

Everyday Cooking

Family Table on a Budget

Flexible meals from everyday staples



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

A useful budget recipe begins with food that can be bought, stored, and used with little waste. These meals favor familiar staples without assuming that any particular ingredient has the same price everywhere. Beans and grains provide substance, vegetables bring texture, and modest amounts of meat or cheese can shape the flavor of a whole pan. Check your pantry before using the first menu shopping list; it covers the three named dishes and includes measured quantities so you can combine purchases. The recipes make room for substitutions, but the cooking directions remain specific enough to follow on an ordinary evening. Use canned beans when time is short and dry staples when planning ahead suits your schedule. This is an original recipe development edition, and the recipes have not been kitchen-tested. Watch the texture and stated doneness rather than relying only on the clock. Refrigerate cooked food in shallow containers within two hours and keep the refrigerator at 40°F or below. Reheat cooked leftovers to 165°F and use them within the individual recipe storage period.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Tomato Lentil Spaghetti - AI-generated realistic food artwork, not a photograph or tested result.

Tomato Lentil Spaghetti

4 servings | Prep: 15 minutes | Cook: 40 minutes

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- 3/4 cup dry brown lentils, rinsed
- 1 can (28 ounces) crushed tomatoes
- 2 1/2 cups water
- 1 teaspoon dried oregano
- 3/4 teaspoon kosher salt
- 12 ounces spaghetti

Method

1. Heat oil in a wide saucepan. Cook onion over medium heat for 7 minutes until softened. Add garlic and oregano and stir for 30 seconds.

2. Add lentils, tomatoes, water, and salt. Bring to a boil, then cover partially and simmer 30–35 minutes until lentils are tender. Stir periodically and add water 1/4 cup at a time if the sauce thickens before the lentils soften.
3. Boil spaghetti in salted water according to package directions. Reserve 1/2 cup cooking water before draining.
4. Toss pasta with the sauce. Add reserved water by the tablespoon only if needed to help the sauce cling. Serve in warm bowls.

Cook's tip

Brown or green lentils hold some texture in the sauce. Red lentils cook faster and make a smoother result.

Substitution

Replace spaghetti with 12 ounces short pasta or gluten-free pasta, following its package cooking time.

Storage

Refrigerate at 40°F or below within 2 hours. Use within 3–4 days and reheat to 165°F with a splash of water.

Ingredient allergen notes

wheat

Garlic Cabbage Skillet

6 side servings | Prep: 15 minutes | Cook: 15 minutes

Ingredients

- 1 medium green cabbage, about 1 1/2 pounds
- 1 tablespoon neutral oil
- 3 garlic cloves, thinly sliced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon fresh lemon juice
- 2 tablespoons water

Method

1. Remove damaged outer cabbage leaves. Quarter the cabbage, cut away the firm core, and slice leaves into 1/2-inch strips. Keep the pieces fairly even so they soften together.
2. Heat oil in a large deep skillet over medium-high heat. Add cabbage and salt in two batches, turning the first batch for a minute so it makes room for the second.
3. Cook 6 minutes, stirring occasionally, until some edges color. Add garlic and water, lower heat to medium, and cover for 4 minutes.
4. Uncover and cook 2–3 minutes until cabbage is tender with a slight bite and excess liquid has evaporated. Add pepper and lemon juice, then toss and serve.

Cook's tip

A large skillet gives the cabbage room to brown. If your pan is small, cook in two complete batches.

Substitution

Use napa cabbage and shorten covered cooking to 2 minutes; its thinner leaves soften quickly.

Storage

Refrigerate at 40°F or below within 2 hours. Use within 3–4 days and reheat cooked leftovers to 165°F.

Ingredient allergen notes

none

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Give everyday staples a place at supper

Look at the ingredients already useful across your week, then choose meals that put them to work. Family Table on a Budget includes tomato lentil spaghetti, sweet potato black bean chili, chickpea spinach curry, and dishes built around cabbage, eggs, oats, rice, and canned fish. Technique notes show how to plan around a shared ingredient, reduce sauce before adding fragile food, and portion finished dishes for another day. The focus is on practical choices and clear cooking methods rather than promised savings. Suggested menus, measured recipes, and shopping guidance make planning more concrete. A Junction Table collection by CrownThrive, LLC for turning familiar groceries into varied family meals.

- Simmer brown lentils in tomato sauce and adjust spaghetti with reserved cooking water.
- Mash a portion of black beans to thicken sweet potato chili.
- Reduce coconut chickpea curry before folding in spinach and finishing with lemon.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Chickpea Spinach Curry

AI-generated realistic food artwork