

THE COLLEGE SURVIVOR'S COOKBOOK

—

REAL FOOD ON A LIMITED BUDGET

—

GABRIELLE ALSTON

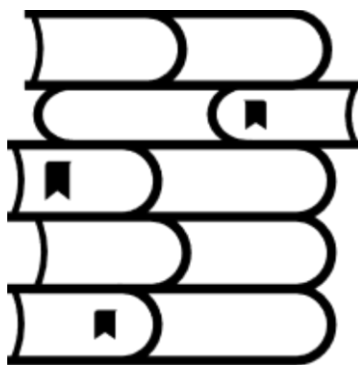
TABLE OF CONTENTS

The Basics..... 3

Snacks..... 6

Meals..... 11

Desserts..... 16



FOREWORD

For those cravings for home-cooked meals, for those days between paychecks, for easy to prepare dishes, this book is the place for you. Compiled within these pages are easy recipes for everyone to enjoy. Each recipe includes the average cost and preparation time to make sure that you are able to plan according to the time and money that you have available. We have all been there: at that place between paychecks or between classes where you can't stomach one more microwave meal. And you shouldn't have to. Whether you are short on time or money, good food should always be an option. Welcome to the college survivor's cookbook.

THE BASICS

Equipment..... 4

Food Safety..... 5



EQUIPMENT

Spoons



Spatulas



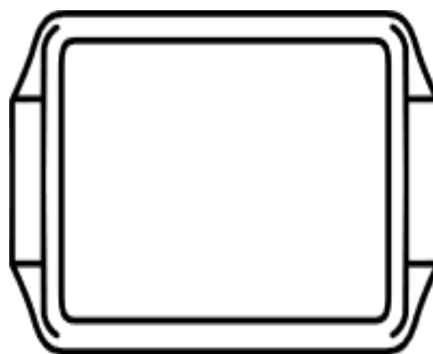
Saucepans



Frying Pans



Baking Pan



Bowls



FOOD SAFETY



WARNINGS

When cooking ensure to use proper precautions.

Beware of splattering oils, boiling water, and hot pans.

Use proper protective equipment such as oven mittens when handling hot pans.

When preparing meats, ensure that the food reaches the appropriate internal temperature of 165 degrees Fahrenheit.

SNACKS

Jell-o..... 7

Puppy Chow..... 8

Ramen Noodles..... 9

Charlie's Muckles..... 10



JELL-O

Approximate cost: \$0.75

Approximate make time: 6 minutes to prep, 4 hours to set

Ingredients:

1 Jell-o Packet

3 Cups Water

1. Bring 1 1/2 cups of water to a boil.
 2. Stir in Jell-o packet contents, continuously stirring until the powder is entirely dissolved.
 3. Remove from heat and add 1 1/2 cups cold water.
 4. Stir and then pour into a pan or cookie sheet.
- Refrigerate until set, approximately 4 hours.

PUPPY CHOW

Approximate cost: \$10.00

Approximate make time: 15 minutes

Ingredients:

1/2 Cup Butter

1 Cup Chocolate Chips

1 Cup Peanut Butter

12 Ounces Chex

1 Cup Powdered Sugar

1. In a medium saucepan, melt together butter, chocolate chips and peanut butter on low heat.
2. Put the Chex into a large bowl and pour the melted mixture over the cereal, stirring until coated.
3. Coat with powdered sugar, gently stirring and tossing until coated.

RAMEN NOODLES

Approximate cost: \$0.50

Approximate make time: 4.5 minutes

Ingredients:

1 Packet of Ramen

2 Cups of Water

1. Crumble noodles without opening the bag.
2. Pour into a bowl and add water to completely cover the noodles.
3. Microwave for approximately four minutes.
4. Drain water and add seasoning to taste.

CHARLIE'S MUCKLES

Approximate cost: \$8.00

Approximate make time: 15 minutes

Ingredients:

1 Egg	1 3/4 Cups Milk
2 Cups Flour	1/4 Cup Vegetable Oil
1 Tablespoon Cinnamon	1 Can Peaches
2 Tablespoons Sugar	

1. Mix together egg, flour, cinnamon, sugar, and milk until a thick batter is formed.
2. Heat the oil over medium heat in a frying pan.
3. Pour batter into pan and allow the bottom to lightly brown. Using a spatula, cut into four pieces and flip over. Allow the opposite side to brown and then cut into one inch pieces.
4. Pour into a bowl and add peaches and their juices.

