

Meal        THREE  
**United States: Food Stamp Meal**

**Spotlight: United States**

- About half of all American children will receive SNAP (Supplemental Nutrition Assistance Program) benefits at some point before age 20. Among African-American children, 90 percent will enroll in SNAP before age 20. ([Bread for the World](#))
- 14.6% of U.S. households struggle to put enough food on the table. More than 49 million Americans—including 16.7 million children—live in these households ([Bread for the World](#)).
- 14% of people living in the United States live in poverty.

**Recipes under \$1 per Person**

**Baked Lentils Casserole**

\$0.67 per serving

Serves 4 people

Ingredients:

- 1 cup rinsed lentils
- 3/4 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper (optional)
- 1/2 cup chopped onion
- 1/4 teaspoon garlic powder (optional)
- 1 can (16 ounces) tomatoes
- 2 thinly sliced carrots 1/2 cup cheddar cheese, shredded

Combine lentils, water, seasonings, onion, and tomatoes. Place in 2 quart casserole dish. Cover tightly with lid or foil. Bake at 350 degrees for 30 minutes. Remove from oven and add carrots. Stir. Cover and bake 30 minutes longer. Remove cover and sprinkle cheese on top. Bake, uncovered 5 minutes, until cheese melts.

**Bean and Rice Burritos**

**\$0.37/serving**

Serves 8 people.

Ingredients:

- 2 cups cooked rice
- 1 small chopped onion
- 2 cups cooked kidney beans or one 15 ounce can, drained
- 8 (10 inch) flour tortillas
- 1/2 cup salsa
- 1/2 cup grated cheese

Preheat the oven to 300 degrees. Peel the onion, and chop it into small pieces. Drain the liquid from the cooked (or canned) kidney beans. Mix the rice, chopped onion, and beans in a bowl.

Put each tortilla on a flat surface. Put 1/2 cup of the rice and bean mix in the middle of each tortilla. Fold the sides of the tortilla to hold the rice and beans. Put each filled tortilla (burrito) in the baking pan. Bake for 15 minutes. While the burritos are baking, grate 1/2 cup cheese.

Pour the salsa over the baked burritos. Add cheese. Serve the burritos warm.

### **Broccoli Rice Casserole**

**\$0.58/serving**

- 1 1/2 cup rice
- 3 1/2 cups water
- 1 medium chopped onion
- 1 can (10 3/4 ounce) condensed cream of mushroom, or chicken, or celery or cheese soup
- 1 1/2 cups 1% milk
- 2 - 10 ounce packages frozen chopped broccoli or cauliflower or mixed vegetables
- 1/2 pound grated or sliced cheese
- 3 Tablespoons margarine or butter

Preheat oven to 350 degrees and grease on 12x9x2 inch baking pan. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes. Sauté onions in margarine or butter until tender. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.

Thaw and drain the vegetables and then spread over the rice mixture. Spread the cheese evenly over the top and bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly.