprinkle with half of the cheese. Top with the remaining chicken mixture, tortilla chips and cheese. Cover with foil and bake 30 minutes. Uncover and bake until lightly browned and bubbling, about 10 minutes. Top with more cilantro.



TOTAL COST OF MEAL:

$5	3 cups rotisserie chicken
$1.50	Heavy cream
$1	Tortilla chips
$2	Salsa verde
$0.60	Beans
$1	Cilantro
$1.50	Cheese
$0.75	Scallions
$0.65	Garlic, flour, spices, chicken broth
$14	Total - $2.33 per person