



# Hamburger Buddy

- 3 minced garlic cloves
- 2 medium carrots finely chopped
- 1 chopped medium onion
- 2 pound of ground beef of choice
- 2 tablespoons of tomato paste
- 1 teaspoon dried thyme
- $\frac{3}{4}$  teaspoon salt
- 3  $\frac{3}{4}$  cups bone broth (I make my own in the instant pot!)
- 8 oz of small pasta (elbows, shells are my personal favorite!)
- 2 tablespoons of Worcestershire Sauce
- 2 tablespoons flour
- $\frac{1}{2}$  cup sour cream
- Parsley or chives for garnish

## *Directions:*

1. In pot, begin sauteing the beef in a couple tablespoons of butter or oil. Meanwhile, begin chopping the garlic, carrots and onion. Food processor definitely helps this step!
2. When beef is done, add the veggies with the thyme and salt. Cook on low until they are soft.
3. Add the tomato paste and stir.
4. Add 3  $\frac{1}{2}$  cups of the broth. Then add Worcestershire sauce and pasta.
5. Cover and cook for about 8 minutes or until pasta is soft. Meanwhile, mix the  $\frac{1}{4}$  of beef broth with 2 tablespoons of flour to make a slurry. Once pasta is done add with the  $\frac{1}{2}$  cup sour cream.
6. Garnish with parsley and enjoy!

Notes: For our family of 9, I usually do 2 pounds of beef with 2 pounds of pasta. I quadruple the other ingredients.

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# Instant Pot Lentil Chili

- 1 diced medium onion
- 2-3 chopped carrots
- 2 cloves of garlic, minced
- 1 green pepper diced
- 1 28 oz can crushed tomatoes
- 1 ½ cups of brown lentils
- 4 cups of bone broth (can come from the same batch from the Hamburger Buddy!)
- 1 ½ tablespoons of chili powder
- 1 tablespoon brown sugar (I omit this)
- 1 teaspoon of dried oregano
- 1 teaspoon of cumin
- 1 teaspoon salt
- Any chili toppings you desire!

## *Directions:*

1. Put instant pot on saute and sprinkle some olive oil in the bottom. Saute chopped veggies: onion, carrots, green pepper - add garlic towards the end.
2. Then add the rest of the ingredients.
3. Cook on soup setting, high pressure for 10 minutes. I do let mine depressurize.
4. Top with chili toppings and enjoy!

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# Burrito Bowls

This recipe can have some many different ways. Here is my most common!

- choice of meat: ground beef or chopped chicken breast - at least a pound
- 1-2 tablespoon taco seasoning
- 2 15 oz cans black beans
- 1 15 oz bag corn
- 1 cup of cooked rice
- 1 onion
- 2 peppers
- sour cream
- guacomole
- shredded cheese
- shredded lettuce or greens of choice
- tortillas or taco shells

## *Directions:*

1. Cook rice (bonus delicious if cooked in bone broth)
2. Saute meat (again delicious in cast iron pan)
3. Put taco seasoning on top of meat
4. saute peppers and oniones
5. Once all done make into buritto bowl, taco, or salad of choice - keeps whole family happy!

***Thank-you for downloading!***

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