MEALS

Grilled Cheese..... 12

Fluffy Pancakes..... 13

Spaghetti..... 14

Rice Krispy Chicken..... 15



GRILLED CHEESE

Approximate cost: \$5.00

Approximate make time: 7 minutes

Ingredients:

2 Slices of Bread

2 Tablespoons Butter

2 Slices of Cheese

1. Butter both sides of the bread and place the slices of cheese in between them.
2. Place in a warm frying pan and lightly brown both sides, flipping as needed.

FLUFFY PANCAKES

Approximate cost: \$4.00

Approximate make time: 10-15 minutes

Ingredients:

2 Cups Pancake Mix

1 1/2 Cups Milk

2 Eggs

1/3 Cup Oil

1 Tablespoon Butter

1. Mix together pancake mix, milk, eggs, and oil until smooth.
2. Melt butter in a frying pan. Pour batter into pan, forming desired size pancakes.
3. Once small bubbles begin to form in the batter, flip the pancake. Cook until both sides are golden brown, flipping as needed.

SPAGHETTI

Approximate cost: \$4.00

Approximate make time: 20 minutes

Ingredients:

1 Box Preferred Noodles

4 Cups Water

1 Can Preferred Spaghetti Sauce

1. Fill a large saucepan halfway with water and bring to a boil.
2. Add noodles and cook for approximately eight minutes until soft. Drain remaining water.
3. Add desired amount of sauce.

RICE KRISPIE CHICKEN

Approximate cost: \$10.00

Approximate make time: 45 minutes

Ingredients:

1 LB Cut Chicken

1/4 Cup Butter

3 Cups Rice Krispies

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut chicken into pieces, melt the butter, and slightly crush the Rice Krispies.
3. Dip chicken in butter, roll in Rice Krispies, and place in a shallow baking pan.
4. Bake for approximately forty minutes, until chicken is no longer pink and the internal temperature reaches 165 degrees Fahrenheit.

DESSERT

Sugar Cookies..... 17

Chocolate Chip Cookies..... 18

Peanut Butter Cookies..... 19

Rice Krispy Treats..... 20



SUGAR COOKIES

Approximate cost: \$12.00

Approximate make time: 15 minutes

Ingredients:

1 Cup Butter	1 Egg
1 1/2 Cups Sugar	1/2 Teaspoon Salt
1/2 Teaspoon Baking Powder	1 Teaspoon Vanilla
2 1/4 Cups Flour	

1. Preheat oven to 350 degrees Fahrenheit.
2. Beat together butter, sugar, and egg until blended.
3. Mix in flour, baking powder, salt, and vanilla.
4. Roll into one inch balls, place on cookie sheet two inches apart, and bake for ten minutes or until lightly browned.

CHOCOLATE CHIP COOKIES

Approximate cost: \$13.00

Approximate make time: 25 minutes

Ingredients:

2 1/4 Cups Flour	3/4 Cup Brown Sugar
1 Teaspoon Baking Soda	1 Teaspoon Vanilla
1 Teaspoon Salt	2 Eggs
1 Cup Butter	2 Cups Chocolate Chips
3/4 Cup Sugar	

1. Preheat oven to 375 degrees Fahrenheit.
2. In a small bowl mix together flour, baking soda, and salt. In a larger bowl beat together the remaining ingredients. Gradually add the flour mix.
3. Roll into one inch balls, place on cookie sheet, and bake for ten minutes or until lightly browned.

PEANUT BUTTER COOKIES

Approximate cost: \$12.00

Approximate make time: 20 minutes

Ingredients:

1 Cup Butter	1/2 Cup Brown Sugar
1 Cup Peanut Butter	3 Cups Flour
2 Teaspoons Baking Soda	2 Eggs
2 Teaspoons Vanilla	1/2 Teaspoon Salt
2 Cups Powdered Sugar	

1. Preheat oven to 350 degrees Fahrenheit.
2. Beat together all ingredients.
3. Roll into one inch balls, place on cookie sheet two inches apart, and bake for eight minutes or until lightly browned.

RICE KRISPIE TREATS

Approximate cost: \$7.00

Approximate make time: 30 minutes

Ingredients:

3 Tablespoons Butter

10 OZ Marshmallows

6 Cups Rice Krispies

1. Melt butter over low heat in a large saucepan. Add marshmallows and stir until melted.
2. Add Rice Krispies and stir until fully coated.
3. Pour the mix into a large greased baking pan, pressing down evenly.
4. Cool and cut into squares.