15 Cheap Pantry Meals (with 4-ingredients or less)

Vegetarian Spaghetti

- cooked spaghetti
- pasta sauce
- shredded cheese

Grilled Cheese

- sliced bread
- shredded cheese

Black Bean and Chicken Quesadilla

- tortillas
- shredded cheese
- canned black beans
- canned chicken

Chicken Beans and Rice

- canned black beans
- cooked rice
- canned chicken
- taco seasoning

Bean and Cheese Burritos

- tortillas
- canned refried beans
- canned diced tomatoes
- shredded cheese

Taco Breakfast Bowls

- scrambled eggs
- fried diced potatoes
- shredded cheese
- taco seasoning

Fried Rice

- cooked rice
- canned chicken
- scrambled eggs
- mixed vegetables (canned or frozen)

Beanie Weenies

- canned baked beans
- diced hot dogs

Shells and Cheese Dinner

- prepared boxed shells and cheese
- diced hot dogs
- peas (canned or frozen)

Homemade Pancakes w/ Scrambled Eggs

- pancake mix
- water
- scrambled eggs (on the side)

Chicken Noodle Soup

- cooked spaghetti noodles
- chicken broth
- canned chicken
- mixed vegetables (canned or frozen)

Vegetarian Chili

- canned chili beans
- canned diced tomatoes
- canned tomato sauce
- chili seasoning

Chili Mac

- leftover chili (see above)
- prepared boxed shells and cheese
- shredded cheese

Taco Pasta

- prepared boxed shells and cheese
- canned diced tomatoes
- canned black beans
- taco seasoning

Chicken and Rice Soup

- canned chicken
- chicken broth
- cooked rice
- mixed vegetables (canned or frozen)