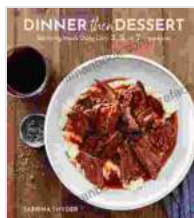


# Satisfying Meals Using Only 5 Ingredients

There's nothing quite like a delicious home-cooked meal. But what if you're short on time or ingredients? No problem! With these recipes, you can create satisfying meals using only 5 ingredients.

## 1. One-Pot Pasta

This is a quick and easy meal that's perfect for a weeknight dinner. Simply cook your pasta in a pot with some olive oil, garlic, salt, and pepper. Once the pasta is cooked, stir in some chopped fresh basil and grated Parmesan cheese. That's it!



### Dinner Then Dessert: Satisfying Meals Using Only 3, 5, or 7 Ingredients by Sabrina Snyder

★★★★☆ 4.6 out of 5

Language : English  
File size : 151087 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 224 pages



### Ingredients:

- 1 pound pasta
- 2 tablespoons olive oil

- 2 cloves garlic, minced
- Salt and pepper to taste
- 1/4 cup chopped fresh basil
- 1/4 cup grated Parmesan cheese

## **2. Sheet Pan Chicken and Vegetables**

This is a healthy and budget-friendly meal that's perfect for a family dinner. Simply toss some chicken breasts and vegetables (such as broccoli, zucchini, and carrots) with some olive oil, salt, and pepper. Spread the chicken and vegetables on a baking sheet and roast in the oven until cooked through.

### **Ingredients:**

- 1 pound boneless, skinless chicken breasts
- 1 pound vegetables (such as broccoli, zucchini, carrots)
- 1 tablespoon olive oil
- Salt and pepper to taste

## **3. 5-Ingredient Soup**

This is a delicious and comforting soup that's perfect for a cold winter night. Simply combine some tomato juice, vegetable broth, beans, corn, and chili powder in a pot. Bring to a boil, then reduce heat and simmer for 15 minutes.

### **Ingredients:**

- 1 can (14.5 ounces) tomato juice
- 1 can (14.5 ounces) vegetable broth
- 1 can (15 ounces) beans (such as black beans, kidney beans, or pinto beans)
- 1 can (15 ounces) corn
- 1 tablespoon chili powder

#### **4. Breakfast Burritos**

These are a quick and easy breakfast that's perfect for a busy morning. Simply scramble some eggs and add them to a tortilla with some cheese, salsa, and avocado. Fold the tortilla in half and you're done!

#### **Ingredients:**

- 2 eggs
- 1 tortilla
- 1/4 cup cheese
- 1/4 cup salsa
- 1/4 cup avocado

#### **5. Pasta Salad**

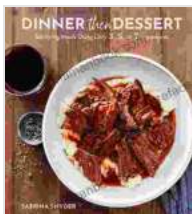
This is a refreshing and flavorful salad that's perfect for a summer picnic. Simply cook some pasta and let it cool. Add some chopped vegetables (such as tomatoes, cucumbers, and bell peppers), some olives, and some

cheese. Toss with a simple vinaigrette dressing and chill for at least 30 minutes before serving.

### Ingredients:

- 1 pound pasta
- 1 cup chopped vegetables (such as tomatoes, cucumbers, bell peppers)
- 1/2 cup olives
- 1/2 cup cheese
- 1/4 cup vinaigrette dressing

These are just a few ideas for satisfying meals that you can make using only 5 ingredients. With a little creativity,



### Dinner Then Dessert: Satisfying Meals Using Only 3, 5, or 7 Ingredients by Sabrina Snyder

★★★★☆ 4.6 out of 5

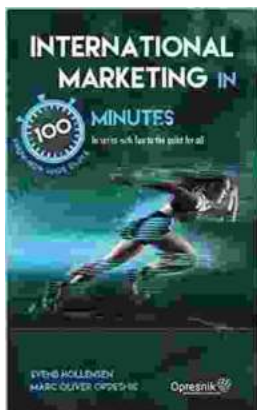
Language : English  
File size : 151087 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 224 pages





## **Unveiling the Enchanting Tale of Plant Reproduction: A Journey through the Botanical Realm**

Plants, the silent yet vibrant guardians of our planet, play a pivotal role in sustaining life on Earth. Their ability to reproduce is crucial for maintaining the...



## **Master International Marketing in 100 Minutes: A Comprehensive Guide**

Expanding your business globally presents an exciting opportunity for growth, but also a unique set of challenges. International...