

# Cheap, High-Quality Recipes for Busy College Students

Easy, budget friendly meals that anyone can cook.

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Beginner-Friendly



Budget Recipes



30 Minutes or Less



College-Tested

## Popular Recipes



Breakfast Burritos

⌚ 15 min | \$1.50 per serving



Buffalo Chicken Wraps

⌚ 15 min | \$2 per serving



Cheesy Chicken & Broccoli Rice

⌚ 30 min | \$2.75 per serving

## Why you'll love these recipes

- My recipes are budget friendly, delicious, and fun to make.
- Every recipe is designed beginner friendly.
- They're perfect for at-home chefs who are short on time.

## About Me

My name is Sean Graysmith, I am a university student who enjoys cooking cheap but high quality meals. Here I'll share my tips and tricks for others short on time and money.

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## Chicken Fajita Pan Fry

\$2.50/Serving

25 Minutes

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## BBQ Chicken Sliders

\$2.00/Serving

30 Minutes

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## Garlic Shrimp Pasta

\$3.00/Serving

20 Minutes

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## Chicken Caprese

\$2.75/Serving 25 Minutes

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## Stuffed Bell Peppers

\$2.25/Serving

35 Minutes

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## Tomato Sauce Pasta

\$1.50/Serving

20 Minutes

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# Tomato Sauce Pasta

**20 Minutes****\$1.50/Serving**

This delicious and simple pasta recipe brings together the classical Italian flavors within a concise and easy to make pasta. It is best enjoyed with a protein such as chicken or beef seasoned similarly.

## Ingredients

- 8oz pasta (penne, spaghetti, or rigatoni)
- 1tbsp olive oil
- 2 cloves garlic, minced
- 1 cup tomato sauce
- 1/2 tsp Italian seasoning
- Salt and black pepper, to taste

## Instructions

### 1. Boil the Pasta

Bring a large pot of salted water to a boil. Cook the pasta for 8-10 minutes or as directed on the packaging. Drain pasta and allow it to cool. Save 1/2 cup pasta water.

### 2. Start the Sauce

Heat olive oil in a saucepan over medium heat. Add minced garlic and cook for 30-60 seconds until fragrant.

### 3. Simmer the Sauce

Stir in the tomato sauce and Italian seasoning. Simmer for 5-7 minutes, stirring occasionally.

### 4. Combine

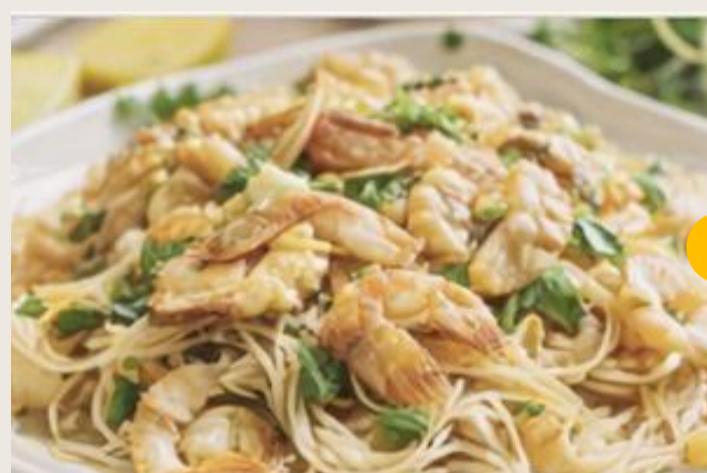
Add the cooked pasta to the sauce, stir and toss to coat. Stir in the saved pasta water if the sauce is too thick.

### 5. Serve

Remove from heat, optionally add toppings, and pair with a healthy protein.

## Extras & Toppings

- Protein: Pair with a healthy option such as steak or chicken.
- Veg: Stir in spinach, mushrooms, or zucchini.
- Sauce: Add a splash of cream or cream cheese,
- Toppings: Grated Parmesan and fresh basil



## About This Website and Myself

I am building this website to create a place to store my favorite recipes for the public to see. I am focusing on recipes that are affordable, fun, and quick to make. Additionally, I want to promote beginners to learn more about cooking, as it is an essential skill for everyone.

I am a university student who enjoys cooking as much as I enjoy hanging out with friends and family. I hope that my recipes can reach a broad audience and convince others to learn how to spread love through food.

## Frequently Asked Questions

**Q: Where do you find recipes?**

Many of the recipes here are my own, and others I have found online, made myself, and added adjustments over time. All outside sources are accredited appropriately.

**Q: What's a good starter recipe?**

There are lots of good starters, but my suggestion is to start with the very basics like pasta and simple proteins. My personal favorite is experimenting with different forms of cooking eggs.

**Q: What tools do I need to start cooking?**

You only need a simple pot and frying pan to make the majority of recipes on this website. Any sharp knife will do for beginners, just be careful and take your time. I would also recommend using a bamboo cutting board and a wooden cooking spoon.

## Ask a question

Type your question here...